

Light Therapy and Fibromyalgia

Fibromyalgia can be a very difficult illness to deal with. The widespread muscle pain and persistent fatigue, often make daily living a real challenge. And many of the treatments used to reduce these symptoms end up providing little relief. So if you are suffering from fibromyalgia syndrome, you may be interested in trying a treatment that is associated with few side effects and positive results. Light therapy has been used for centuries in some countries to help cure chronic and acute pain. It is now available throughout North America to help reduce your fibromyalgia symptoms.

What is Light Therapy?

Light therapy is an alternative therapy used to help relieve a variety of physical illnesses, ranging from chronic pain to depression. Also known as phototherapy, light therapy delivers light beams to various areas of the body in order to trigger hormone release and healing. Practiced by physicians, physical therapists, and psychologists, light therapy uses bright, colored, and low-level forms of light to promote wellbeing.

Who Can Light Therapy Benefit?

Light therapy can offer long-term benefits to those suffering from a variety of health problems or illnesses. It is often used to treat:

- migraine headaches
- arthritis
- soft tissue injuries, including sprains and strains
- seasonal affective disorder
- depression
- sleep disorders

How Can Light Therapy Benefit Fibromyalgia?

Light therapy is particularly useful for treating fibromyalgia syndrome. It can help to reduce:

- muscle pain
- mood disorders and depression
- fatigue
- insomnia

Color Light Therapy

Color light therapy is becoming more and more popular among chronic pain sufferers. This form of phototherapy delivers colored beams of light to various body parts. When your eyes see this colored light, the light energy is converted into electric impulses. These impulses travel through your brain, triggering the release of particular hormones, including serotonin and endorphins. This helps to improve mood and ease pain.

Color therapy typically uses four main colors: red, blue, violet, and white. These colors can be applied directly to certain body parts. Color light therapy is very relaxing and typically lasts between 15 minutes and one hour.

How Effective is Light Therapy?

The effectiveness of light therapy has been debated over the years. However, recent studies now suggest that light therapy is very effective at reducing symptoms of chronic pain, fatigue, headache, and depression. In a study of migraine sufferers, 99% of migraine patients experienced a reduction in the number of headaches they experienced after using light therapy.