

Orion Family Spinal Center Shares Informational Guide on Red Light Therapy for Weight Loss

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Orion Family Spinal Center has made available a detailed informational guide describing its application of red light therapy as a non-invasive option within its wellness services. The guide outlines the therapy's described mechanisms and its integration with the practice's care under Dr. Chris Bennett.

The guide presents red light therapy, also known as low-level laser therapy, as using gentle red and near-infrared light applied via pads or panels. Sessions are described as lasting approximately 20 to 30 minutes, with individuals able to resume usual activities afterward according to the center's account of the process. A series of treatments is typically recommended as part of a personalized plan developed after consultation covering health history and goals.

Dr. Chris Bennett established the practice in the Lake Orion area due to a personal connection to the community. His wife attended Lake Orion High School, and the family selected the location to open the chiropractic office and raise their children. The center has served the community for five years. Earlier recognition included the reader's choice Best of the Best Chiropractor award for Lake Orion and Oxford in 2016 and a corresponding designation for Oakland County in the prior year.

The practice follows a whole-person approach in which care plans are developed after assessment of individual needs. Upper cervical techniques focusing on precise alignment of the atlas and axis vertebrae form a core element of the clinical services.

"Red light therapy is one of the complementary options we can consider as part of a broader wellness plan," said Dr. Chris Bennett, founder of Orion Family Spinal Center. "We wanted the guide to give people a straightforward explanation of how we use this modality, what a typical session involves, and why we include an individualized consultation as part of the process."

Clinical research has examined low-level laser therapy for localized circumference reduction. A 2016 study by Thornfeldt and colleagues evaluated a six-week treatment protocol and reported reductions in measured waist, hip, thigh, and upper-abdomen circumference. The study reported a mean combined circumference reduction of 5.4 inches, with 72.2 percent of participants achieving at least a 4.5-inch decrease and no adverse events reported during the study.

A 2020 randomized pilot study by Croghan and colleagues involving 60 overweight adults compared three LLLT treatment schedules. The group receiving treatments twice weekly for six weeks showed the largest reductions from baseline in several measures, including weight, waist circumference, BMI, and body fat mass. The researchers described the findings as preliminary and noted the need for additional research into treatment frequency and duration.

A 2025 systematic review of randomized controlled trials assessing low-level laser therapy for body circumference reduction identified three qualifying trials involving 160 participants. The review reported a significant reduction in waist circumference compared with controls and also reported reductions in hip, abdomen, and thigh circumference. The authors noted that differences in treatment protocols and follow-up periods make it difficult to establish optimal treatment parameters or long-term effectiveness.

Certain red light and low-level laser therapy systems, including devices used for aesthetic body contouring, have received FDA 510(k) clearance for specific intended uses. Because regulatory status and indications vary by device, the center recommends that individuals review the specific device information and applicable safety instructions before treatment.

The center's guide notes that the therapy is presented as one component of a broader wellness approach that can include consistent lifestyle measures. Individual results may vary. Red light therapy is not a substitute for medical treatment, and individuals should consult qualified healthcare providers regarding suitability, potential contraindications, and any weight-management plans.

“People often have questions about what red light therapy can and cannot do, and we believe clear information is important before someone decides whether a service is appropriate for them,” Dr. Bennett said. “Our goal with this guide is to explain how the therapy fits into the services we provide while encouraging people to consider their individual needs and discuss questions with an appropriate healthcare professional.”

The clinical process begins with consultation. When appropriate, a schedule of sessions is developed and progress is monitored. The practice reports that the sessions involve no downtime according to its experience, while published research on LLLT has generally reported few adverse effects in the populations studied. Individual device instructions and safety considerations should always be reviewed before treatment.

Orion Family Spinal Center continues to emphasize non-forceful methods in its upper cervical services. The availability of the guide reflects an effort to provide clear information about one complementary modality offered alongside spinal care.

The center's background is rooted in the founding family's decision to locate in a community of personal significance. Continuous service over five years, together with earlier community recognition, forms the basis for the current range of offerings that include both upper cervical chiropractic care and red light therapy as described in the guide.

Safety considerations and individual variation remain important. Regulatory clearance applies to specific devices and specific intended uses, while clinical studies have reported generally favorable safety findings in the populations examined. The available research also has limitations, including differences in treatment protocols, sample sizes, and follow-up periods.

Orion Family Spinal Center positions the informational guide as an educational resource explaining the practical details of red light therapy within its service framework. Under the direction of Dr. Chris Bennett, the practice maintains a focus on individualized assessment and the coordinated application of its available methods.

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Orion Family Spinal Center

At Orion Chiropractic, we specialize in the distinguished practice of Upper Cervical Specific Chiropractic—a precise and focused approach that steers clear of the conventional twisting of the body or neck.

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