

Mitochondrial Medicine
Mitochondrial Metabolism, Diseases, Diagnosis and Therapy

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Springer
2008

"Polarized Light"

Chapter 22

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"The actual development of polarized light application started after implementation of laser therapy in the 1960s of the 20th century,"

"Energy of photons as the smallest parts of light waves depends indirectly on the wavelength.

Photons with lower wavelengths have more energy than those with longer wavelengths.

So, photons of UV radiation are richer in energy than photons of visible light.

Photons of blue light have more energy than those of red light."

Lasers work through a "biostimulation effect."

The energy of red color "has the greatest ability of biostimulation."

"Red stimulates when there is lack of energy."

"With monochromatic polarized light of red color we can irradiate inflammations from the very beginning."

"Blue color: 400-490 nm. The light of this color has calming effects—blue is considered to be a cold color. It slows down pulse frequencies, helps the overloaded vessels get into normal state, acts as an antiseptic, kills pain and cools."

"For children, it is one of the best healing colors."

"Blue is very effective in combination with red."