Orion Family Spinal Center Offers Customized Weight Loss Program in Oakland County, MI Using Contour Light® System

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LAKE ORION, MI - June 15, 2026 -
Orion Family Spinal Center has incorporated the Contour Light® system as part of its customized weight loss program offered in Oakland County, MI. The practice, led by Dr. Chris Bennett, provides this non-invasive red light therapy option to support patients in Oakland County pursuing body contouring and wellness goals alongside other health services.

The program utilizes specific wavelengths of 635 nanometers in the red spectrum and 880 nanometers in the near-infrared range. These wavelengths target fat cells beneath the skin surface to stimulate natural processes. Sessions apply light panels to areas such as the abdomen, thighs, arms, and other regions where persistent fat deposits may remain despite diet and exercise efforts.

Dr. Chris Bennett established the center in the Lake Orion area based on personal and family connections. His wife attended Lake Orion High School, and the family chose the location to build their practice and raise their children. The center integrates the customized weight loss program with its primary upper cervical chiropractic care, which focuses on precise spinal alignment to support nervous system function.

"Red light therapy offers a non-invasive technology that complements our holistic wellness approach," said Dr. Chris Bennett, founder of Orion Family Spinal Center. "It works with the body's natural mechanisms to support body composition management while patients pursue overall health improvements through personalized strategies."

Research on low-level laser therapy, known as red light therapy, has examined its potential role in fat reduction and body contouring. A randomized double-blind study involving 67 participants over two weeks found that the treatment group experienced a collective reduction of approximately 3.5 inches across the abdomen, hips, and thighs compared to the control group. The authors observed that some measurements partially reverted two weeks after treatment ended, underscoring the importance of sustained lifestyle factors.

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In a 2016 six-week low-level laser therapy protocol study involving 54 healthy adults, a mean combined circumference reduction of 5.4 inches across waist, hip, thigh, and upper abdomen measurements occurred after one weekly treatment, with 72.2 percent of participants achieving at least a 4.5-inch decrease. This investigation noted high patient satisfaction rates.

The customized weight loss program at Orion Family Spinal Center positions red light therapy within a broader framework that emphasizes healthy lifestyle integration. Treatments typically involve no downtime, allowing patients to continue daily activities immediately afterward. The center develops individualized plans based on patient health history, goals, and responses to care.

"Patients often encounter challenges with localized fat that resists standard approaches," Dr. Bennett noted. "Our program provides technology-supported options that align with the center's focus on addressing underlying health factors, including nervous system optimization via upper cervical techniques."

The methodology begins with an assessment of individual needs and objectives. Sessions can target multiple body areas simultaneously, including the arms, belly, thighs, neck, and face. The process aims to support natural fat release while potentially contributing to skin health through effects on collagen. Education on nutrition and activity helps patients maintain progress between sessions.

This integration distinguishes the program by combining red light applications with the practice's established chiropractic services. Upper cervical care at the center involves gentle corrections to the atlas and axis

vertebrae, avoiding traditional forceful manipulations. The combined approach seeks to facilitate overall physiological balance that may complement body composition efforts.

Orion Family Spinal Center maintains a whole-person perspective in service delivery. The customized weight loss program reflects an effort to offer non-invasive alternatives for those seeking support without pharmaceutical or surgical interventions. Staff members tailor recommendations according to each patient's unique presentation and progress.

Further studies have explored red light therapy in conjunction with other wellness activities. For example, some investigations have examined its use alongside exercise, reporting potential enhancements in body composition metrics, though results vary and require confirmation through additional research with robust designs. The center continues to monitor scientific developments regarding these technologies while prioritizing evidence-informed application.

Sessions are described as comfortable and painless, with patients remaining fully clothed. The practice stresses that outcomes depend on multiple variables, including adherence to recommended protocols, individual physiology, and concurrent lifestyle choices. Regular follow-up assessments help adjust the program frequency and components as needed.

As part of its ongoing presence in the Lake Orion community within Oakland County, Orion Family Spinal Center provides access to this customized weight loss program. The integration of red light therapy with chiropractic expertise offers a coordinated strategy for patients addressing interconnected aspects of health and wellness.

It is important to note that individual results may vary. Red light therapy and chiropractic care are not substitutes for medical treatment, and patients should consult with qualified healthcare providers regarding their specific health needs and any weight management plans.

The philosophy at Orion Family Spinal Center centers on supporting natural body processes through precise, non-forceful interventions. By combining specialized upper cervical techniques with supportive therapies such as red light applications, the practice aims to address multiple dimensions of wellness, from spinal alignment to body composition management.

Orion Family Spinal Center remains committed to serving residents throughout Oakland County with evidence-informed practices. Dr. Bennett and the team focus on delivering personalized care that supports long-term health objectives through gentle, targeted methods. This dedication sustains the center's role as a

resource for those exploring non-invasive pathways to improved vitality and well-being.

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For more information about Orion Family Spinal Center, contact the company here:Orion Family Spinal CenterDr. Chris Bennett(248)-391-6101orionfamilyspinalcenter@gmail.com3385 Waldon RdLake Orion, MI 48360

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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