



Photobiomodulation (PBM) for Menopause Support

Overview

Photobiomodulation (PBM) offers a non-invasive, drug-free approach to managing menopause-related symptoms and pain. By using red and near-infrared light, PBM improves cellular energy production, modulates inflammation, supports tissue regeneration, and enhances circulation. PBM Healing International's SPRB and GPRB wellness devices provide targeted, at-home relief for a wide range of symptoms.

1. How PBM Supports Menopause Physiology

Photobiomodulation (PBM) therapy works through red (660 nm) and near-infrared (850–940 nm) light that penetrates tissues and improves cellular function. It is particularly beneficial during menopause due to the following effects:

- Enhanced ATP production in mitochondria (reduces fatigue and brain fog)
- Modulation of inflammatory cytokines (reduces hot flashes, joint pain)
- Nitric oxide release (improves circulation and tissue oxygenation)
- Improved collagen production (helps with skin and vaginal tissue)
- Autonomic nervous system balance (reduces stress, supports HRV)

2. Menopausal Symptoms Addressed by PBM

- Hormonal Regulation: Supports autonomic nervous system balance, helping with hot flashes and mood swings and autonomic imbalance.
- Energy & Cognitive Support: Increases ATP in brain cells, aiding with fatigue, brain fog, and mental clarity. Assists anxiety, and sleep disturbances as well as fatigue and low energy
- Anti-inflammatory Action: Reduces systemic and neuroinflammation, improving sleep and emotional well-being.
- Skin & Vaginal Rejuvenation: Stimulates collagen and vascularization to enhance tissue tone and hydration to help with Vaginal dryness and discomfort. Helps with skin thinning and loss of elasticity

3. Using PBM Healing SPRB and GPRB Devices

PBM Healing's SPRB (Small Pad) and GPRB (General Pad) devices provide safe and targeted home treatment. Below are recommended applications:

Symptom	Device	Area	Duration	Frequency	
-----	-----	-----	-----	-----	
Hot Flashes / HRV	SPRB/GPRB	Sternum / Upper Back	15 min	Daily	
Mood/Sleep/Anxiety	SPRB	Neck/ Upper Spine	15 min	1 - 2x day	
Fatigue / Brain Fog	SPRB	Base of neck, shoulders	15 min	5x/week	
Vaginal Dryness	SPRB	Lower abd, perineum	15 min	3 - 5x/week	
Skin Rejuvenation	SPRB	Face, neck, hands	15 min	1 -2 day	

4. Device Settings and Safety

- Wavelengths: Red (660 nm) and Near-Infrared (850–940 nm)
- Application: Direct to skin or over thin, light (white) clothing
- Caution: Avoid over eyes or active tumors; consult if using a pacemaker

5. PBM for Menopause-Related Pain Relief

PBM is extensively used to manage pain conditions and is particularly useful for menopausal women experiencing:

- Joint pain and stiffness
- Muscle aches and fibromyalgia-like symptoms
- Lower back pain and pelvic discomfort
- Neck and shoulder tension or headaches

PBM helps relieve pain by:

- Inhibiting inflammatory cytokines (e.g., TNF- α , IL-6)
- Increasing local blood flow for faster tissue repair
- Reducing oxidative stress in soft tissue and joints
- Enhancing lymphatic drainage and reducing muscle spasms

Recommended Pain Relief Protocols

Pain Area	Device	Placement Area	Duration	Frequency	
Joint Pain (knees, hips)	SPRB/GPRB	Directly sore joint	15 min	Daily/ as needed	
Lower Back / Pelvis	GPRB	Spine or abdomen	15 min	1 -3 x day	
Neck / Shoulder Tension	SPRB	Neck and trapezius	15 min	Daily	
Headaches	SPRB	Base of skull or neck	15 min	Daily/ as needed	

6. Summary

PBM is a well-supported wellness intervention for menopause-related symptoms and pain. PBM Healing's SPRB and GPRB devices enable safe, consistent, at-home therapy. With benefits ranging from hormone balance support and energy enhancement to tissue regeneration and pain relief, PBM can significantly improve comfort and quality of life during menopause.

Disclaimer

The information provided in this document is for educational and informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Individuals should always consult with a licensed physician or qualified healthcare provider before beginning any new therapy, including the use of photobiomodulation (PBM) devices.

PBM devices such as the SPRB and GPRB are wellness tools designed to support general health and well-being. They are not medical devices and are not intended to diagnose, treat, cure, or prevent any disease or medical condition. No medical claims are made or implied. Results may vary based on individual factors, and PBM should not be considered a replacement for appropriate medical care.