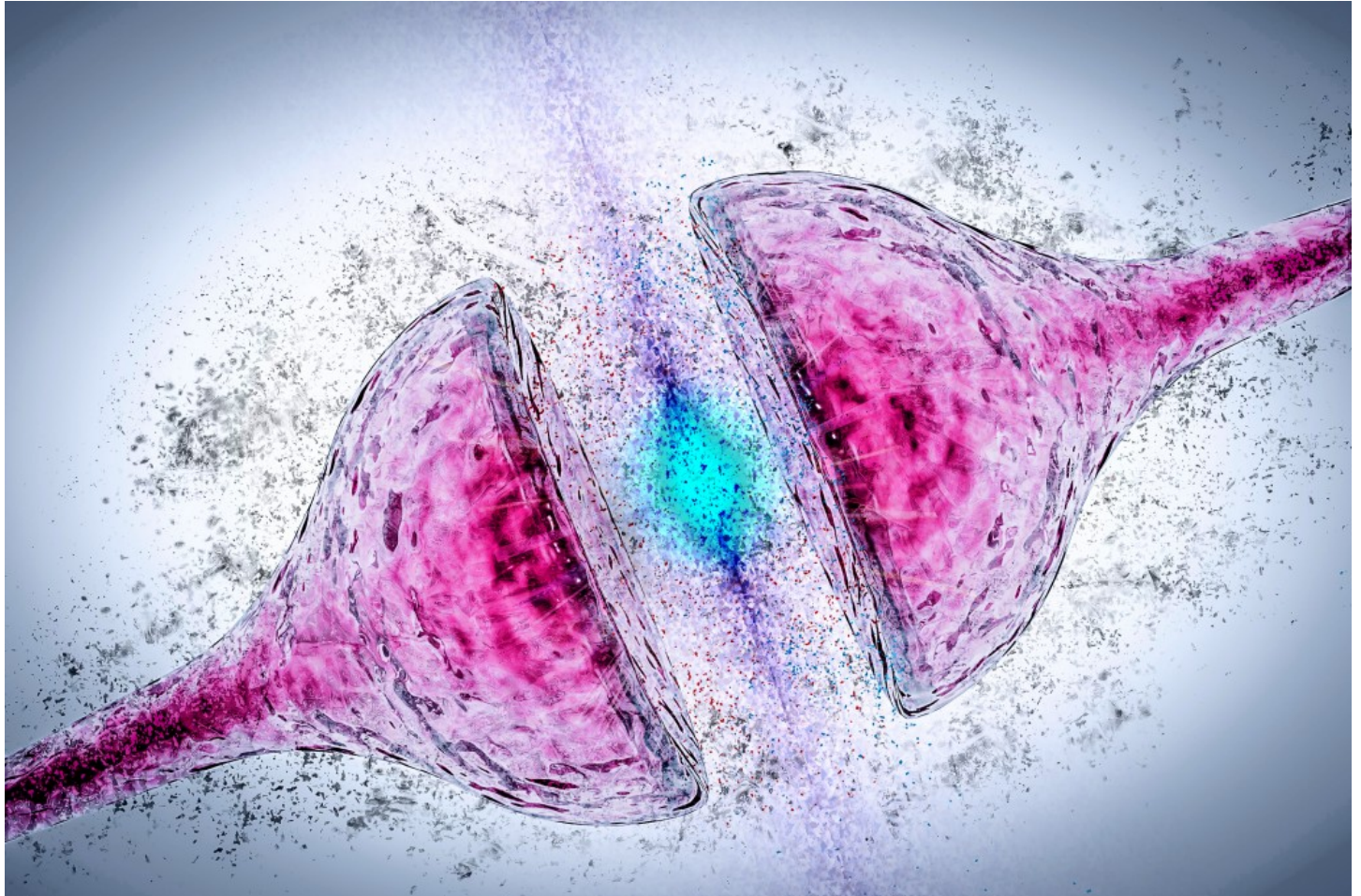


3 Best Longevity & Anti-Inflammatory Technologies for 2023 by Digital Wellness Directory

Looking forward, for 2023, we believe these 3 wellness technologies - Molecular Hydrogen and H₂/O₂, PEMF and LLLT - offer some fascinating possibilities to help resolve inflammation, recharge the mind and our overall health.



Los Angeles, California Jan 23, 2023 ([Issuewire.com](https://www.issuewire.com)) - DigitalWellness.Directory is a platform to showcase your offerings and thought leadership as well as make valuable partnerships with health and fitness brands.

Certain wellness therapies can provide essential lifelines and result in more happy fully functional cells. Imagine a protocol of wellness therapies that are inexpensive in the long term, safe, potent, and easy to combine (without side effects) into a system of self-care that can in some way address the fundamental causes of many conditions.

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Molecular Hydrogen

Inhaling hydrogen can extinguish the most intense oxidative stress and inflammation. As per the

available data, molecular hydrogen therapy has benefits for the respiratory, cardio, nervous, digestive, reproductive, urinary, and motor systems. Numerous research trials on [molecular hydrogen inhalation](#) across the world including in the US, Europe, and China have so far shown positive benefits and no major side effects.

The newer technology used in [hydrogen inhalation and hydrogen water machines](#) is cleaner, more effective, and easier to use and maintain than what was possible 10 years ago.

Pulsed electromagnetic field therapy

Frequency-modulated magnetic fields are now seeing hundreds of studies globally for several conditions. [Bioelectromagnetics](#) research has been around for decades now and continues to see great innovation and successful clinical trials for a variety of neurodegenerative and other systemic disorders.

Low-level Light Therapies (LLLT)

Low-level light is an ideal wellness tech that works on the principle of photobiomodulation for wellness. It is the application of low-intensity red light and near-infrared (NIR) light to cells or tissues for healing and pain management. Research on LLLT shows how it affects cellular pathways to improve recovery for many ailments as well as sports and mental performance.

We believe these 3 wellness technologies - Hydrogen and H₂/O₂, PEMF and LLLT will be very much sought after in 2023 by practitioners and home users alike.

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