

## LED Photo-Rejuvenation Skin Care: Fact or Fiction

It's a wonderful time we live in with technological advancements streaming at us at an incredible rate. Never in history have we had such a large number of, not only skin care products and [acne treatment products](#), but new products in general, services and devices coming into the market place at it seems, a daily rate. Things are happening so quickly it's impossible to know all that is new, let alone evaluate or even read evaluations of new things. So, how can you separate the wheat from the chaff so to speak? Well maybe one way would be to look at whether or not a new thing is based on something sensible. Let's look at natural skin care advancements in the area of LED photorejuvenation. Is LED photorejuvenation based on something sensible? Well it's based on the understanding that light is essential to life, without light we'd perish. Well, you can say that too much light is not good. That is true for certain kinds of light like ultraviolet for example, we know that too much ultraviolet can cause damage to the skin and if you look at ultraviolet without eye protection you could damage your eyes - not good. At the other end of the light spectrum is red and infrared light, which has been proven to be harmless if you're exposed to it. However beyond that it has been proven to be very beneficial to the healing processes of the body. There is study after study proving the incredible healing effects of light in the red and infrared ranges. Okay, if it has that kind of stimulating effect on healing damaged and injured cells what can it do to a normal cell? Well basically it can do the same thing and that is stimulate them to do what they do but at a faster rate. When viewed this way it is a logical progression of thought and it is difficult to not get results when using LED photorejuvenation. As time goes on the benefits of a natural skin care and treatment in the form of LED based photorejuvenation, and the newer area of LED based acne skin care treatment will be more widely known and will come to be commonplace. Why? Because it works, it's inexpensive; it's convenient and has no dangerous side effects when compared to so many other approaches to these issues.

### About the Author

A native of Vancouver, Canada, Dr. Stanley Stanbridge is a graduate of the Los Angeles College of Chiropractic. He has always been actively seeking out new and innovative technologies related to the field of alternative healthcare. He began investigating the benefits of [light therapy](#) in 2003 and went on to co-develop the revolutionary LightStim photo rejuvenation device. For more information please visit <http://www.lightstim.com>

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