

FEBRUARY 2023

# Vielight News

Accelerating photobiomodulation.



## UNIVERSITY OF UTAH: TBI RESEARCH

Researchers at the University of Utah are making progress towards the full publication of their study on traumatic brain injury with the Vielight Neuro Gamma. This study is a breakthrough in the quest to understand the effects of photobiomodulation (810nm NIR energy, 40 Hz) on traumatic brain injury. The abstract of this study, titled "Transcranial Photobiomodulation Treatment Effects In Former Athletes With Repetitive Head Hits" is now available for reading, providing some insight into the research and its findings.

### From the abstract:

Study participants included 49 former male and female athletes (median age = 45.90 years; SD = 14.45) with a history of repetitive head hits. Inclusion criteria were: aged 18–65 years and a self-reported history of concussive and/or repetitive sub-concussive events.

Study participants demonstrated statistically significant reductions in self-reported depression, post-traumatic stress, and adjustment symptoms compared to pre-treatment levels. Sleep quality and simple reaction time also improved following tPBM treatment.

While encouraging, more research is needed to further understand the effects of photobiomodulation on TBI and to determine its efficacy.

## Newsletter Highlights

University of Utah TBI research

Vielight Spotlight:  
Lisa Tamati

The X-Plus 3:  
Neuro 3 add-on

A message from our  
research team

  
VIELIGHT



## VIELIGHT SPOTLIGHT

**Lisa Tamati** an endurance athlete with over 140 ultra-marathons, National Titles and championships under her belt has used Vielight technology over several years to gain an edge over her competition.

"I use the Vielight Neuro to decrease inflammation, improve mitochondria function and blood flow. I use the Alpha mode to calm my nervous system at night and then use the Gamma mode prior to workouts to increase my effectiveness."

Lisa's website: <https://www.lisatamati.com/>

## THE X-PLUS 3

*Complement your Neuro*

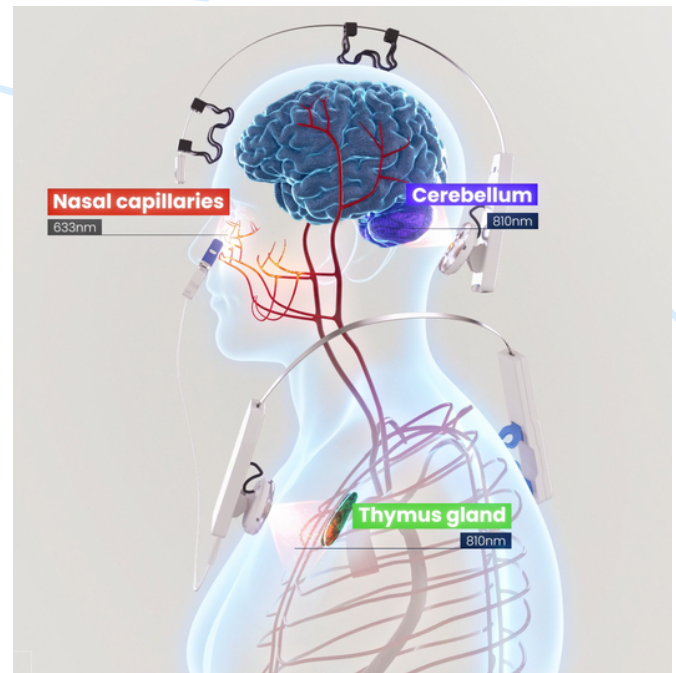
If you're looking for an add-on for your Vielight Neuro, combining the Vielight Neuro with an X-Plus forms our complete brain-systemic photobiomodulation system.

The X-Plus 3 has 3 *core components*, for stimulation of the **cerebellum, thymus gland and nasal vascular area** - in addition to the Neuro's Default Mode Network coverage.

The effects are improved microcirculation, immunity and partial brain photobiomodulation.

Purchase the X-Plus 3 : [Shop Link](#)

Use the "**XPLUS10**" 10% discount code.



## A message from our research team

"At Baycrest Hospital, we are continuing our work to deepen our understanding of transcranial photobiomodulation (tPBM). We are using fMRI and pulsed photobiomodulation to gain insight into how this technology can be used to better understand the biological mechanisms that underlie this therapy. We are measuring the brain's blood flow and metabolic rates with and without tPBM. The outcome will help establish the clinical utility of tPBM and also help to optimize the design and use of tPBM for personalized medicine."

Dr. Nazanin Hosseinkhah, PhD Medical Biophysics