CLAIMS

What is claimed is:

1. A wearable phototherapy system configured to be applied to a subject's body to provide a beneficial effect for the subject selected from a group consisting of activation of stem cells, an improvement in energy, an elevation of antioxidants, a reduction in inflammation, an elevation of collagen production, an improvement in wound healing, an increase in strength, an increase in stamina, a relief from pain and an improvement in strength endurance, the system comprising:

a non-transdermal container configured to provide a beneficial biological effect, wherein

said non-transdermal container comprises

matter that comprises at least one Left-Handed molecule comprising at least one Left-Handed organic molecule or at least one Left-Handed inorganic molecule or both said at least one Left-Handed organic molecule and said at least one Left-Handed inorganic molecule,

wherein said at least one Left-Handed molecule further comprises a material pre-selected configured to interact with infrared light emitted by said subject’s body; and,

at least one phototherapy layer comprising

glycyl-L-histidyl-Lysine (GHK) or copper binding peptide glycyl-L-histidyl-Lysine (GHK-Cu) or alanyl-L-histidyl-L-Lysine (AHK) or copper binding peptide alanyl-L-histidyl-L-Lysine (AHK-Cu), or any combination thereof;

wherein, via said at least one phototherapy layer, the matter in the non-transdermal container is configured to reflect or emit specific wavelengths of light into said subject’s body after said matter is stimulated by said infrared light emitted by said subject’s body wherein said specific wavelengths of light elevate levels of copper binding peptide glycyl-L-histidyl-Lysine (GHK-Cu) in said subject’s body;

wherein the non-transdermal container is configured to couple to the subject's body and prevent the at least one Left-Handed molecule from direct contact with the subject's body.

2. The system of claim 1, wherein said non-transdermal container further comprises one or more of

at least one amino acid,

at least one amino acid derivative,

sodium metasilicate,

zinc gluconate,

colloidal copper.

3. The system of claim 1, wherein to provide the beneficial effect of increase in strength or an improvement in strength endurance, the Left-Handed molecule is an amino acid, wherein the amino acid is selected from the group consisting of L-Arginine, L-Carnitine, Acetyl-L-Carnitine, L-Glutamine, L-Methionine, L-Ornithine, and L-Taurine.

4. The system of claim 1, wherein to provide the beneficial effect of increase in strength or an improvement in strength endurance, the Left-Handed molecule is an amino acid selected from L-Carnitine and Acetyl-L-Carnitine.

5. The system of claim 1, wherein the non-transdermal container further comprises an enclosure, wherein the enclosure is made of a plastic film selected from the group consisting of polyethylene, polypropylene, Acrylonitrile Butadiene Styrene (ABS), plexiglass, polycarbonate, light polarizing film, and linear low-density film.

6. The system of claim 1, wherein the non-transdermal container further comprises an enclosure, wherein the enclosure further comprises or couples with one or more adhesive portions to permit attachment to the subject’s body.

7. The system of claim 1, wherein said non-transdermal container further comprises one or more additives that are selected from a group consisting of glycerin, d-calcium pantothenate, sorbitol, propylparaben, potassium sorbate, methylparaben, and colloidal gold.

8. The system of claim 1, wherein said non-transdermal container is a patch constructed in layers, the layers comprising one or more of a plastic film as an enclosure, a light polarizing film as said enclosure, a polyester fabric as a substrate, water, L-Carnitine, glycerin, d-calcium pantothenate, sorbitol, propylparaben, potassium sorbate, and methylparaben.

9. The system of claim 1, wherein said at least one phototherapy layer comprises a first phototherapy layer and a second phototherapy layer.

10. The system of claim 9, wherein said first phototherapy layer and said second phototherapy layer are one or more of

layered on top of each other,

coupled directly or indirectly,

layered as concentric rings.

11. The system of claim 9, wherein via said first phototherapy layer and said second phototherapy layer, the non-transdermal container reflects different wavelengths of light from each layer of said first phototherapy layer and said second phototherapy layer.

12. The system of claim 1, wherein the non-transdermal container further comprises at least one ball or bead.

13. The system of claim 1, further comprising a transdermal container, wherein the transdermal container is coupled to said non-transdermal container.

14. The system of claim 1, further configured to provide an anti-viral effect, said system further comprising bioavailable copper, copper gluconate, copper sulfate, copper carbonate, colloidal copper, copper glycinate, or any combination thereof applied to said subject's body via a pill or via an injection.

15. The system of claim 1, further comprising an anti-inflammatory applied to said subject's body via a pill or via a transdermal container coupled to said non-transdermal container.

16. The system of claim 1,

wherein the non-transdermal container further comprises

a substrate that contains the at least one Left-Handed molecule, and

an enclosure that encloses the substrate and the at least one phototherapy layer;

and

said non-transdermal container is configured to pass said infrared light and said specific wavelengths of light that elevate GHK-Cu in said subject's body.

17. The system of claim 13, wherein said transdermal container comprises at least one of bioavailable copper, copper gluconate, copper sulfate, copper carbonate, colloidal copper, and copper glycinate.