



Photonic Therapy for Horses

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Photonic therapy or Red Light Therapy, is a phrase that's becoming more common in the horse industry today. A few years ago it was considered quite left of centre and grouped together alongside natural horsemanship, treeless saddles and everything else that wasn't the norm. These days with more people [practising it and the science behind it becoming more available to the public, we are starting to see the term being thrown around intermixed with massage and bodywork, and top level competitors are also starting to see the benefits and use the treatment regularly.

Photonic Therapy is basically the application of light, to particular areas of the skin. These areas have increased electrical conductivity or are acupuncture meridians, and we use photonic therapy to produce cellular excitation, increasing energy to cells or stimulating particular physiological results.

Photonic therapy is a natural therapy which works by promoting the body's own immune responses, its own methods of controlling pain and it's own healing abilities. Photonic therapy uses a safe, non-invasive, painless, beam of light of a designated wavelength, in this case 660nm.

Photonic therapy has been extensively researched and is used not only by thousands of laypersons but also by thousands of professionals in the horse industry as well as in human therapy.

Interestingly enough, NASA originally funded this technology for projects involving plant growth in the weightlessness of life aboard the Space Shuttle and the International Space Station. In those unique environments, certain components of the cells in both plants and humans are distorted. The result is slow growth, decreased well-being, or outright illness. Humans floating around in zero gravity, in particular, suffer immune deficiency, pituitary insufficiency leading to hormone imbalances, delays in wound healing as well as bone and muscle atrophy. Using the red light treatment of LEDs daily, stimulates the astronauts' cells to prevent these effects of long-term weightlessness.

But how does photonic therapy work?

We all have information about our environment, such as light intensity, temperature, or clothing touching the skin, flooding into the brain the whole time. The brain has the ability to switch off and ignore these signals. It is the same with pain. If a condition goes on for more than four to six weeks, the brain learns to accept the problem

The present view is that light has a dual character. In its transmission it consists of electromagnetic waves, but when it interacts with matter, we must consider it as composed of photons. The photo-stimulation of acupuncture points using the red light process consists of the emission of light from a semi-conductor chip, its scattering through the flesh, and absorption into the nervous system.

The energy of light (photons) is transformed into electrical energy by the connective tissue under the skin. This electrical energy is transmitted to the brain by the nerves. Stimulating specific combinations of points on the skin will cause the brain to release particular hormones and other chemicals to relieve pain, increase immune response, and promote healing.

This can be described as a four part process:

1. 660nm or red light provides the photons required to painlessly and safely, penetrate and stimulate tissue.
2. By holding the torch on specific acupoints the brain is stimulated into producing an autoimmune system healing effect.
3. The photons degrade to a negative electron 'stream' the moment they contact the skin and slow down. This 'triggers' the acupoints and is transferred to the nervous system by the collagen connective tissue under the skin.
4. The nervous system in turn triggers the part of the brain called the hypothalamus, to release whatever we asked for - depending on the skin patterns we stimulated eg. Pain killers, hormones, and anti-inflammatories.

Photons are fundamental particles and differ from each other only in their energy level, i.e. their perceived colour.

The objective is to achieve levels of stimulation, which the brain cannot ignore, and the 660nm in the photonic torch achieves this.

The Benefits of photonic therapy include:

- Emergency first aid interventions
- Wound healing and repair
- Relief from acute and chronic pain including headache etc
- Increased blood circulation
- Immune system stimulation
- Accelerated soft tissue injury
- Increased mobility
- Reduced inflammation, swelling and haematoma
- Acupoint and Trigger point stimulation
- Increased cellular respiration & metabolism
- Generative tissue and cell stimulation

These days we can pay a qualified practitioner to perform a photonic therapy session on our horse, or we can also buy our own photonic torch and information manual, and perform regular treatments on our own horse, which makes this form of therapy easily accessible for all horse owners. Torches can range from around \$70 - \$1000.