



Light Therapy for Fertility and Conception



Infertility and subfertility are on the rise, in both women and men, all across the world.

Being infertile is the inability, as a couple, to get pregnant after 6 – 12 months of trying. Subfertility refers to having a reduced chance of becoming pregnant, relative to other couples.

It is estimated that 12-15% of couples want, but are unable, to conceive. Due to this, fertility treatments such as IVF, IUI, hormonal or drug approaches, surgical procedures, and more, are rapidly increasing in popularity.

Light therapy (sometimes known as photobiomodulation, LLLT, red light therapy, cold laser, etc.) shows promise for improving the health of a lot of different body parts, and has been **studied for both female fertility and male fertility**. Is light therapy a valid fertility treatment? In this article we will discuss why light might be all you need...

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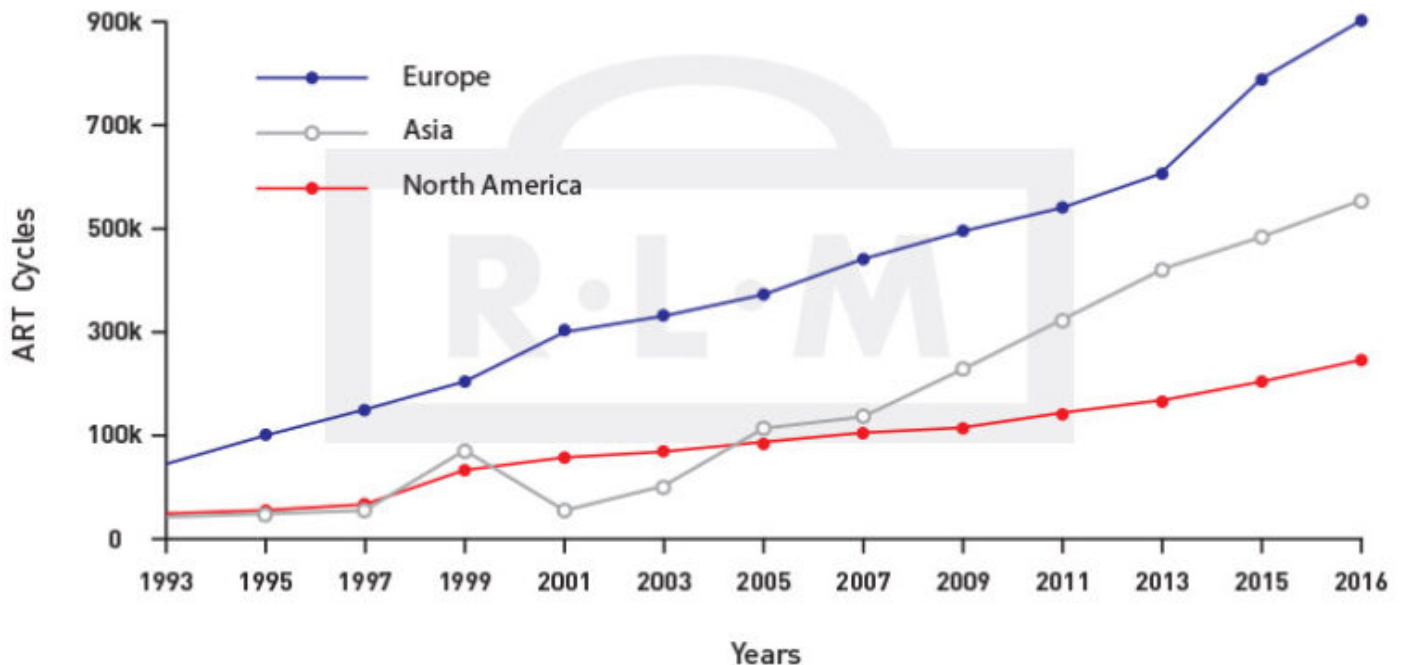
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Introduction

Infertility is a worldwide crisis for both males and females, with fertility rates rapidly decreasing, in some countries more so than others. 10% of all babies currently born in Denmark were conceived through the help of IVF and similar reproductive technologies. 1 in 6 couples in Japan are infertile, with the Japanese government recently intervening to pay for couple's IVF costs in order to stop the unfolding population crisis. The government in Hungary, desperate to increase low birth rates, has made it so women that have 4 children or more will be exempt for life from having to pay income tax. The births per woman in some European countries is as low as 1.2, and even as low as 0.8 in Singapore.

Dependence on Assisted Reproductive Technology (ART) by Regions

Reference: <https://www.icmartivf.org/>





Birth rates have been declining worldwide, since at least the 1950s and in some regions before that. It's not just human infertility that is on the rise, various species of animals are also having problems, such as farm and domestic animals. Part of this decline in birth rates is due to socioeconomic factors – couples are choosing to try for children later, when natural fertility has already declined. Another part of the decline is environmental, dietary and hormonal factors. For example **sperm counts in the average male have decreased by 50% in the last 40 years**. So men today are only producing half as many sperm cells as their fathers and grandfathers did back in their youth. Female reproductive disorders such as polycystic ovarian syndrome (PCOS) now affect up to 10% of women. Endometriosis (a condition where uterine tissue grows in other areas of the reproductive system) also affects another 1 in 10 women, so almost 200 million women worldwide.

Light therapy is a novel treatment idea for infertility, and although it falls under the same 'ART' (assisted reproductive technology) classification as IVF, it is a much cheaper, non-invasive, and easier to access treatment. Light therapy is very well established for the treatment of **eye health** issues, **pain problems**, wound healing, etc., and is being vigorously studied across the world for a wide range of conditions and body parts. Most of the current light therapy for fertility research is coming out of 2 countries – Japan and Denmark – especially for research on female fertility.

Female Fertility

50%, about half, of all infertile couples are due to solely female factors, with a further 20% being a combination of both female and male subfertility. So around 7 out of every 10 conception issue can be improved by addressing female reproductive health.



Is there a role for light therapy products to address fertility issues?

Thyroid problems and PCOS are among the leading causes of infertility, both being severely underdiagnosed (Read more about [thyroid health and light therapy here](#)). Endometriosis, fibroids and other unwanted internal growths account for another large percentage of infertility cases. When a woman is infertile, 30%+ of the time there will be some degree of endometriosis. Other common infertility causes are; fallopian tube blockages, internal scarring from surgery (including C-sections), and other ovulation problems besides pcos (anovulation, irregular, etc.). In many cases the cause of infertility is just unexplained – it's not known why. In some cases conception and egg implantation occur, but at a later point in early pregnancy there is a miscarriage.

With the rapid rise of fertility problems, there has been a commensurate rise in infertility treatments and research. Japan as a country has one of the worst fertility crises in the world, with one of the highest rates of IVF use. They are also pioneers in studying the effects of light therapy on improving female fertility....

Light therapy and female fertility

Light therapy uses either red light, near infrared light, or a combination of both. The ideal type of light for a specific purpose varies based on the part of the body.



as only a small percentage of the light hitting the skin will penetrate down into tissues like ovaries. Even with the wavelength that gives the optimal penetration, the amount that penetrates is still very small, and so a very high intensity of light is required as well.

Near infrared light at wavelengths between 720nm and 840nm have the best penetration into biological tissue. This range of light is known as the ‘Near Infrared Window (into biological tissue)’ because of the unique properties of passing deep into the body. Researchers looking at improving female infertility with light have overwhelmingly selected the 830nm near infrared wavelength for study⁽¹⁻⁶⁾. This 830nm wavelength not only penetrates well, but also has potent effects on our cells, improving their function.

Light on the neck

Some of the early research out of Japan was based on ‘The Proximal Priority Theory’. The basic idea is that the brain is the master organ of the body and all other organs and hormonal systems are downstream from the brain. Whether or not this idea is correct, there is some truth to it.

Researchers used 830nm near infrared light on the neck of infertile Japanese women⁽¹⁾, hoping that the direct and indirect (via the blood) effects on the brain would ultimately lead to better hormonal and metabolic situations across the entire body⁽³⁾, especially the reproductive system. The results were great, with a high percentage of women previously deemed ‘severely infertile’ not only getting pregnant, but also achieving live births^(1,2,4) – welcoming their baby into the world.



Following on from the studies using light on the neck, researchers were interested in whether or not **light therapy might improve the success rates of natural pregnancies** and IVF.

In vitro fertilization is known as a last resort when traditional methods of conception have failed. The cost per cycle can be very high, even unfeasible for many couples, with others taking out loans as a gamble to fund it. The success rates of IVF can be very low, especially in women aged 35 years or more. Given the high cost and low success rate, improving the chances of an IVF cycle is critical to achieve the goal of pregnancy. Eliminating the need for IVF and getting pregnant naturally after failed cycles is even more appealing.

Implantation rates of the fertilised egg (critical for both IVF and regular pregnancy) **are thought to be related to mitochondrial function**⁽⁸⁾. Lower performing mitochondria hinder the functioning of the egg cell. The mitochondria found in egg cells are inherited from the mother, and can have DNA mutations in certain women, especially as age advances. Red and near infrared **light therapy work directly on the mitochondria, improving the function** and reducing issues like DNA mutations. This explains why a study from Denmark showed that two-thirds of women who previously had failed IVF cycles achieved a successful pregnancy (even natural pregnancies) with light therapy. There was even a case of a 50 year old woman getting pregnant.

Light on the abdomen



did not conceive during the current menstrual cycle, treatments continued into the next. Out of a sample of 400 previously infertile women, a whopping 260 of them were able to conceive following near infrared light treatments. Declining egg quality is not an irreversible process, it would seem. This research raises questions over the ART process of removing a woman's egg nucleus and inserting it into the egg cells of a donor (known as mitochondrial transfer, or 3-person/parent babies) – is it really necessary when **a woman's own egg cells can be potentially restored** with a non-invasive therapy.

Human egg cells – Mitochondria are the key part of egg cells that determine fertility and viability. Red and near infrared light (<850nm) both improve mitochondrial health. Without good mitochondrial function, egg cells won't grow, divide or implant.

Using light therapy directly on the abdomen (to target the ovaries, uterus, fallopian tubes, egg cells, etc.) is thought to work in 2 ways. Firstly is **optimises the environment of the reproductive system**, ensuring egg cells are released during ovulation, can travel down the fallopian tubes, and can implant into a healthy uterus wall with good blood flow, a healthy placenta can form, etc⁽²³⁾. The other mechanism involves improving the health of the egg cell directly. Oocyte cells, or egg cells, require huge amounts of energy compared to other cells for the processes related to cell division and growth. This energy is provided by mitochondria – the part of a cell affected by light therapy. **Declining mitochondrial function can be seen as the key cellular cause of infertility⁽⁸⁾**. This may be the key explanation for most cases of 'unexplained' fertility and why fertility declines with



from light therapy relative to other cells in the body. Of every cell in the entire human body, male or female, the **egg cell may be the type that receives the most drastic enhancements from red and near infrared light** therapy. The only problem is getting the light to penetrate down to the ovaries (more on that below).

Both of these light therapy or 'photobiomodulation' effects together create a healthy and youthful environment, suitable to support a growing embryo.

Male Fertility

Males are the cause of around 30% of infertile couples, with a combination of male and female factors accounting for another 20% on top of that. So half of the time, improving the male reproductive health will resolve a couple's fertility issues. Fertility problems in males typically correspond with lowered testicular function, leading to a problem with the sperm. There are various other causes too, like; retrograde ejaculation, dry ejaculate, antibodies that attack sperm, and a myriad of genetic and environmental factors. Cancers and infections can permanently damage the ability of the testes to produce sperm.

Things like cigarette smoking and regular alcohol consumption have a dramatically negative effect on sperm counts and sperm quality. Paternal smoking even reduces the success rate of IVF cycles by half⁽¹⁷⁾.

However, there are environmental and dietary factors that can improve sperm production and quality, such as improved zinc status and red light therapy^(9-16, 18-22, 24).

Light therapy is relatively unknown for treating fertility issues, but a quick search on pubmed reveals hundreds of studies.

Light Therapy and male fertility

Light therapy (a.k.a. photobiomodulation) involves the application of visible red, or non-visible near infrared, light to the body and is very well studied for sperm health.

So which type of light is best and which specific wavelength? Red, or near infrared?



Faster, stronger sperm cells

Studies show that even after just a single session of red light therapy, sperm motility (swim speed) improves significantly:

Sperm motility/speed is improved significantly with just one light therapy session – Preece et al. 2017 ⁽¹⁴⁾

Motility or **speed of the sperm cells is of critical importance for fertility**, as without sufficient speed, the sperm will never make the journey to reach the female's egg cell and fertilise it. With strong, clear evidence that light therapy improves motility^(9-16, 18-22), using an appropriate light therapy device seems essential for any infertile couple. The improved motility from light therapy can even overcome the issue the low sperm counts, because the low concentration of sperm will still be able to reach and (one of them) fertilise the egg cell.



Red light therapy directly affects the mitochondria in sperm cells, giving them a measurable boost to speed and motility.

Millions more sperm cells

Light therapy doesn't just improve motility, various studies show how it can also **improve sperm counts/concentration, giving not just faster sperm, but more of them**^(7,13,15).

Almost every cell in our body has mitochondria – the target of red light therapy – including Sertoli Cells. These are the sperm producing cells of the testes – the place where sperm is manufactured. Proper functioning of these cells is essential for all aspects of male fertility, including sperm counts.

Studies point to **light therapy improving the quantity of Sertoli Cells in the male testicles**, their performance (and so the amount of sperm cells/count that they produce), and also decreasing the production of abnormal sperm cells. Overall sperm counts have been shown to improve by 2-5 times in males with previously low counts. In one study from Denmark⁽⁷⁾, **sperms counts increased from 2 million per ml to over 40 million per ml with only one treatment to the testicles.**

Higher sperm counts, faster sperm motility, and less abnormal sperm are some of the key reasons why light therapy is an essential part of improving any male fertility issue.

Avoid heat at all costs

An important note on light therapy for the testes:



produce sperm. The process of spermatogenesis requires a temperature drop of between 2 and 3 degrees from core body temperature. It is important to consider this temperature requirement when selecting a light therapy device for male fertility – the most energy efficient type of lighting must be used – LEDs. Even with LEDs, there is a mild warming effect felt after long sessions. Applying the appropriate dose with the appropriate wavelength of energy efficient red light is key to improving male fertility. More info below.

Read more about red light therapy and male reproductive health:

[Red Light Improves Testicular Health](#)

[Light Therapy Resolves Erectile Dysfunction](#)

The mechanism – what red/infrared light does

To properly understand why red/IR light helps with both male and female fertility, we need to know how it works on a cellular level.

Mechanism

The effects of red and near infrared light therapy are thought to come from the interaction with our cells' mitochondria. This 'photobiomodulation' happens when the appropriate wavelengths of light, between 600nm and 850nm, are absorbed by a mitochondrion, and ultimately lead to **better energy production and less inflammation** in the cell.

One of the key targets of light therapy is an enzyme called Cytochrome C Oxidase – part of the electron transport chain process of energy metabolism. It is understood that there are several other parts of the mitochondria that are also affected. These mitochondria are extremely prevalent in egg and sperm cells.

Shortly after a light therapy session, it is possible to see the release of a molecule called Nitric Oxide from cells. This NO molecule actively inhibits respiration, blocking energy production and oxygen consumption. So, removing it from the cell restores the normal healthy function. Red and near infrared light are thought to dissociate this stress molecule from the Cytochrome C Oxidase enzyme, **restoring the healthy level of oxygen utilisation and energy production.**



Red light therapy improves our natural process of making cellular energy

Light therapy also has an effect on the water inside our cells, structuring it with more space between each molecule. This **changes the chemical and physical properties of the cell**, meaning that nutrients and resources can enter more readily, toxins can be expelled with less resistance, enzymes and proteins work more efficiently. This effect on cellular water applies not just directly inside the cells, but also outside it, in the extracellular space and tissues like blood.

This is just a quick summary of 2 potential mechanisms of action. There are possibly more, not fully understood, beneficial effects that happen on a cellular level to explain the results from light therapy. All of life interacts with light – plants need light for food, humans need ultraviolet light for vitamin D, and as all the studies show, red and near infrared light are essential to humans and various animals for a healthy metabolism and even reproduction.

The **effects of light therapy are not just seen in the target area of the session, but also systemically**. For example a session of light therapy on your hand can provide benefits to the heart. A session of light therapy on the neck can provide benefits to the brain, which can in turn improve hormone production/status and lead to dramatic whole body health improvements. Light therapy is essential for removing cellular stress and enabling your cells to function normally again and the cells of the reproductive system are no different.

Summary

- Light therapy has been studied for human/animal fertility for decades
- Near Infrared light studied to **improve fertility status in females**
 - Improves energy production in egg cells – critical for pregnancy
- Red Light therapy is shown to improve energy production in Sertoli cells and sperm cells, which leads to **increased sperm counts and quality**
- All aspects of reproduction (male and female) require large amounts of cellular energy
 - Light therapy helps cells to meet the energy demands



- Near Infrared light around the **830nm range seems best for female fertility.**

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[< Red light for vision and eye health](#)

[Light therapy for rosacea >](#)

106 THOUGHTS ON “LIGHT THERAPY FOR FERTILITY AND CONCEPTION”

Sarah says:

Wow! Thank you so much for this article. I learned so much.

Do you recommend anything else to go with light therapy for fertility? Supplements or other therapies for example....

APRIL 1, 2021 AT 14:18

REPLY



Eating well is important, I mean eating sufficient calories. Going on a low calorie diet will cut fertility, so make sure to eat your favourite healthy foods in abundance before and around the time you are trying to get pregnant. This is not the time to try losing weight. Ensuring that you get enough protein, around 90g per day, or a bit more, is important too. Foods high in folic acid like asparagus, mangoes and even a bit of beef liver can be useful. Vitamin D is important so be sure to get out in the sun or go on holiday. There are good pregnancy and pre-pregnancy multivitamins out there but I don't recommend any specific one.

APRIL 2, 2021 AT 16:40

REPLY

Clarissa says:

Is near infrared light & red light therapy safe during pregnancy?

APRIL 18, 2021 AT 23:15

REPLY

Clarissa says:

Is Red Light Therapy and Near-Infrared Light Therapy safe while you're pregnant? I did use it while we were trying to conceive and we fell pregnant first month and now I'm just worried and want to know if I can continue?

APRIL 19, 2021 AT 09:09

REPLY

Joe says:

Hi Clarissa,

That's great. Congratulations!

Like everything else, from vaccines to pain killers, there are no studies with light therapy on pregnant women. It is not considered ethical to test out things on pregnant women I suppose. There are not many studies on pregnant animals either. Our default position as a light therapy provider is that you should consult with your doctor/midwife, etc.

Some researchers have suggested that using a light on a distant body part to the uterus is fine. I'm not saying that, just repeating what I've read.

What you have to consider is that since light therapy helps with female fertility, and also male fertility (sperm counts, quality) and it also helps with babies,



I understand how you might want to be extra careful now that you are pregnant, so just take it easy with light therapy in that case, and only have sessions infrequently.

Keep in mind that this isn't some drug with a big list of side effects, and isn't a harmful substance like alcohol – it's just light.

APRIL 19, 2021 AT 21:52

REPLY

Lydia says:

I have a very low AMH will it help to increase? thank you

MAY 3, 2021 AT 17:44

REPLY

Joe says:

Possibly. There is some basic animal research pointing to that:

<https://pubmed.ncbi.nlm.nih.gov/30500339/> "...We observed a higher percentage of AMH-positive follicles..." This particular study used quite a high dose like we recommend.

I also remember seeing some Japanese research pointing to a high percentage of women with low AMH levels being able to get pregnant with light therapy.

Just keep in mind that while AMH levels might be low, you only need 1 viable egg to get pregnant.

MAY 5, 2021 AT 14:10

REPLY

Megan says:

For female fertility and low AMH, you mention a large dose. I see that you recommend 830nm, but for how long and at what distance for use on the abdomen?

JUNE 17, 2021 AT 02:58

REPLY

Laura says:

<https://redlightman.com/product/infrared-830-device/> – this for 5-10 minutes, with the lens touching the skin over the lower abdomen. At least 4 times per week.

JUNE 17, 2021 AT 08:44

REPLY



conception?

OCTOBER 15, 2021 AT 11:32

REPLY

L says:

I also would like to know during what portion(s) of the cycle red light is recommended (and which times to avoid) for female fertility, please.

MARCH 22, 2022 AT 17:58

REPLY

Joe says:

I have expanding upon this more in another comment, but basically it is fine to use throughout the whole menstrual cycle. We are not supposed to give specific guidance on pregnancy.

OCTOBER 25, 2022 AT 23:35

era says:

the natural medicine in Norway that its not allowed to use laser therapy when ovulation only before if ur trying to get pregnant in that cycle

DECEMBER 6, 2022 AT 22:25

Ang says:

Would you recommend this/red light therapy to be used during an IVF cycle?

DECEMBER 14, 2021 AT 15:17

REPLY

L says:

I would also like to know if this light therapy is recommended during an IVF cycle, and which times to so it and to avoid it please.

MARCH 22, 2022 AT 18:00

REPLY



Just me personally – I personally wouldn't avoid it at any particular time during an IVF cycle, menstrual cycle or going forwards into pregnancy. However these things are not researched thoroughly.

MAY 8, 2022 AT 17:35

Leah says:

Laura, I have a device that is 660nm RED & 850nm NIR Combo — and currently in IVF due to egg quality — is 850 NIR safe? Would I still use it for 5-10 mins 4x/week touching the skin?

MAY 3, 2022 AT 12:06

REPLY

Joe says:

It is not ideal but ok. I don't know if you can use your device touching the skin.

MAY 8, 2022 AT 16:41

REPLY

Marina says:

Hi, If the wavelength was 850nm would it still be beneficial for women?

JULY 12, 2021 AT 13:00

REPLY

Joe says:

Hi Marina,

Yes, albeit less. If conception and fertility is the goal, why cut corners and use inferior wavelengths? The 810-830nm range is definitely more suitable.

JULY 12, 2021 AT 16:08

REPLY

Damian says:

Hi Joe, firstly, you are doing great work, I really appreciate it.

I have a dilemma. Friend bought a mini lamp with 660nm+850nm for me, the problem is that the only option is using both wavelengths simultaneously. I can't switch one On and other Off. Meh.



testes during the session.

I'm just wondering – can the piercing power of NIR be somehow harmful for testicles? 850nm produces 42mW/cm² from 2.5cm distance. Would taping it with some piece of thick paper reduce the power of 850nm or block it completely?

JULY 14, 2021 AT 08:04

[REPLY](#)

Jessica wood says:

My red light therapy mask is 650 nm how long should I do it for over abdomen to equal effects of the 850nm?

APRIL 13, 2022 AT 01:24

[REPLY](#)

Joe says:

It is likely just a waste of time to use a 650nm mask on the abdomen. Even used for hours, there probably won't be direct effects on things like female fertility. It is not the wavelength but the mask design that really limits its usefulness elsewhere.

MAY 8, 2022 AT 17:29

[REPLY](#)

Joe says:

No reason to be concerned in my opinion. The study on rats where 850nm caused harm to rat's testes was very poorly designed, basically using the 850nm laser to fry the tissues, something you can't do with LEDs. That sort of laser can cause skin burns, eye damage, etc. You can pop balloons with it, or set paper on fire. The same thing would happen with a red laser of equivalent power.

OCTOBER 25, 2022 AT 23:34

[REPLY](#)

Katrin says:

Do you have to shine the light directly on the eggs (lower abdomen). I feel a little uncomfortable doing that.

AUGUST 18, 2021 AT 11:19

[REPLY](#)



areas, not to mention hormonal benefits around the body without directly targeting the ovaries. However the ovaries and the eggs specifically are the tissues that can most directly benefit from light therapy.

AUGUST 24, 2021 AT 21:59

REPLY

Louise says:

Hi Joe, I am interested in Damian's question (July 14th 2021) as I have the same dilemma. I purchased the combo mini light for myself & my partner. I thought I would be able to switch between the 2 lights – Do you have any advice regarding this?

SEPTEMBER 5, 2021 AT 08:56

REPLY

Joe says:

You don't need to switch between the different wavelengths. There is nothing to be gained by turning half of them off. Red light will still help somewhat with female fertility and near infrared with male tissues. The wavelengths work on the same mechanism.

OCTOBER 25, 2022 AT 23:30

REPLY

Eve says:

Thank you for this very helpful information. I have your red-infra red combo light (the £300 model) and have been using it for numerous different health problems with surprisingly positive outcomes since starting use (I have an autoimmune disease affecting several systems and causing severe fatigue, pain and limited functioning that has greatly improved since using this light). I'm contemplating buying another light, perhaps a full body panel, for more convenience. I'm also wondering if I'd benefit from a pure infrared light for fertility (I'm in discussion with experts about storing embryos as my health improves).

As such, I have decided to also use my combo light on my abdomen to improve fertility. There seems to be many women in forums and Facebook groups trialing all sorts of lights but, based on study protocols, I'm not sure they are using lights in the correct wavelength and at reasonable power density or for a reasonable time.



doesn't work, it doesn't work), but rather overdoing and potentially having a negative effect on my eggs (using a high dose that hasn't been studied). In fact, for the last few months, I think I have potentially been using the light too much.

The total dose in joules provided in the study from Denmark seems very high (20 000J (15 000 J of NIR and 5000J of red LED over 23 mins)), but as this was provided over a 500cm squared panel, I assume the dose was 40J/cm squared. I've calculated the power density of the Gigalaser to be just under 29 mW/cm squared. Looking at your table on the dosing page with 1000mW/cm squared as the power density for the combo light at the skin, if I placed the combo light at the skin, only 40 seconds are required to provide the same dose (assuming the Gigalaser was more powerful, initially I did the full 23 mins and sometimes more).

Firstly, I was surprised that your light seems so powerful compared to the laser used in that study – do my calculations seem correct?

Secondly, I'm assuming that when trying to penetrate deeper tissue, placing the light at the skin surface is very important (therefore I have used the power density 1000mW/cm squared for my calculations (from your dosing page)).

Thirdly, would you recommend using a combo light or a infrared light?

Finally, I'm not seeking specific medical advice, as I realise these products are different and I'm experimenting. Rather, I just want to trial my own protocol with your products and one that provides what could be an equivalent dose without overdosing (if you even consider 'overdose' a risk with deeper penetration (I realise at skin level, it can be an issue)).

Thank you so much for your time taken reading this and for any response you can offer. From discussions in fertility forums, I appear not to be the only person trying to work out a sensible protocol with products bought online for home use, so hopefully this query will help someone else choose an optimal product and home protocol too.

SEPTEMBER 10, 2021 AT 19:00

REPLY



and LED used in this machine too!

OCTOBER 6, 2022 AT 15:08

REPLY

Joe says:

Hi Eve,

You needn't worry about overdoing light therapy for female fertility. Only a very small percentage of the light applied to your skin will be able to penetrate down.

Let's assume you applied what is considered a high dose of 100J/cm² to your skin. How much of that will penetrate down to the target cells in the ovaries... maybe 1J/cm² if lucky? There's no overdosing risk with deeper tissue.

I mentioned in another reply: "The way you have calculated the dose in J/cm² is not correct, and based on an assumption that the light was not angled at all. The power density calculation is also based on an assumption."

The power density must be measured with a suitable optical power sensor and the dose in J/cm² measured from that. Calculating the dose in J/cm² from total power never works – there are losses in terms of efficiency due to transformers, lenses, etc.

Your calculations are not correct, but you are right that our lights are more powerful overall than all lasers, including this one mentioned.

Placing the light on the skin surface is useful because it improves penetration. A Combo light or infrared works, with the infrared making slightly more sense for this application. The Combo offers versatility for other treatment areas/goals.

The way I would use it on the abdomen is from 0cm (touching the skin) for 5-10 minutes, 4x per week. This protocol makes sense for targeting any deeper tissue.

MARCH 11, 2023 AT 10:55

REPLY

Eve says:

I'm not sure if my last comment posted, so I'm typing a shorter query with less explanation of my calculations. If I was using your combo light on my abdomen (pressed against the skin surface), do you think it possible to overdo it/overdose at the deep tissue level and actually have an inhibitory or negative effect on the ovaries/eggs?



Also, would you recommend your combo light or a pure NIR light for this purpose?

Thank you in advance for any response.

SEPTEMBER 10, 2021 AT 19:44

REPLY

Ossa says:

Is there any science for endometriosis/adenomyosis? Pituitary microadenomas? I see from the male fertility section that nitric oxide would be affected. NO is elevated in endometriosis and fibromyalgia, so i'm not understanding if this modulates that or if i should worry about making it worse. Thank you! I've had difficulty finding any research on this.

NOVEMBER 6, 2021 AT 20:25

REPLY

Whitney says:

Curious about this for adenomyosis as well!

DECEMBER 28, 2022 AT 03:22

REPLY

Becky G says:

wondering what kind of light you'd recommend using for fertility in this way. New to all this and want to try it for fertility/ conception. Mahalo!

DECEMBER 15, 2021 AT 20:57

REPLY

Joe says:

<https://redlightman.com/product/infrared-830-device/>

OCTOBER 25, 2022 AT 23:27

REPLY

Shannon South (Fertility Nutritionist) says:

This is so interesting! I work with fertility clients and would love to incorporate this therapy in my practice. Which of your products do you recommend for optimizing egg & sperm quality? Also, I have heard that (LLLT) laser is more powerful than red lights. Are people seeing good results with your lights? Thank you!



<https://redlightman.com/product/infrared-830-device/> – female / egg

<https://redlightman.com/product/red-mini-670/> – male / sperm

Lasers come in varying power levels just like LEDs or other sources of light do.

We use LEDs which are considered the gold standard at the moment –

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6091542/>

Lasers have various drawbacks and safety concerns.

We have multiple pregnancy reports so far!

JANUARY 20, 2022 AT 23:05

REPLY

Leonie says:

I'm interested in the Infrared 830 Device for fertility improvement. I have the following question: How does the power density of the Infrared 830 Device (1500 mW/cm² density) relate to the power density of the Gigalaser used in the study conducted in Denmark (PhotoBioModulation for Infertility. EC Gynaecology 8.9. 2019)? I just wonder how a Red light lamp can keep up with a laser? There is evidence for the LLLT treatment with lasers but where is the evidence for using LED lights? Thx!

FEBRUARY 11, 2022 AT 17:57

REPLY

Joe says:

Most studies use LEDs these days. LED arrays are far more powerful than laser devices. Just search for 'Photobiomodulation: Lasers vs Light Emitting Diodes?' to see a good review article.

The power density of the Infrared 830 Device or any of of products changes with distance. If you use it from further away, the treatment area increases in size while the power density decreases. So you can adjust the power density by adjusting the distance.

MAY 8, 2022 AT 17:49

REPLY

AK says:

Hi there

I purchased the red light therapy device for fertility but not sure what is the right dose to use it ? How often etc?

Also, can I use the same device for my hair loss and my acne? If so, would that mean



Joe says:

A high dose is better for fertility – deeper penetration is needed. 4x a week at least.

You can use the same for hair loss and acne. Yes, you have to do a separate session in each target location.

MAY 8, 2022 AT 17:30

REPLY

Elena says:

Hi Joe.

I have got a 830 device.

I understand I have to use 4 times a week 5-10 min (tell me please if I'm right).

Can you tell me please how to use it for a neck (where exactly on a neck, how many minutes and times) for a fertility problems.

Thank you

JUNE 26, 2022 AT 08:02

REPLY

Joe says:

Correct for the abdomen. This idea of using light on the neck is an indirect approach, with the theory being that it will work via blood, going to the brain, the brain regulating hormones more optimally, and the hormones impacting fertility. In studies they were using the light on the side of the neck, targeting blood vessels there, but could have also affected the thyroid at the same time without intending to, which also affects fertility hormones.

So I would suggest focusing on the lower abdomen as the priority for fertility, with sessions on the neck as a secondary treatment. For the neck, if targeting blood vessels, around 8 inches / 20cm distance is fine. 3-5 minutes. You can do different sides on different days.

OCTOBER 25, 2022 AT 23:26

REPLY



should be placed?

AUGUST 30, 2022 AT 16:20

REPLY

Joe says:

No video, but just below the belly button basically.

OCTOBER 25, 2022 AT 23:25

REPLY

fazeelaanwar says:

Hi I was wondering what would be the recommended device for sperm improvement and also lining for female. Would it be possible to use same device. If u could please advice

MAY 26, 2022 AT 07:01

REPLY

Joe says:

Sperm – <https://redlightman.com/product/red-mini-670/>

Lining – <https://redlightman.com/product/infrared-830-device/>

(I assume you mean the lining of the uterus – the endometrium)

If wanting to use only one device for both people –

<https://redlightman.com/product/red-infrared-combo-light/> – this would be the best option, although fertility is one situation where I would recommend the 2 separate.

MAY 26, 2022 AT 15:48

REPLY

Victoria Bate says:

Hi Joe,

Can I ask why you recommend the separate devices for fertility?

Many thanks

JUNE 15, 2022 AT 03:25

REPLY



closely matches what has been proven to work. There simply hasn't been fertility research with something like our combination wavelength devices.

So if you are serious and want to follow the most logical approach, the separate devices is the best bet. I personally think the combo lights will work and I would still use that if it was all I had access to. However the 2 separate lights is the configuration I would ideally use given the available research right now.

JUNE 16, 2022 AT 18:12

REPLY

Rosemary says:

Hello, I got a device mini mat. I was told to put it on abdominal area for 30 minutes a day to help with egg quality. Am I overdoing it?

JUNE 24, 2022 AT 15:08

REPLY

Joe says:

Maybe, you need to know the light intensity of your particular device to be able to **calculate the total dose**. With just the time, I cannot give you an answer. 30 mins with a weak light is different than 30 mins with a strong light.

JUNE 28, 2022 AT 10:53

REPLY

Elena says:

Hi Joe.

I bought 830 red light and I use it 4 times a week for 5-10' (for fertility reason)

I know it's good to use it for a neck but don't know how often and for how long for fertility reasons as well.

Please advise how to use it for a neck.

Thank you

JUNE 27, 2022 AT 22:24

REPLY



that it will work via blood, going to the brain, the brain regulating hormones more optimally, and the hormones impacting fertility. They were using the light on the side of the neck, targeting blood vessels there, but could have also affected the **thyroid** at the same time without intending to.

So I would suggest focusing on the lower abdomen as the priority for fertility, with sessions on the neck as a secondary treatment.

For fertility I suggest using the light as close as possible, even touching the skin around the abdomen. For the neck, if targeting blood vessels, around 20cm distance is fine. 5 minute sessions are all that you need with our lights. 4x a week.

JUNE 28, 2022 AT 10:51

REPLY

Hil from Germany says:

I have a red light that emits 830 and 850 wavelength, can I use that for fertility or should be only 830 wavelength? And where I place it? In the middle of the abdomen or alternately the ovaries?

JULY 1, 2022 AT 15:37

REPLY

Laura says:

830 is better, but it doesn't have to only be that. As equally as important as the wavelength is getting a high light intensity. At least 100mW/cm² but preferably higher will be needed to reach deeper internal tissues like the ovaries. Either the middle of the abdomen or alternating over the left/right ovaries are both valid approaches.

JULY 5, 2022 AT 19:40

REPLY

Kristen says:

Hi can this be performed during and after ovulation or could it potentially damage sperm?

AUGUST 7, 2022 AT 10:59

REPLY



ovulation is fine.

OCTOBER 25, 2022 AT 23:24

REPLY

Isabel says:

Hi, I'd like to get your 830nm device but I would like to consider your Red-Infrared Combo Light.

How does the combo light emit wavelength? Does it emit multiple wavelengths/all wavelengths at the same time or does it allow me to emit one wavelength (i.e. 830nm) at a time?

Lastly, how many days does it take to be shipped to the US East Coast? How much is shipping? Please let me know. Thank you!

AUGUST 16, 2022 AT 22:17

REPLY

Joe says:

Regarding the Combo Lights. They are also suitable for fertility. There is not an on-off switch for the red or the near infrared portion of the light or each individual wavelength. It is all on together or all off.

All of the different wavelengths in there work in the same way. Whether it is 670nm red light or 830nm infrared light – they're all helping your cells to make more energy. You can consider the combined beam of light to just be an optimised light therapy broad spectrum.

The near infrared lights penetrate slightly better than red, and the red light is slightly better for the skin, but they're more similar than they are different.

The difference in how you would use the device is based on distance.

At close range the light coverage area is smaller, with a very intense light in the treatment area. When you consider that only a small percentage of the light hitting the skin will penetrate down into the core of the body, it follows that you need to apply a very high dose – so this type of strong light with a concentrated light source helps with that. You need not only infrared light, but intense light, to get effects deeper in the body. There's nothing gained by turning off the red – some of it will still penetrate and help with the target area. Anything closer than about 25cm or 10 inches would be considered close range. 5-8 minute sessions



at 30cm/12in+ distance the light is a suitable intensity for direct skin/hair/eyes treatment. Again, turning off the infrared would only increase the time needed for the session – infrared still helps skin and surface tissues. 3-5 minute sessions are suitable for surface treatment.

Splitting out the wavelengths onto different switches only adds costs to the product while providing a choice that falsely implies some added benefit and utility – turning some off and some on isn't going to add benefits or better results.

I hope that makes sense as to why we've designed the light like this.

Just a few days to the East Coast. Free shipping.

OCTOBER 25, 2022 AT 23:21

[REPLY](#)

Alex says:

I'm looking to buy infrared mini 830.

How far from the body should it be held?

Can it be in contact with the skin?

How long should it be used for at one time?

How many days in between uses minimum/ maximum? How often should it be used?

This is for ovaries and thyroid. So can it be used on the same day on both parts of the body?

Many thanks

AUGUST 27, 2022 AT 11:17

[REPLY](#)

Joe says:

As close as possible. It can be in contact with the skin for short periods. It will get warm after a while like this. So turn it off before it gets hot.

5-10 minutes is ok.

4 times a week is a good frequency.

It can be used on the same day for both areas. Treat both areas independently.

OCTOBER 25, 2022 AT 23:14

[REPLY](#)

Sue says:

With the mini, should we place the light on the center of the abdomen 5-10 min total, or directly over each ovary 5-10min each side?



Will near infrared light damage sm embryo after its transfered in the uterus?

NOVEMBER 27, 2023 AT 22:51

REPLY

Joe says:

Considering that it helps sperm cells, helps egg cells, and helps pretty much all human cells across the body – it seems a strange idea that it would somehow cause harm to an embryo. There's no mechanism of harm I can think of. So, I would answer no, no it won't damage an embryo.

NOVEMBER 30, 2023 AT 13:57

REPLY

Siga says:

Just repeating some unanswered questions that I'd also love to know:

- (1) Can you please confirm where in the neck do we shine the light on?
- (2) and how do we use this for hair loss, do we shine the light onto the problematic areas and is it the same for both men and women?
- (3) Is it ok to do this after ovulation?

Many thanks

SEPTEMBER 6, 2022 AT 13:41

REPLY

Joe says:

- 1) Below the ear
- 2) Hair loss is a bit more complicated. Using the light on the scalp is one direct and obvious approach (4-5 minutes from 25cm – try to part the hair to expose the scalp), and will help regardless of the cause. In my experience, a combination of fertility issues and hair loss is usually related to thyroid problems, which itself can be downstream from stress – physical/emotional or dietary stress or anything else. However, the thyroid is the key gland to target to resolve hair loss. A similar protocol focused on the front lower neck area works. 4-5 mins / 15 cm distance.
- 3) Yes. While it is true that if you have been using light therapy in the months leading up to pregnancy, your reproductive system should be in a good state and you can stop if you want....the thing to understand with light therapy is that it has a cellular metabolic effect, not a hormonal one. There might be indirect hormonal



in your body to do what they are meant to do. These light wavelengths are also very good for sperm cells, helping them along, so no worries there either.

OCTOBER 25, 2022 AT 23:12

REPLY

Anonymous says:

Did you use during pregnancy?

NOVEMBER 30, 2023 AT 21:42

REPLY

Amanda says:

Can you tell me which LED light would be recommended to improve egg quality in females.

many thanks

SEPTEMBER 15, 2022 AT 08:33

REPLY

Joe says:

<https://redlightman.com/product/infrared-830-device/>

OCTOBER 25, 2022 AT 23:08

REPLY

Kristen says:

Hi there, I have been using the 830 mini for fertility 20 minutes per ovary and 10 minutes over the uterus 5 days a week. Am I doing it too much? Can using it too much cause harm or an opposite effect?

OCTOBER 24, 2022 AT 19:29

REPLY

Joe says:

You are doing it more than we usually recommend, but it won't cause harm or an opposite effect.

There's no way to build up a high dose on internal tissues. Even with your long sessions, the amount of light reaching the internal tissues is moderate at most. I would just suggest that you can expect similar results from doing it for half the time you are now.



Hi

Is LED, Infrared, near infrared light and red light all the same? I'm interested in getting the best light for female fertility. Which is the best light and product you recommend?

NOVEMBER 4, 2022 AT 09:12

REPLY

Joe says:

LED is the type of lighting technology. You can have LEDs of various different wavelengths or colors. You can have blue LEDs, white LEDs, red LEDs, etc. Infrared is a broad range of wavelengths starting where visible light ends and ending just before microwaves start.

Near infrared is a subcategory of infrared, and is the range just longer than visible light. So when the wavelength is slightly longer than red light, it becomes near infrared.

Red light is a subcategory of visible light.

The difference between red light and near infrared is mainly that you can see red light but you can't see near infrared light. However for light therapy purposes they basically have the same effect on the human body. We're only interested in the very shortest part of near infrared for light therapy. Longer wavelengths of near infrared don't have the same effect. Just as blue light doesn't have the same effect as red light.

<https://redlightman.com/product/infrared-830-device/>

This is recommended for fertility in females.

NOVEMBER 4, 2022 AT 13:35

REPLY

Vee says:

Hi Joe, just to clarify-do you recommend the infrared 830 device over the infrared 830 mini device for fertility in women please?

JANUARY 8, 2023 AT 08:51

REPLY



830 Device is the best choice. The 830 Mini is the best choice on a budget.

JANUARY 9, 2023 AT 14:50

REPLY

Anonymous says:

Thank you Joe

JANUARY 22, 2023 AT 08:40

Johannes says:

Hi,

i am a male and trying to improve my fertility.

The device I have has a led and a cob function. The instruction manual says to use both functions, but the cob light heats up my testicles. Should i just use the red light and for how many minutes. Thank you very much

NOVEMBER 10, 2022 AT 08:41

REPLY

Joe says:

We really can't give recommendations for devices from other companies, but just make sure you aren't heating your testicles.

JANUARY 9, 2023 AT 15:27

REPLY

Kristen says:

Can I use the 830 device once I have a positive pregnant test?

NOVEMBER 24, 2022 AT 17:11

REPLY

Joe says:

We can't give advice directly on pregnancy.

All I would say is that researchers presume that using the light on body areas distant from the uterus is fine.

JANUARY 9, 2023 AT 15:43

REPLY



I purchased the infrared light mini 760nm/830nm for fertility
I been using it touching the skin on abdomen for 10min on each ovaries. I sometimes also use on uterus in the center of abdomen for 5min am I doing all this correctly? 4days a week

DECEMBER 7, 2022 AT 23:02

REPLY

Joe says:

Sounds fine, yes

JANUARY 9, 2023 AT 16:41

REPLY

Will says:

Hello,

I recently purchased the 670 nm light suggested for male fertility from RLM. What is your recommended regimen for men? How close should I hold the light to my testes? Time and frequency per week? Thank you.

JANUARY 3, 2023 AT 15:34

REPLY

Joe says:

4x per week. 10 inches distance. 2-3 minutes.

Just be mindful to not heat the testes with long/close sessions.

JANUARY 9, 2023 AT 15:10

REPLY

Kindra R. says:

I purchased the red light mini. Is it not effective for improving egg quality??

JANUARY 11, 2023 AT 16:45

REPLY

Joe says:

It wouldn't be my first choice for female fertility and egg quality but might still have beneficial effects. It is more suitable for male fertility.

MARCH 11, 2023 AT 10:56

REPLY



19:00 that didn't receive a reply. I would like to buy the lights you recommended but would really appreciate the clarifications she inquired about before I purchase them.

"The total dose in joules provided in the study from Denmark seems very high (20000J (15000 J of NIR and 5000J of red LED over 23 mins)), but as this was provided over a 500cm squared panel, I assume the dose was 40J/cm squared. I've calculated the power density of the Gigalaser to be just under 29 mW/cm squared. Looking at your table on the dosing page with 1000mW/cm squared as the power density for the combo light at the skin, if I placed the combo light at the skin, only 40 seconds are required to provide the same dose (assuming the Gigalaser was more powerful, initially I did the full 23 mins and sometimes more).

I was surprised that your light seems so powerful compared to the laser used in that study – do my calculations seem correct?"

MARCH 10, 2023 AT 17:03

REPLY

Joe says:

Hi Julia,

Why assume lasers are so amazing?

Laser lights are usually much weaker in terms of total energy than LED devices. For example you will have 100mw lasers compared to 20,000mw LEDs (our Minis) or even 300,000mw LEDs (our bodylights).

The total dose in joules (of 20000) is not necessarily high. Our Bodylight will give you that in 1 minute. The issue is that total dose measured in joules is not the best measurement metric.

The way you have calculated the dose in J/cm² is not correct, and based on an assumption that the light was not angled at all. The power density calculation is also based on an assumption.

However, you are correct that our lights are more powerful than lasers, but all LEDs light therapy devices you find nowadays are, by a factor of 100x or more. Not necessarily more powerful in terms of power density at a focal point, but they carry the power density over much larger areas.

MARCH 11, 2023 AT 10:39

REPLY



MARCH 17, 2023 AT 21:15

REPLY

Melanie says:

Hello,

I have been using your infrared device during my current IVF cycle and I believe it has definitely helped improve my egg quality as I was able to get two embryos where my last IVF cycle failed (I am 45). What I would like to know now is would the infrared light therapy aid implantation? I have just had my transfer today and want to do everything I can to help the embryos implant and stick around for the duration but I don't want to risk harming the process in any way. Do you recommend for successful implantation and subsequent development to term?

Thanks for any advice.

MARCH 14, 2023 AT 16:15

REPLY

Joe says:

You can continue right up to and past implantation. The light will in theory help the mitochondria of the blastocyst/embryo in the same way that it helps your own cells. In fact the mitochondria contained in the embryo's cells are exactly the same as yours. Mitochondria are inherited from the mother. If light therapy helps you, it will help the embryo by the exact same mechanism. It will help placenta formation and so on.

MARCH 18, 2023 AT 13:21

REPLY

RedLightGuy123 says:

So you don't see any way it could damage the sperm (inside the female body) on the way to conception or during? Thank you

APRIL 5, 2023 AT 17:49

REPLY

Joe says:

All studies with light therapy on sperm, whether with 830nm wavelength or 670nm or others, show beneficial effects. This is seen on human sperm, but also dog, horse and other species.



the fallopian tubes on their way to the egg cells.

APRIL 5, 2023 AT 21:25

REPLY

RedLightGuy123 says:

Sorry, I will try to write it more clear:

Is there no danger of the IR damaging the sperm that is already inside the woman by heat damage ?

(Just as when using it on testicle)

APRIL 9, 2023 AT 20:40

Joe says:

No danger of damage. The actual dose of red/infrared light reaching internal tissues (or sperm inside the uterus/fallopian tubes/ovaries) is very small. Only a small percentage of the light applied to the skin will penetrate down that far. As such it is practically impossible to get an 'overdose' of light in deeper tissue or to cause thermal stress or anything like that.

APRIL 11, 2023 AT 09:49

Olivia says:

Thanks for all this helpful information.

I've read through the above postings but looking at the actual Infrared 830lamp— I am unsure how to use it.

Should it be placed directly on skin of the lower abdomen or held further away?

Frequency 4x/week, duration 10 mins?

and In theory, this wouldn't hurt for male fertility ? (If I could only afford one device). I have low AMH and get 4-5 eggs on egg retrieval but average only 1 blastocyst per IVF cycle.

Hoping to boost the energy of my eggs to get a better result in future (or natural conception!)



Joe says:

Personally I would use with the lens directly touching the skin for maximum penetration, however any distance up to about 6 inches will still provide a high light intensity suitable for deeper tissue.

There are plenty of studies showing 830nm aiding sperm health. Due to the heat sensitive nature of the male scrotum, you can use it wrong (if you use it too long, it would eventually warm up the scrotum), but short sessions are fine and healthy.

APRIL 11, 2023 AT 09:56

[REPLY](#)

Kathleen says:

Hi Joe!

I have read so much great information on this page, thank you. I'm looking forward to using RLT to support optimal fertility for both me and my husband. My only question is this – we know that my husband has a varicocele that is affecting his sperm quality. I really want him to use the RLT but I fear warming his testicles/causing any further damage. It seems that short treatment lengths should be safe, but I wanted to know if you had any thoughts/experience on using the device on a male with a varicocele?

Thank you!

JULY 7, 2023 AT 00:29

[REPLY](#)

Eva says:

Hi there,

please i am considering buying the Infrared 830 Device for women's fertility.

You mention 200mW/cm² at 15 cm distance, is that correct?

What is the irradiance at 0 cm? So on the skin?

Thank you

JULY 30, 2023 AT 00:12

[REPLY](#)

Ida says:

I have just placed this order (infrared 830 device) and I'm now wondering if I've ordered the correct product.

Im currently 44 years old and under going ivf. Both me and my partner have issues. I would like to use it to improve my egg quality and he would like to use it to improve



areas or do I need to get separate products for each area?

Would this product I have ordered be too strong to help my partner with sperm ?

And which product is best for under active thyroid? How would I use it in the neck?

Many thanks

SEPTEMBER 18, 2023 AT 13:18

REPLY

Kristen says:

Hi! I bought the 830 for fertility and conceived naturally using the red light (after multiple failed IUIs)! I now have clogged milk ducts related to inflammation of breast during breastfeeding. Would you happen to know if I can use this device on breast? And if so should I do the same thing as for uterus? Touching skin for 10 min? Or is there a different device I should buy instead? Thank you!!

OCTOBER 26, 2023 AT 01:06

REPLY

Joe says:

There is relevant research on things like nipple trauma, with positive results. So, yes, you can use light therapy on breast tissue. The 830 Device is fine. The uterus is much deeper inside the body than breast tissue, and also underneath much more dense (light blocking) tissues such as muscles. Red and near infrared can penetrate the skin fairly well and breast tissue is one of the easiest tissues for light to penetrate through. So, a much lower dose of light is needed relative to that needed for the uterus. 6 inches for 3-5 minutes should work.

NOVEMBER 1, 2023 AT 10:40

REPLY

Felicia says:

Hi, are you aware of impact NIR light has on melanin/more melanated darker skin? I've recently purchased 830 and 670 devices – do dosage times need to be increased, decreased or remain the same? Great to read detailed articles and insightful responses. I look forward to hearing from you. Thanks

NOVEMBER 2, 2023 AT 15:48

REPLY



have pain and last operation revealed inflammation all over my pelvis. It has impacted my fertility.

Also, would I need a separate device for other parts of the body such as face for fine lines or rosacea for my partner? My main concern is fertility though. Thank you.

NOVEMBER 19, 2023 AT 20:18

REPLY

malin says:

Hi, I am considering to buy your infrared 830 device to improve my fertility and egg quality since that seem to be the one you are recommending for it. Although that is my main purpose I would also like to use the device for other purposes, is it then better to buy the combo light? I can see that for yeast infections and collagen improvement you recommend the combo light. Whats the main differences that I should consider? Is the 830 infrared device the best for fertility and in that case could I still use that device for other purposes?

NOVEMBER 23, 2023 AT 08:04

REPLY

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