

Safe Laser Therapy LLC Is Offering Cold Laser Therapy For Stress Relief In New York And Connecticut

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Safe Laser Therapy LLC, an eco-friendly wellness clinic in Stamford, CT, is offering clients state-of-the-art laser therapy for stress relief.

Stress can have profound effects on the body, even leading to physical damage that does not manifest itself outwards but wreaks havoc on individuals? bodies and minds. A majority of health problems that people face today can be traced back to stress. Living under constant stress can lead to the loss of memory and cognitive function as well as physical health issues due to coping mechanisms which include overeating, weight gain, smoking, or other forms of substance abuse.

?When the body is under duress, it produces cortisol,? says Malti Gupta, the founder of Safe Laser Therapy LLC and a certified laser therapist with over 15 years of experience. ?Cortisol gives us a blast of energy that translates into an increased heart rate and greater cognitive function. However, when the level of stress is sustained due to all the challenges of the modern world, including long hours at work, managing

relationships, experiencing trauma, our body is always in fight or flight mode.?

Laser therapy can stimulate key acupuncture pathways to decrease a person?s heart rate, lower blood pressure, and shift the body to a relaxed state. Therapeutic laser treatment for stress reduction uses a low-level wavelength that interacts with tissue on a cellular level. While the use of laser for healing stress is relatively new, studies conducted on veterans suffering from PTSD have found low-level laser therapy focused on specific areas of the brain to be very promising.

?The goal and theory of LLLT (Low-Level Laser Therapy),? says Gupta, ?is to aim high-power near-infrared laser light directly into the skull. The target tissue is primarily Brodmann?s 9 and 10, the PFC. The photons cross the skull and are absorbed by mitochondria in the neurons, stimulating ATP production and increasing neuronal activity and the nerve growth factor. The increased PFC activity then suppresses the amygdala. The secondary target tissues are the frontotemporal cortical areas associated with depression.?

Safe Laser Therapy LLC has earned the love and admiration of its clients in New York and Connecticut who have voiced their support on the clinic?s Google Business Profile. The profile has a perfect 5.0 out of 5.0 rating from over 20 reviews with clients praising the clinic?s caring and patient staff, Dr. Gupta?s knowledge and insight into various medical conditions, and responsive customer service.

A recent review says, ?I came here for help to quit smoking. I had the detox wrap and the laser therapy. Malti was very informative on each procedure that was being done. She even sent a lengthy email before my appointment and had details about how to prepare before coming. The place is very clean, Malti is very understanding and really cares about your needs. I smoked for 40+ years and so far, (8 days) have not picked up a cigarette. There are no cravings at all. I highly recommend Safe Laser Therapy for quitting. Cannot say enough about how knowledgeable Malti is. Even checks in with you to see how you?re doing.?

An excerpt from another review says, ?For the past several months I was feeling very fatigued and someone recommended I get a body cleanse, but I elected to get an infrared body wraps treatment instead. I did my research online and found this site, Safe Laser Therapy LLC, located in Stamford Connecticut?Overall, my infrared body wrap sessions at Safe Laser Therapy were rather rewarding, welcoming, professional, and a service that is second to none. I look forward to having more sessions in the near future. Again, many thanks to you Ms. Malti, you facilitated my healing process and made it so much less stressful and I loved the fact that you always concluded your services with a warm sincere hug.?

Readers looking for pain relief in Stamford CT can contact Safe Laser Therapy at (203) 601-7772 to inquire about its services or to book an appointment.

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For more information about Safe Laser Therapy LLC, contact the company here:Safe Laser Therapy LLCMalti Gupta(203) 601-7772contact@safelasertherapy.com1011 Hope St Suite N Stamford, CT 06907

Safe Laser Therapy LLC

Safe Laser Therapy LLC in Stamford, CT specializes in low-level laser therapy. Services include laser treatments to quit smoking, manage weight, pain relief, stress relief, detoxification, skin rejuvenation and hair restoration. Call (203) 601-7772 today.

Website: https://www.safelasertherapy.com/

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