



**For Immediate Release:**

**Lights On! Santa Barbara-based Naturopathic Doctor Studies Impact of UV Light on Flu Virus**

*Dr. Kristi Wrightson, ND, is assessing the effectiveness of an investigational light-based medical device in reducing the severity and duration of influenza symptoms*

**Santa Barbara, Calif. (March 11, 2015)** – Since the beginning of this winter’s flu season in September, there have been more than 90,000 confirmed cases of influenza in the United States. In California, the influenza virus has recently started to spread. Dr. Kristi Wrightson, ND (Naturopathic Doctor) and founder of Nest Integrative Medicine Spa in Santa Barbara, is looking toward the light to fight this malicious winter bug.

Today, Wrightson launched an influenza study to assess the ability of an investigational light-based medical device by UVLrx Therapeutics to reduce the severity and duration of influenza symptoms, both systemic and upper respiratory.

The treatment device uses specific wavelengths of light to target the influenza virus while supporting the body’s immune system to help combat or fight the viral infection. The study aims at assessing the effectiveness and safety of this application.

“Influenza commonly causes both systemic and upper respiratory symptoms, which include nasal congestion, cough, body aches, malaise, and fever,” said Wrightson. These symptoms can last between 7 to 14 days and can greatly alter a person’s quality of life and ability to work. “We’re hoping the use of specific wavelengths of light will prove effective in getting people over the flu and back to their daily routine faster.”

Study participants will undergo four sixty-minute treatments in one week in a medical clinic at no cost to the patient. Additionally, participants will return to the clinic for two more evaluations to assess symptom resolution.

To participate in the study, please call (805) 770-2607 or visit the Nest at 523 Chapala St. #2, Santa Barbara, CA 93101.

**About Nest Spa SB:**

Nest Spa SB is an integrative medicine spa that merges the finest aspects of modern science with ancient healing therapies to offer comprehensive health care.

Nest helps patients achieve optimal health through a combination of therapies and preventative measures including immune system strengthening, hormone balancing, weight maintenance, and more. Nest provides personalized care, education for patients and the community, and extraordinary care in all aspects of the process.

Nest was founded by Dr. Kristi Wrightson, a board-certified, licensed Naturopathic Doctor and Registered Dietitian. For more information, visit [NestSpaSB.com](http://NestSpaSB.com) or book an appointment by calling (805) 770-2607.



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