



NovoTHOR PBM Light Therapy – FAQ

Photobiomodulation (PBM) Therapy is the application of red and near infrared light to stimulate tissue repair, increase production of cellular energy, reduce inflammation and reduce pain.

1. How does it work?

Light is absorbed at the cellular level, targeting the cause of inflammation by reducing oxidative stress. Extensive research during last two decades has revealed oxidative stress can lead to chronic inflammation, which in turn contributes to chronic diseases including cancer, diabetes, cardiovascular disease, neurological disorders and pulmonary diseases.

2. How does it compare with other treatments?

PBM Therapy works at the cellular level, stimulating repair and normalizing cell function. Many therapies only address symptoms, without addressing the source. With that said, chronic degenerative changes often cannot be “healed”, instead they must be managed. PBM Therapy is a safe, effective, non-pharmaceutical way to manage pain and inflammation.

3. What can it work on?

This non-invasive and safe therapy has been shown to be highly effective for acute and chronic musculoskeletal conditions such as sports injuries, fibromyalgia, chronic fatigue, neuropathy, arthritis pain, gout, and more.

4. I’ve never heard of this before – is it real?

There are currently over 400 (RCT) clinical trials, and 4000 laboratory studies on PBMT, with 30 new research papers a month being reported on Pub Med. The NovoTHOR was developed by James Carroll, who is a recognized authority on LLLT mechanisms of action, dose, and the measurement and reporting of parameters. He collaborates with many universities and hospital research centers on treatment protocol design and reporting of treatment parameters, including Harvard Medical School, Harvard School of Public Health, Massachusetts General Hospital (MGH), Brigham and Women’s Hospital (Boston), Massachusetts Institute of Technology (MIT), and Leiden University Medical Centre, Amsterdam.

5. How is it applied?

PBM Therapy is applied Elite’s NovoTHOR full body light pod that delivers optimal power to reduce session times.

In a 12-20 minute session, the treatment targets inflammation and stimulates repair.

6. What will I feel?

Laser Therapy does not heat tissue, unlike high intensity lasers. It does however increase circulation so a warming sensation is often experienced. The following outcomes have been reported by clients These outcomes may not apply to every person, and are not intended to guarantee, promise, represent and/or assure that anyone will achieve the same or similar results:

- “temporary euphoric feeling”
- “increased energy levels”
- “improved sleep patterns”
 - “improved mood”
- “improved skin clarity and tone”
 - “improved bowel function”
- “decreased swelling of extremities”
 - “increased energy”
 - “increased mental clarity”
- “increased general sense of well being”

Occasionally some clients may experience mild fatigue, discomfort, or aches after treatment. These responses should reduce after 24 - 48 hours; if they persist notify the staff at Elite.

7. How many treatments are needed?

That depends on each individual’s “human variables.” Every person’s condition is unique, therefore each person’s reaction to PBMT and recommended treatment course will be unique, as well. However, there are some general rules of thumb that apply to PBMT. Acute injuries and inflammation from muscle strains and sprains, cuts, bruises, burns, etc., typically show very rapid improvement and can resolve in 2-4 treatments. Long-term, chronic conditions can take as many as 12 sessions to get significant benefits, then weekly or bi-weekly sessions may be necessary to maintain benefits.

8. Can I use insurance as a form of payment?

No, we do not accept insurance policies. You can always ask your insurance provider if they can reimburse you, but we do not accept insurance for payment. Many of our clients use their health savings account cards just like a credit card.



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