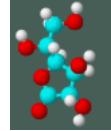




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☀️ May is Sunshine Month: Rediscover the Healing Power of Light

How light can help you live longer, think clearer, heal faster, and look younger-naturally.

Richard Z. Cheng, M.D., Ph.D.

May is Sunshine Month, a time to celebrate the healing power of light-both from nature and advanced medical science. From the life-giving rays of morning sunlight to precision-engineered red and near-infrared devices, light therapy is transforming medicine without drugs or surgery.

Welcome to the science of **Photobiomodulation Therapy (PBMT)**, also known as **Low-Level Laser Therapy (LLLT)** or **Near-Infrared (NIR) Light Therapy**. PBMT is a safe, non-invasive treatment using red or NIR light (600-1100 nm) to activate mitochondria, reduce oxidative stress, and stimulate cellular repair.

☀️ And yes-**natural sunlight** delivers many of the same mitochondrial benefits. During **Sunshine Month**, we highlight how both nature and science offer light as medicine.

⌚ 1. Anti-Aging and Longevity

Light slows biological aging and extends lifespan in animals by targeting three key drivers-mitochondrial decline, oxidative stress, and chronic inflammation [1-4].

- ✓ Boosts ATP production
- ✓ Activates stem cells and DNA repair
- ✓ Enhances circadian rhythm and sleep

🧠 2. Brain Health, Cognition, and Mood

Light enhances brain energy, blood flow, and emotional resilience [1,5-9].

- ✓ Increases cerebral ATP and oxygenation
- ✓ Reduces neuroinflammation
- ✓ Supports memory and mood

❤️ 3. Cardiovascular Support

Heart function improves with light-stimulated nitric oxide and better energy metabolism [1,10-13].

- ✓ Promotes circulation and vasodilation
- ✓ Reduces fibrosis and inflammation
- ✓ Supports heart repair post-injury

▼ 4. Metabolic Health & Type 2 Diabetes

PBMT improves glucose metabolism, insulin sensitivity, and mitochondrial health [14-17].

- ✓ Lowers HbA1c and fasting glucose
- ✓ Enhances beta-cell function
- ✓ Supports fat metabolism

5. Cancer: Supportive Therapy

Used with guidance, light improves quality of life during cancer treatment [\[18-22\]](#).

- Reduces chemo/radiation side effects
- Enhances energy and wound healing

 *Avoid direct application over tumors without expert supervision*

6. Immune Function and Inflammation

PBMT recalibrates immune responses and promotes recovery [\[23-26\]](#).

- Reduces pro-inflammatory markers
 - Enhances tissue repair
 - Supports autoimmune balance
-

7. Libido & Hormonal Health

Red/NIR light to the testes or pelvic region boosts testosterone and circulation [\[27,28\]](#).

- Increases libido and energy
 - Enhances reproductive function
-

8. Skin and Beauty Rejuvenation

Light restores youthful skin tone, elasticity, and clarity [\[29-32\]](#).

- Stimulates collagen and elastin
 - Reduces wrinkles, acne, and scars
 - Boosts glow and moisture
-

9. Muscle, Joint, and Injury Repair

From sports injuries to arthritis, PBMT accelerates recovery [\[24,33-35\]](#).

- Reduces pain, swelling, and stiffness
 - Speeds tissue repair and mobility
-

10. Vision and Eye Health

PBMT has shown promise in improving various aspects of visual function and protecting eye health [\[36,37\]](#).

- Enhances retinal mitochondrial function and reduces oxidative stress
- Supports blood flow to ocular tissues
- May benefit conditions such as age-related macular degeneration (AMD), glaucoma, and diabetic retinopathy

 *Avoid long eye exposure to bright sunlight, for example when driving a vehicle or at the beach, as exposure to blue and/or ultraviolet light can damage the eye. Wear dark glasses to prevent this type of damage.* [\[38-41\]](#)

Sunshine as Nature's Light Therapy

While PBMT devices offer precision, **sunlight-especially morning and sunset rays-provides free red and NIR light**.

- Resets melatonin and improves sleep
- Boosts vitamin D and immunity
- Gently supports skin and vascular health

Smart Sunshine Tips for May:

- Get **10-30 minutes of early morning sun** (face and arms) for circadian rhythm
- Get **5-30 minutes of solar noon sun** (time without sunscreen depends on skin type) for vitamin D
- Enjoy **late afternoon sunlight** for red/NIR benefits
- **Avoid sunscreen during red/NIR periods**, but apply protection during peak UV times as needed based on skin type
- Spend time **outdoors daily** for light exposure and movement

Key Point: Melanin (the pigment in the skin) acts as a natural sunscreen, protecting the skin from sunburns. The darker the skin, the more melanin, and the longer a person needs UVB exposure (without sunscreen) to generate the same amount of vitamin D as a lighter skinned individual. Safe sun exposure depends heavily on skin type - know what type you are and the amount of time you can safely spend in midday sun before applying sunscreen. It is always important to not burn.

❖ Conclusion: Light as Medicine-Celebrating Sunshine Month

May, the **Sunshine Month**, is a reminder that health can be illuminated-literally. Whether through the sun's rays or medical-grade red/NIR light, **Photobiomodulation Therapy (PBMT)** is a powerful tool in the Integrative Orthomolecular Medicine (IOM) toolkit, supporting healing, energy, mood, immunity, and longevity-without drugs.

Let this month be your invitation to step into the light-naturally and purposefully.

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Dr. Cheng is a practicing physician based in the USA and China, specializing in integrative and orthomolecular approaches to health. His clinical interests include nutrition-based therapy, functional medicine, low-carb medicine, and anti-aging medicine. He also works internationally as a health consultant and educator.

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