

Top 10 Reasons You Need Photobiomodulation (PBM) in Your Life

June 14, 2019

Photobiomodulation (PBM)— aka red light therapy or low level laser therapy — is a treatment that uses specific wavelengths of red and near-infrared light to help the body heal. At Connected PT & Wellness, the NovoTHOR Light Pod delivers a therapeutic dose of light in relaxing 15-minute treatments. Because PBM works on the individual cells in your body, we see broad-spectrum benefits, and it helps people with a wide variety of diagnoses. PBM is non-toxic, non-invasive, and has no side effects, so it's an excellent option for people looking for a natural solution for healing.

Without further ado, here are some of the ways PBM with NovoTHOR does a body good!

1. Decreased inflammation

PBM helps your cells clear out the “pollution” that accumulates from dealing with environmental, physical, and emotional stressors. It's like a team of garbage trucks in your cells, leaving behind a clean landscape so tissues can breathe easy

2. Less pain

The near-infrared light in NovoTHOR PBM provides short-term pain relief, and long term changes are felt when the anti-inflammatory effects kick in.

3. More Energy

PBM optimizes how your cells use oxygen to make fuel, called ATP.

No oxygen: cells make 2 ATP.

With Oxygen: cells make 38 ATP.

A full gas tank of ATP means more energy on hand for workouts, power output, and life!

4. Better sleep

Many clients who experience poor sleep patterns have noted improved rest with PBM. They often report feeling less tired, and data from biotrackers (like fitbits or WHOOP bands) show longer periods of deep sleep.

5. Improved Circulation

Remember that garbage truck analogy? Well, the process of removing the cellular garbage triggers increased bloodflow. Clients often experience a tingling, flushed sensation after treatment, and that's an extra boost to circulation.

6. Faster recovery, faster healing

The same processes that give more energy, improve circulation, and decrease inflammation also provide the optimal environment for cells to repair and replicate. PBM unlocks your body's ability to heal itself, and that means less recovery time after workouts, improved healing after hard training, and faster recuperation after injury.

7. Improved mood, decreased stress

The most common comment coming out of NovoTHOR is "15 minutes goes by too fast! I was just starting to doze off." Clients leave their session relaxed and rejuvenated, with reports like "I hadn't felt that good and been in that good of a mood in a long time."

8. Relief from symptoms

People with complicated diagnoses like fibromyalgia and autoimmune diseases often struggle to find the right combination of effective treatments and tolerable side effects. NovoTHOR is non-toxic with no side effects, and it can provide relief for many symptoms associated with autoimmune diseases. (Check out this awesome [video](#) from our friends at Performance Bodywork!)

9. Gorgeous Skin

OK, we're looking at all the ways that NovoTHOR can help clients get healthy on the inside, but the visible results happen on the outside! PBM has been clinically proven to improve skin texture and tone, and clients universally

report smoother skin after several treatments. Fine lines and stretch marks will start to remodel, but the dramatic impact can be seen with scar healing. PBM gives skin what it needs to thrive! (check out a whole [blog post](#) on the science of PBM and skin.)

10. Adjunct to weight management

The body's metabolism is a complicated process, and factors like sleep, circulation, mood, and recovery all play a role. PBM addresses each of these components, and it can be a valuable addition to a lifestyle change for weight management.

So that's our Top Ten Reasons to try PBM with NovoTHOR! Did one of them resonate with you? Leave a comment, ask a question, or [click here](#) to schedule your appointment!