

**L**IGHT is turning into a medical marvel and being used to cure a variety of dangerous health woes from strokes to depression to stomach ulcers.

For years, light therapy has been used to combat skin diseases like vitiligo and psoriasis, as well as seasonal affective disorder (SAD), caused by shorter daylight hours in winter.

But an eye-opening new study found that infrared light used within 18 hours of suffering a stroke helped 70 percent of victims improve physically and mentally.

### Highly effective

"Light or phototherapy has been proven to be very effective in treating stroke victims in two ways," Hawaii's Dr. Jacob Teitelbaum, author of *From Fatigued to Fantastic*, tells GLOBE.

"It helps treat post-stroke depression, which is quite common.

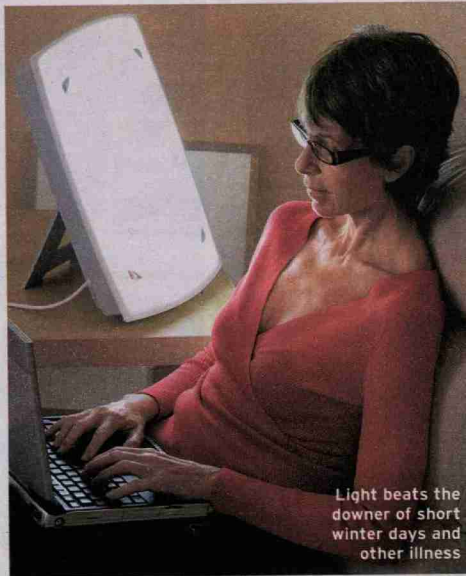
"And by focusing light on various points on the skull, it can also be highly effective in improving post-stroke function by making brain cells more efficient and decreasing brain cell death."

Light can also heal stomach ulcers, according to the National Institutes of Health.

Experts say shining a blue light inside the stomach for less than an hour killed 91 percent of the *Helicobacter pylori* bacteria, which cause stomach ulcers.

Light therapy is also an effective remedy for women suffering from pre-menstrual syndrome. Mayo Clinic scientists are now studying light therapy as a treatment for jet lag, obsessive-compulsive disorders,

## THE AMAZING HEALING POWER OF LIGHT!



Light beats the downer of short winter days and other illness

Parkinson's disease, dementia and ADHD.

British researcher Dr. Duncan Anderson found that light slashed women's PMS problems by a whopping 76 percent. It also improved sleep patterns and reduced food cravings in sufferers so they also lost weight.

Israeli researchers say blue light used for teeth whitening killed saliva bacteria causing bad breath, which is also responsible for periodontitis, an infection that can lead to loss of teeth and bone in the jaw.

While light therapy is safe, it may cause mild, short-lived side effects like headache, eyestrain, dry mouth or nausea, say experts.

Many SAD sufferers are finding therapeutic light boxes and other equipment over the Internet, in drug stores and even hardware stores.

Teitelbaum suggests positioning a 10,000-lux box at a 45-degree angle to the face for 30 to 45-minute sessions every morning and at night, if necessary. "Experiment to find the best times of the day and session lengths for you," he says. "You do not have to sit still in front of the box. You can do table work such as reading, writing or chopping vegetables."

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