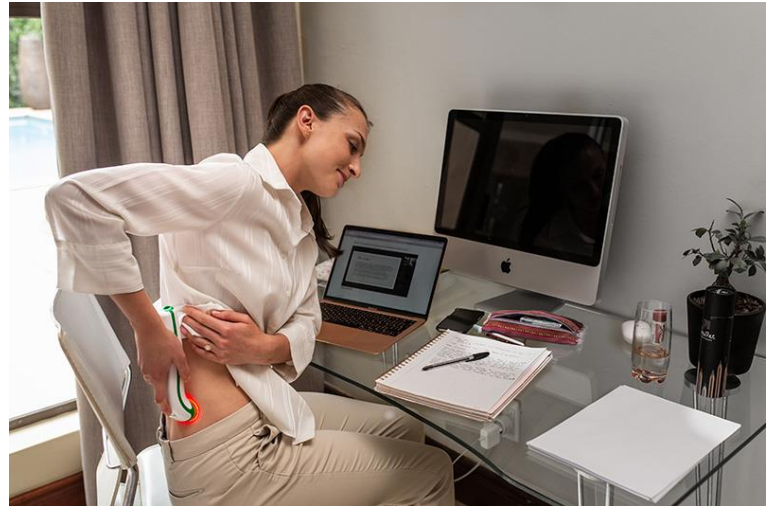


Are You Sitting Comfortably?- How Red Light Therapy helps relieve chronic lower back pain.

If you are an office worker sitting on a chair for hours on end, day after day, you are probably not a stranger to back pain.

Acute back pain may last a week or two, but 20% of office workers who suffer from acute back pain later go on to develop debilitating chronic back pain which lasts 12 weeks or longer.



As a person gets older, they are also more likely to develop back pain and chronic back pain.

Some of the most common causes of lower back pain are a lack of lumbar support from a chair that's too soft or one that doesn't encourage good posture. Sitting for too long without getting up and stretching and moving also causes issues. It's important to make sure that you arrange your computer and seat ergonomically to suit you, making sure you are sitting at the right height.

When you already have back pain then using Red Light Therapy helps to alleviate chronic inflammation by increasing blood flow to the damaged tissues, and it has been found in numerous clinical trials to increase the body's antioxidant defences.

Photizo Pain Relief will help to:

- Reduce pro-inflammatory cytokines and increase anti-inflammatory cytokines
- Reduce inflammation by modulating inflammatory cells
- Reduce muscle spasm and stiffness
- Increase quality sleep.

It couldn't be easier to benefit from the pain-relieving properties of Photizo red Light.