

# Tucson Biological Wellness Also Offers Red Light Therapy in Addition to Infrared Sauna in Tucson

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Tucson Biological Wellness, a wellness center based in Tucson, Arizona, has announced that they also offer red light therapy in Tucson, AZ, another cutting edge alternative modality, in addition to the sauna with infrared light. Red light therapy is provided using the Platinum LED BIOMAX lights. These lights are in the R+ | NIR+ spectrum, which combines five different wavelengths of red and near infrared light, specifically 630 nm, 660 nm, 810 nm, 830 nm, and 850 nm. These different wavelengths can be used to target a wide range of health issues. For instance, red light at 630 nm may be used for hair regrowth, treatment of superficial skin cancers, treatment for acne, treatment for skin disorders, reduction of fine lines and wrinkles, and other things, while the near infrared light at 850 nm wavelength may be used for reducing joint and muscle pain, speeding up muscle recovery, healing of skin wounds, reduction of fine lines and wrinkles, and orthodontics and tooth alignment.

It should be noted that people need not worry about being exposed to undesirable EMFs when using the LED Platinum red light therapy devices. This is because advanced elements have been integrated into the devices to act as a barrier of shield to prevent the LED board, LED drivers, and power cables from emitting EMFs. People at a distance of 4 to 6 inches from the device will get the maximum benefits from the red and near infrared light wavelengths while having zero EMF exposure.

Another treatment modality offered at Tucson Biological Wellness is the infrared sauna. Infrared sauna sessions may help with regards to various health issues. These include weight loss and increased metabolism, muscle pain relief, detoxification, relief for joint pain and stiffness, boosting of immune system, skin improvement, enhanced appearance of cellulite, and minimization of stress and fatigue. Twenty to 60 minute sauna sessions twice a week is recommended to maximize the potential benefits offered by infrared sauna.

Tucson Biological Wellness also offers hyperbaric oxygen therapy. Hyperbaric medicine is the medical use of oxygen at a higher than one atmospheric pressure. Usually, the pressure is two times the normal atmospheric pressure. Because of the higher pressure and the use of 100 percent oxygen, oxygen is

dissolved in the blood plasma and in all of the cells, fluids, and tissues of the body at 10 times its usual concentration. This is a concentration that is high enough to maintain life with no blood at all. The regular hyperbaric oxygen therapy session is 60 to 90 minutes long in order to be able to have a positive effect. The chamber used at Tucson Biological Wellness has a dim interior light to allow the patient to relax and possibly read a book. Smartphones, tablets and the like can be safely used inside the chamber.

Tucson Biological Wellness also offers Hocatt, which is a combination of several modalities that may be able to detox the body at the cellular level, boost the immune systems, improves energy, and enhances circulation. The primary modality for the Hocatt is the Transdermal Ozone. Other modalities included are carbonic acid therapy; far infrared therapy; ultrasound therapy; electrotherapy; hyperthermia therapy; detoxification; and LED light therapy.

HOCATT has several potential benefits. These include the stimulation of the immune system such that healing is made faster; inactivation of bacteria, viruses, parasites, fungi, yeast, and protozoa; oxidation of toxins that facilitates their excretion; cleaning of the veins and arteries resulting in improved circulation; reduction of inflammation; calming of nerves and reduction of pain; normalization of enzyme and hormone production; activation of the immune system; dissolution of malignant tumors; scavenging of free radicals; and enhancement of brain function and memory.

Those who are looking for a Tucson Arizona wellness center may want to check out the website of Tucson Biological Wellness, or contact them on the phone or through email. They are open from Monday to Friday, from 9:00 am to 5:00 pm.

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For more information about Tucson Biological Wellness, contact the company here: Tucson Biological Wellness Dr. Jeanne Anne Krizman (520) 900-1808 wellness@tucsonbio.com 1601 N Tucson Blvd Suite 37 Tucson, AZ 85716

## **Tucson Biological Wellness**

*Tucson Biological Wellness provides preventative and restorative therapies for Tucson residents. We offer IV therapies, detoxification, pain management, hyperbaric oxygen, infrared sauna, HOCATT and red light therapy.*

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