

# THE NORTHWEST WELLBEING HUB

## BRAIN HEALTH

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- Neuroprotection: Red light therapy has been studied for its neuroprotective effects, meaning it may help protect brain cells from damage or degeneration. It is thought to stimulate the production of antioxidants and anti-inflammatory molecules, reducing oxidative stress and inflammation that can contribute to neurodegenerative diseases.
- Cognitive enhancement: Some studies suggest that red light therapy may have positive effects on cognitive function and memory. It is believed to enhance mitochondrial function and improve energy production in brain cells, potentially leading to improved cognitive performance.
- Mood regulation: Red light therapy may have mood-regulating effects, potentially helping with conditions such as depression and anxiety. It is thought to modulate neurotransmitters involved in mood regulation, such as serotonin and dopamine.
- Stroke recovery: Research has explored the use of red light therapy as an adjunctive treatment for stroke recovery. It is believed to promote neuroplasticity, which is the brain's ability to reorganize and form new connections, potentially aiding in motor and cognitive rehabilitation after a stroke.
- Traumatic brain injury (TBI): Red light therapy has been investigated as a potential treatment option for individuals with traumatic brain injury. It may help reduce inflammation, promote tissue repair, and support overall brain recovery.