



**ForefrontHealth**

**The Complete Thyroid-Boosting Guide to  
Quad-Wave Red Light Therapy**



**Re-Balance, Re-Activate, and Restore Your  
Thyroid Health with Quad-Wave Peak Activation**

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## The Ultimate Thyroid-Boosting Meal Plan

If you're looking for a simple way to boost your thyroid health... this done-for-you meal plan is like a 7 day thyroid-boosting jumpstart, designed to help start bringing you and your thyroid back to life.

[Get It Here](#)

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## What is Red Light Therapy?

Everyone knows that we need adequate sunlight to be healthy. It's an important, yet often overlooked component to a healthy metabolism. Yet, there are good parts (red and near infrared light) and bad parts (ultraviolet light and X-rays) of sunlight.

Too little sunlight, as is common in winter months, can result in a slow metabolism that is often associated with worsening symptoms of hypothyroidism and depression.

Too much sunlight on the other hand can be dangerous as it leads to excess radiation and damage to the skin, which can result in accelerated aging, wrinkles, and overall loss of health and elasticity.

*What if we could isolate only the healthiest parts of the light spectrum that your body needs to thrive and utilize it to boost your thyroid and general health all year long?*

That's exactly what Red Light Therapy is.

**It's the use of a light therapy device designed to emit the precise spectrums of red to near-infrared light needed to take your metabolism, thyroid, and life to all new levels.**

## Who is Red Light Therapy for?

There are currently over 5,300 studies on Red Light Therapy, and the number of studies is growing exponentially.

This is because **Red Light Therapy has been shown to consistently provide some amazing benefits for nearly all health conditions**, while being completely non-invasive and safe.

The results that have been demonstrated are so promising that it's a wonder why everyone is not already using Red Light Therapy.

Red Light Therapy can be used by anyone who wants to look and feel their best. It's being used by everyone from professional athletes looking for an edge over the competition to people crippled by pain who can barely move.

While it can be used for most any purpose, **it can also be used by thyroid sufferers to boost thyroid function** and help fix a number of thyroid related symptoms/conditions including **Hashimoto's thyroiditis, weight gain, skin conditions, arthritis, sleep issues, pain relief, or even for general wellbeing.**

Yet, it's important to note that **not all red light therapy devices are created equal**, which is where our research and knowledge gives you the advantage.

## Why We Chose to Include 4 Wavelengths

Most Red Light Therapy devices offer one or two wavelengths. While one or two wavelengths is certainly better than none, it's far from ideal.

And don't be fooled... **a higher wavelength does not equal a better-performing light.** In fact, it could actually mean sub-optimal performance.

But, as one of our core values states, we are only interested in providing the best solutions and that means providing only the best products.

That's why we chose a four wavelength design for our **Quad-Wave Red Light Therapy Device**, which is tuned to give you the best results possible.

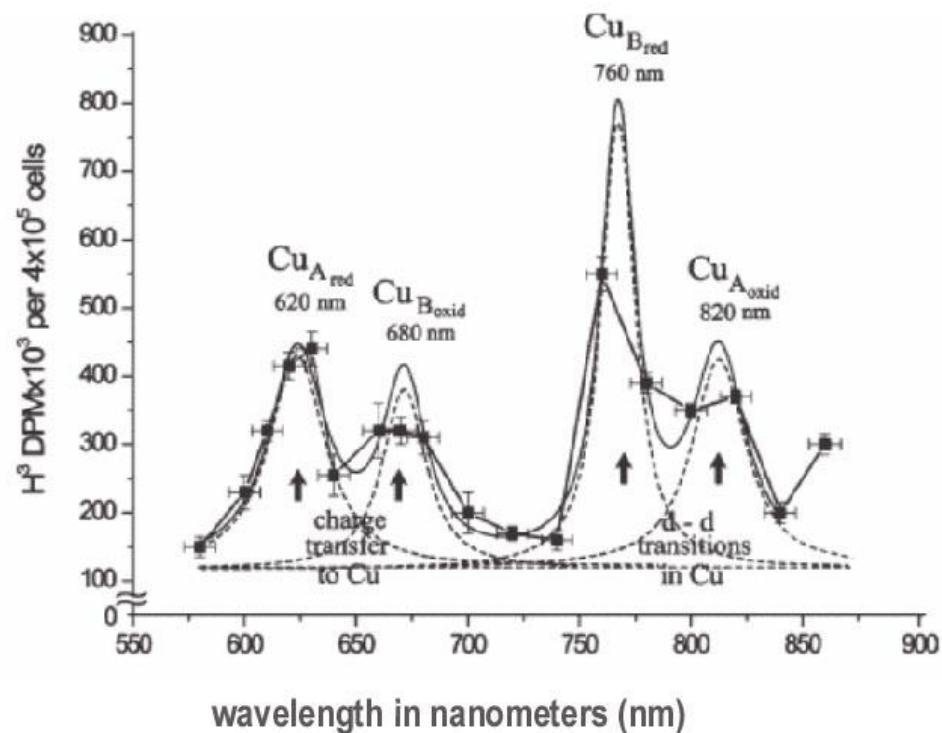
To understand why this is so important, you have to first understand how Red Light Therapy works.

**Red Light Therapy works by its ability to activate a key metabolic enzyme, called cytochrome c oxidase.** This enzyme exists within the mitochondria of your cells and allows your cells to produce the high level of energy they need to heal and function optimally.

Unfortunately, the **cytochrome c oxidase enzyme is easily damaged by stress**, which can limit your ability to achieve a healthy metabolism.

Yet, **you can restore and activate this essential enzyme through the use of Red Light Therapy.**

This cytochrome c oxidase enzyme is activated most efficiently through four different wavelengths of light associated with the peaks of the graph shown below:



That's why our Quad-Wave Light Therapy Device is designed to emit four wavelengths (rather than one or two) of light that coincide with these peaks to provide maximum activation of the cytochrome c oxidase enzyme.

We call this **Quad-Wave Peak Activation** and it's the reason why our light is so effective.

Unfortunately, **most Light Therapy devices out there are relatively low power and contain only one or two wavelengths of light that are not tuned to any of these peaks.**

*How do we know this?*

We measured them and compared the output of the different devices. All data points taken into account, the power output of our panels produced 45% to 225% more light power than similar devices that cost two to three times as much (and keep in mind they only included 2 wavelengths).



## How Red Light Therapy Can Help Boost Your Thyroid (and Overall Health)

As mentioned, there are a multitude of applications for Red Light Therapy.

One particular application that has demonstrated amazing effects is with its use on the thyroid gland.

Red Light Therapy applied to the thyroid gland helps to activate the cytochrome c oxidase enzyme within the cells of the gland to increase energy production, reduce inflammation, and improve the function of the gland (**especially with respect to Hashimoto's thyroiditis**).

In fact, studies have shown that the use of light therapy on the thyroid gland can help:

- Increase thyroid hormone levels.
- Decrease TSH.
- Decrease TPO (Hashimoto's thyroiditis antibodies).
- Decrease Tg antibodies (thyroglobulin antibodies).
- Soften hard thyroid nodules (which may reduce thyroid cancer risk).
- Reduce the size of an enlarged thyroid gland, goiter, and nodules.
- Stop the progression of hypothyroidism.
- Increase production of thyroid-protective hormones.
- Complement use of thyroid medication.

**While we do not recommend that you stop your thyroid medication unless directed by your prescribing doctor...** some studies have shown that with the right dosing of red to infrared light, roughly half of the patients involved were able to maintain normal thyroid hormone levels for more than 9 months after the light therapy treatment.

Follow-up studies have shown that these results did reduce over the course of three years, indicating that the improvements were not permanent and routine treatment would be warranted.

Yet, by improving thyroid function, one can improve any number of thyroid related symptoms and conditions, which is one reason why Red Light Therapy has also been shown to benefit other ailments including (but not limited to):

- Weight Gain
- Skin conditions
- Arthritis
- Sleep issues / insomnia
- Hair Loss
- Pain Relief

We'll cover how to best use Red Light Therapy to help improve these symptoms and conditions in more detail next.

# How to Use Your Quad-Wave Red Light Therapy Device

The goal of Red Light Therapy is to achieve the recommended dose of red and near-infrared light based on the desired area/purpose of use.

The dose of light depends on two variables, the **distance between the light & the area of exposure** and the **length of time of light exposure**.

Generally speaking, the closer one is to the device and the longer the time of exposure, the larger the dose.

Before we get into the specific recommended dosing for each application, please note the following:

## General Recommendations

We generally recommend 10-minute sessions at 6-24 inches from your device per area using both the Red (R-Switch) and Near-Infrared (NIR-Switch). While it is important to get an adequate dosage of light, more is not always better. For example, too much stimulation by red light can lead to diminishing returns or even inhibitory effects.

For this reason, we recommend you allow at least 12 to 24 hours between sessions of the same area. We also recommend no more than 15 to 20 minutes in any one session, especially at a close distance. We recommend using the device 4-7 times per week on any specific area.

The benefits of Red Light Therapy comes from the exposure of the light to the skin and its penetration beyond the skin. Clothes and other materials will block the light. We recommend exposing as much skin as possible during use for maximum benefit.

Red and near-infrared light from LEDs are safe and even beneficial to the eyes. Safety goggles are not necessary to use. However, red light is very bright and can be uncomfortable to look at, so we recommend closing your eyes or using the provided goggles if needed.

### **First Time Users**

For first time users, we recommend starting out with 1-3 minute sessions per area, and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the therapy.

Once you have acclimated yourself to Red Light Therapy, please use the following dosing recommendations based on your intended purpose of use:

## **Hypothyroidism and Hashimoto's Thyroiditis Dosing**

For use with hypothyroidism and/or Hashimoto's thyroiditis, position the device facing your neck and upper chest. The recommended distance is 6 inches (15 cm) for approximately 3.5 to 10 minutes using both R and NIR lights.

## **Skin Conditions and General Skin Health Dosing**

For use with skin conditions or general skin health, position the device to cover the area of exposure. The recommended distance is 12 inches (30 cm) for approximately 1 to 4 minutes using both R and NIR lights.

## **Joint Pain and Arthritis Dosing**

For use with joint pain, position the device to cover the painful joint. Some joints such as fingers are more superficial (closer to the surface of the skin and not covered by muscle), which requires less of a dose than deeper joints such as a shoulder.

The recommended distance is 6 inches (15 cm) for approximately 30 seconds to 3 minutes for superficial joints and 2 to 5 minutes for deeper joints using both R and NIR lights.

## Hair Loss Dosing

For use with hair loss, position yourself so the device is exposed to the area where hair loss has occurred. Note that the light needs to reach the scalp and hair follicles to work properly. The recommended distance is 12 inches (30 cm) for approximately 1 to 5 minutes using both R and NIR lights.

## Weight Loss Dosing

Red Light Therapy works by activating the important metabolic enzyme cytochrome c oxidase. So, it naturally increases one's metabolic rate, which can lead to some weight loss.

However, studies have shown that using Red Light Therapy **directly after exercise** can have a more profound effect. Study subjects who used the Red Light Therapy post-exercise experienced double the fat loss of the control group, while maintaining muscle. The control group in this case only lost half the amount of fat mass, while also losing some muscle mass.

For use with or without exercise, the recommended distance is 12 inches (30 cm) for approximately 5 to 10 minutes using both R and NIR lights. We recommend using the device four times focused once each on the upper front (chest and torso), lower front (lower torso and legs), upper back (shoulders and mid back), and lower back body (low back to legs).

## **Sleep Issues / Insomnia Dosing**

Poor sleep is often associated with low nighttime metabolism and energy production. Your cells require adequate energy to reduce stress and relax. So, if you want to sleep like a baby, you need the fast healthy metabolism of a baby. Using Red Light Therapy to increase your metabolism prior to bed can help.

For use with sleep issues, position the device facing you and to cover as much exposed skin as possible. The recommended distance is 24 inches (61 cm) for approximately 10 to 20 minutes using both R and NIR lights.

## **General Wellbeing Dosing**

Red Light Therapy doesn't necessarily have to be used for a specific purpose. General use has many benefits too, such as improving mood, increasing energy, or just helping you to feel better.

For general use, position the device facing you and to cover as much exposed skin as possible. The recommended distance is 12 inches (30 cm) for approximately 5 to 10 minutes using both R and NIR lights.

## **Red Light Therapy – The Best-Kept Secret to a Happy, Healthy Lifestyle**

As we've covered in detail, Red Light Therapy can provide you with a multitude of benefits ranging from improved thyroid health to pain relief with **the ultimate goal of helping you to get back to happy and healthy you.**

Red Light Therapy is super easy to use, non-invasive, and is completely safe, making it a thyroid-boosting tool that anyone and everyone can use.

And that's exactly what makes our Quad-Wave Red Light Therapy Device the perfect complement for use alongside our thyroid-boosting supplements to help you achieve the best possible results.



# Frequently Asked Questions

## **What if I'm a first timer user of Red Light Therapy?**

For first time users, we recommend starting out with 1-3 minute treatments per area, and slowly working up to a 10-minute session over the course of 2-3 weeks as your body acclimates to the therapy.

## **How do I use the Red Light Therapy Device?**

Outside of the more specific dosing recommendations found within this guide, we generally recommend 10-minute treatments at 6-24 inches from your device per area. While it is important to get an adequate dosage of light, more is not always better. For example, too much stimulation by red light can lead to diminishing returns or even inhibitory effects.

For this reason, we recommend you allow at least 12 to 24 hours between treatments of the same area. We also recommend no more than 15 to 20 minutes in any one session, especially at a close distance. We recommend using the device 4-7 times per week on any specific area.

## **Are there any special requirements?**

The benefits of Red Light Therapy come from the exposure of the light to the skin and its penetration beyond the skin. Clothes and other materials will block the light. We recommend exposing as much skin as possible during use for maximum benefit.

## **Is it eye safe?**

The short answer is yes. Red and near-infrared light from LEDs are safe and even beneficial to the eyes. Safety goggles are not necessary to use. However, red light is very bright and can be uncomfortable to look at, so we recommend closing your eyes or using the provided goggles if needed.

## **Is it skin safe?**

Yes, red light therapy has been clinically-proven to help damaged skin heal from cuts, burns, and other blemishes. It can also help improve skin health related to numerous skin conditions.

## **Can children use Red Light Therapy?**

Red light therapy has been found safe, effective, and free of major side-effects in hundreds of clinical studies, including many involving teenagers or younger children. However, if you are considering using it with children, we recommend consulting with a healthcare professional. All treatments with children should be done under adult supervision.

## **Can pregnant or nursing women use the lights?**

Some experts believe there is potential benefit for pregnant women. However, as there has been no clinical research with red light therapy treatments on pregnant or nursing subjects, we recommend consulting with your healthcare provider.

## **Are the Near-Infrared (NIR) Lights not working?**

Near-Infrared (NIR) light is just beyond the visible spectrum and is invisible to the naked eye. You will only actually be able to see a faint glow emanating from these LEDs when they are on. Please rest assured that there is a significant amount of light energy emanating from those LEDs and the Red Light is in fact working exactly as designed.

## **What is the difference between Red and Near-Infrared Light?**

While all four wavelengths are proven to enhance cellular energy production, the main difference is the depth that each wavelength penetrates the body. Red Light is visible to the human eye and is mostly absorbed by the skin. Near-Infrared light is invisible to the human eye and penetrates deeper into the body (muscles, tissues, etc).