

Light-Induced Guided Healing Therapy

The LIGHT Lab

CURRENT RESEARCH

Improving Quality of Life

Six in ten adults have a chronic disease in the United States. Four in ten adults have more than one. These illnesses are the leading drivers of \$3.3 trillion in annual healthcare costs. Primary Care Physicians (PCP) are usually saddled with the treatment and care of those with chronic illnesses, and our current system doesn't allocate much time toward attending to the quality of life needs of those people with chronic illnesses.

The schedule of most PCPs only allows for a visit of 15-17 minutes. During that time, the physician talk time is only 2-5 minutes on average. PCPs are doing their best, but that's simply not enough time to properly address quality of life for most patients. As a result, peripheral conditions like anxiety and depression are common developments for people with chronic illnesses, particularly for difficult to treat chronic autoimmune disorders.

Light-Induced Guided Healing Therapy (LIGHT) has the potential to empower patients to improve their own quality of life, and in some cases relieve some symptoms of their chronic illnesses. Paul J. Mills, Professor and Chief, and Director, Center of Excellence for Research and Training in Integrative Health, Department of Family Medicine and Public Health, along with LIGHT therapy developers Paula Marie Jackson and Thomas George Thudiyapalackal, have had two successful pilot studies at UC San Diego.

Sounds too good to be true? Take a look at the numbers. Over 10 weeks, with sessions once per week, LIGHT helped people with chronic diseases experience a 75% decrease in depression, 24% decrease in fatigue, 38% increase in physical quality of life, and a 30% increase in mental quality of life. Continued research has...

AFFILIATION

University of California San Diego Center of Excellence for Research and Training in Integrative Health, Family Medicine and Public Health

RESEARCH AREAS

Health & Wellness, Pain Management Research, Mental Health, Depression Research, Neurological / Cognitive

FUNDING REQUEST

The EEG (multimodal) study would have two full benefits. One is basically understanding the underlying mechanisms as was referred by the first group of researchers and then second would be using that very data to reverse engineer and create real-time therapy script matching algorithms. The LIGHT Lab is asking for a \$5 million contribution to conduct the EEG (multimodal) study and the related development of algorithms and delivery mechanisms.

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