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## BUSINESS

# Shining light on a non-invasive therapy

by Miranda Gathercole - Langley Times  
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Valerie Meyers, owner of LED Quantum Light Therapy in Willoughby, demonstrates the type of lighting used to treat head trauma on Kristel Villavicencio, a registered nurse on staff at the clinic. The therapy is non-invasive and can treat everything from skin conditions to helping with PTSD. — Image Credit: Miranda Gathercole/Langley Times

A Langley couple found themselves at the centre of a red carpet event in Dallas, Texas last week after being exclusively invited for their work in promoting LED light therapy.

Valerie and Edward Meyers, owners of LED Quantum Light Therapy in Willoughby, were invited as special guests to the premiere screening of *Light Up To Live*, the very first documentary to portray the effects of LED light therapy on those suffering from post traumatic stress disorder (PTSD).

The film follows the road to recovery for five military veterans in the United States who have both PTSD and traumatic brain injury from their services. After receiving light therapy sessions once a week for 12 weeks, these men all experienced improvements in their conditions.

Although the film is based on research south of the border, the Meyers were invited to the premiere event for their role in pioneering this new technology in Canada.

### FIRST IN THE COUNTRY

Valerie was the first person in the country to offer LED light therapy, setting up a clinic in Langley in 2012. In the last few years, she's grown from three clients to over 600, and has designed the very first diploma program in North America to certify new practitioners.

"We've been invited to that (movie premiere) because of our passion and our interest and our work here. I'm over the moon." Valerie told the Times in an interview prior to the Nov. 9 screening.

"This is the awareness here. When you think that 22 people a day, who have dedicated their lives so that we can comfortably live ours, are committing suicide (in the United

States). I can hardly speak those words. To me it's unforgivable that we should desert them in any way ... If there is help, if there is some relief, we need to be able to offer that and educate the public that it is there."

### LED THERAPY SPEEDS HEALING TIME

LED therapy is used for a variety of ailments, including pain relief, faster healing, skin conditions, anti-aging and brain trauma. It works by sending restorative information to the cellular level, and can increase healing time by up to 40 per cent, Valerie said.

Using different colours for different types of treatments, the lights tell the cells to create nitric oxide, a chemical naturally produced by our bodies, to block pain.

Blue lights are used to treat skin and infrared lights, which are not visible to the human eye, can penetrate 11 inches into the body to help with healing bones.

By pairing different lights with the correct frequencies, Meyers says she can help with increased range of motion, improved sleep,

relaxation and stress reduction, elimination of toxins, lymphatic activity and drainage, increased sensations and circulation, cell regeneration and collagen production.

“Because it is so non-invasive, so safe, and can do such a wide range of ailments and conditions, we believe that it is the medicine of the future,” Valerie said.

## **CLIENTS AGE 2 to 96**

“Our youngest client, she is two, and our oldest is 96.”

One of Valerie’s favourite success stories is that of a gentleman named Peter. At the age of 71, Peter had a debilitating stroke that left his right arm paralyzed with his hand in a tight fist up against his shoulder. For 11 years he lived with his arm like that, until coming to Valerie. He was initially sent in by a podiatrist for circulation in his feet, but when Valerie noticed him in pain from his arm, she asked if she could try light therapy there as well.

“Two visits his arm came down 24 inches — no word of a lie — 24 inches,” she said.

“It’s still paralyzed, however, it’s not up here in that position anymore. His fist was so tight that his nails were growing into his hand. When we wrapped his hand, it took three visits, his hand opened and stayed opened and they could cut his fingernails.

“His wife and daughters have written us so many thank you letters on giving him his life back. Because he re-engaged in life.”

It’s stories like that Valerie says gives her the energy to keep going.

“It’s amazing, and honestly it is what feeds me,” she said.

“Because I’m 66 years old, baby, I’m supposed to be rocking on some kind of deck or something somewhere. And I’m still going strong.”

## **POSITIVE RESULTS KEEP HER FROM RETIRING**

Valerie has even branched out to offer light therapy services and courses for cats and dogs, running an off-site animal clinic on Saturdays.

“Anything from digestion to broken bones to kidney problems, to heart conditions to diabetes, eye conditions, you name it,” she said.

“We use lights to calm them. It’s incredible what we can do with pets.”

For those in Canada interested in seeing the film Light Up To Live, there will be two special screenings at LED Quantum Light Therapy, 303 19978 72 Ave., on Sunday, Nov. 27 at 2 p.m. and 7 p.m.

Admission is free, and practitioners will be on hand to answer questions.

Pre-registration is required. To RSVP, email [therapeuticlightsystems@gmail.com](mailto:therapeuticlightsystems@gmail.com).