

It's Only Natural

Chapter VII

Miracle Healing With Photons

One of the most fascinating and used healing advances at our Healing Centers is a miniature marvel known as the MicroLight 830 low-level laser. We were one of the first to test this unit in its investigational stage by the FDA. We are pleased to announce that this testing stage has been successfully completed and as of February 2002 the MicroLight 830 has received FDA approval for the treatment of Carpel Tunnel Syndrome. The full announcement of the MicroLight distributor is as follows:

“Microlight Corporation of America announced today the first market clearance of the patented Microlight 830 'Cold Laser' for non-surgical treatment of carpal tunnel syndrome. Carpal Tunnel Syndrome is the Number one repetitive stress injury in America today. Over one million people a year acquire CTS, at a cost of over ten billion to insurance companies.

“Although CTS can begin suddenly, its onset usually is gradual. If not treated, CTS can lead to permanent nerve and muscle damage, possibly resulting in reduced hand function. With early diagnosis and treatment, however, complete recovery usually is possible. Anything that causes swelling of the symposium that surrounds the tendons, or produces repeated pressure on the median nerve, can lead to CTS or make it worse if the condition already exists.

“The Microlight 830 has conducted double blind studies with General Motors and Baylor College of Medicine [and by the Woodlands and Clymer Healing Research Centers] as part of the clinical trials. 'Now, CTS sufferers will have access to a new non-invasive therapy before considering surgery,' stated Mike Barbour, President/CEO. 'We are pleased that the market clearance by FDA allows the company to finally commercialize the technology' stated Fred Simpson, Executive Vice President. Microlight Corporation of America is exploring strategic partnerships to manufacture, market and develop other clinical indications. The patented Microlight 830 has additional indications for soft tissue injury.”

We should mention that when a medical drug or device is approved for use with a particular condition (this is the usual FDA procedure), the doctor has the option of using it for other conditions if in his medical opinion it is indicated. In fact in our investigational phase with the MicroLight 830 we had only minimal restrictions as to its use. While we did find it beneficial for Carpel Tunnel Syndrome, we also found it to be a godsend for many other conditions.

In our experience the MicroLight 830, which I affectionately call "the world's most expensive flashlight," has a multitude of uses. Perhaps the most appealing single factor about this unit to me as a therapist is its ability to help in conditions where all previous therapies have failed. I am certain you can readily see how such an attribute would endear this unit to any dedicated practitioner. Besides this, it is small (will fit into a coat or pants pocket), portable (since it is battery operated), will work through light clothing and requires no special creams or gel (like ultrasound) to do its best.

But before we tell you of our experiences let us look a little into the background of how and why it works.

Light has been used for healing for many centuries, starting with the Greeks and Romans who recognized the positive effects of sunlight. We know that when sunlight strikes the skin, our whole body feels the benefits. Even our brain is affected by sunlight. As scientists have understood more about the nature of light and its positive effects on the body, they have been able to develop techniques and devices that use light as part of the healing process.

What we usually call light is the visible part of the spectrum of electromagnetic radiation. We are all familiar with the rainbow effect and what we call light is that range of colors. Conventional light has a thermal effect; it warms up the skin. For example, ultraviolet light is the part of the spectrum that is responsible for tanning your skin; infrared light is used as a heat source.

What Is Low Level Laser Light?

Low-level laser light is compressed light of a wavelength from the cold, red part of the spectrum of electromagnetic radiation. It is different from natural light in that it is one precise color; it is coherent (it travels in a straight line), monochromatic (a single wavelength) and polarized (it concentrates its beam in a defined location or spot). These properties allow laser light to penetrate the surface of the skin with no heating effect, no damage to the skin and no known side effects. Rather, laser light directs biostimulative light energy to the body's cells which the cells then convert into chemical energy to promote natural healing and pain relief.

The History of Laser Therapy

The word "laser" is an acronym for Light Amplification by the Stimulated Emission of Radiation. The theory was first described by Albert Einstein (1879-1955) who paved the way for the development of the therapeutic laser.

The first low-level therapeutic laser was developed in 1962. By the end of the 1960's, Endre Mester in Hungary was reporting an improved healing of wounds through low-level laser radiation. Since then, scientists and doctors around the world have been using laser light to treat conditions that can affect all age groups.

High Power vs. Low Power Medical Lasers

There are two types of medical laser: high power and low power. High power lasers are used to cut through tissue. Low-level lasers, on the other hand, are used to stimulate tissue repair through a process of bio-stimulation.

What Is Low Level Laser Therapy?

Low-level laser therapy is the application of red and near infrared light over injuries or wounds to improve soft tissue healing and relieve both acute and chronic pain. Low-level therapy uses cold (subthermal) laser light energy to direct bio-stimulative light energy to the body's cells without injuring or damaging them in any way. The therapy is precise and accurate; and offers safe and effective treatment for a wide variety of conditions. The energy range of low level laser light lies between 1 and 500 mW (milliwatts), while for surgical lasers the energy range lies between 3000 and 10000 mW. The Microlight 830 we use is a 90 mW unit.

How Does Low Level Laser Therapy Work?

Low-level lasers supply energy to the body in the form of non-thermal photons of light. Light is transmitted through the skin's layers (the dermis, epidermis and the subcutaneous tissue or tissue fat under the skin) at all wavelengths in the visible range. However, light waves in the near infrared ranges penetrate the deepest of all light waves in the visible spectrum.

When low level laser light waves penetrate deeply into the skin, they optimize the immune responses of our blood. This has both anti-inflammatory and immunosuppressive effects. It is a scientific fact that light transmitted to the blood in this way has positive effective throughout the whole body, supplying vital oxygen and energy to every cell.

The Physiological Effects of Low Level Laser Therapy

- 1. Biostimulation**
 - Improved metabolism
 - Increase of cell metabolism
- 2. Improved blood circulation and vasodilatation**
- 3. Analgesic effect**
- 4. Anti-inflammatory and anti-edematous effects**
- 5. Stimulation of wound healing**

How Does Low Level Laser Therapy (LLLT) Benefit Users?

- * Relieves acute and chronic pain
- * Increases the speed, quality and tensile strength of tissue repair
- * Increases blood supply

- * Stimulates the immune system
- * Stimulates nerve function
- * Develops collagen and muscle tissue
- * Helps generate new and healthy cells and tissue
- * Promotes faster wound healing and clot formation
- * Reduces inflammation

Low-level laser therapy does not require constant, ongoing treatments, as is often required with traditional chiropractic or physiotherapeutic remedies.

Is Low-Level Laser Therapy for You?

1. Do you suffer pain from an old or new sports injury or accident?
2. Do you suffer from repetitive stress injuries such as carpal tunnel syndrome?
3. Do you suffer from lower back pain?
4. Do you suffer from migraine headaches?
5. Do you take pain medications more than three times a week?
6. Do you ever wake up in the night with pain?
7. Do you suffer from skin ulcers, bed or other pressure sores?
8. Do you suffer from acne or rosacea?
9. Do you have potential scarring from a recent surgery?
10. Do you suffer from herpes simplex (cold sores)?

If you answered "yes" to any of these questions, low-level laser therapy may be for you.

Many acute and chronic conditions can be improved or eliminated with laser use, including:

- | | |
|------------------------------------|-------------------------|
| * Pain Relief | * Tennis Elbow |
| * Wound Healing | * Golfer's Elbow |
| * Arthritis | * TMJ |
| * Migraine headaches | * Soft tissue injuries |
| * Lower back pain | * Post-operative wounds |
| * Repetitive Stress Injuries (RSI) | * Swelling |
| * Carpal Tunnel Syndrome (CTS) | * Burns |
| * Tendonitis | * Pressure sores |
| * Fibromyalgia | * Herpes simplex |
| * Sprains and strains | * Acne |
| * Post-operative pain | |

These are some the things that others have say about the Low Light Laser therapy.

Since we have been one of the first centers to use the Microlight 830, we have also developed our own database of benefits. Perhaps the most important fact that we have found as a pragmatic clinician is the fact the LLLT seems to work when and where our previous therapies have failed. This is a great joy to any dedicated physician.

Another great benefit of the Microlight 830 is its portability. I can carry it in my pocket and treat a patient anywhere. Just try doing that with a diathermy or an Ultrasound

machine.

Lastly the LLLT works directly over the irritated or sore area. You can forget about looking or reflex or trigger spots, you just ask the patient where it hurts and go to work right there. All these attributes make it a joy for the busy doctor and the patients as well.

In our experience, we have had very few patients who have not received benefit from the MicroLight 830 and many have received truly outstanding help for conditions that had previously defied all other therapies.

The instructions that came with our unit include protocols for the following: healing of open wounds; dermatitis; eczema; lack of granulation tissue formation (thus retarding wound healing); overcoming and softening scar tissue formation; fistulas; edema; cysts; bursitis; muscle inflammation, contusions, ruptures, atrophy and contractures; neuritis; neuralgia; nerve injuries; atrophy of nerves; paresis; paralysis; prolapsed disc disease; spondylitis; periostitis; spondylosis; bone fractures and fissures; arthritis, both rheumatoid and osteoarthritis; arthrosis; strains and sprains; dislocations (following reduction); tendonitis; epicondylitis; tendon strains and contusions; tendon ruptures and following tendon surgery; hematoma; tissue infiltration of blood after blood taking or injection.

Since the MicroLight 830 is stated to penetrate the tissues up to 30 mm (a little over one inch), we have used it over various ailing organs that we felt we could reach by this penetration. These include the liver, celiac nerve plexus (Solar Plexus), urinary bladder, inguinal hernia and prostate. Preliminary results of these efforts are very promising.

In the future we expect to find many new and fascinating uses for this little wonder. If you have a problem not very well served by previous treatments feel free to ask you Healing Research Center physician about the MicroLight 830. It might well be the answer you have been searching for.

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