

LOW LEVEL LIGHT THERAPY & TREATMENTS

HOW DOES LOW LEVEL LIGHT THERAPY WORK?

During the last three decades, low-level (non-surgical) lasers have been developed as an effective tool for the treatment of addictions, injuries, pain, wound healing, and many other conditions and is now gaining widespread international acceptance. Low-level laser therapy (LLLT) can be used as a treatment modality on its own or combined with other therapies in a variety of situations to provide enhanced treatment results.

Invisible meridians, which run over the surface of the body and head, are connected to nerve pathways, which project from the skin surface and underlying muscles. When a low-level laser is used to stimulate specific reflex points (acupuncture points) on the body, the stimulation of these reflex points on the skin surface and underlying muscles activates the nerve pathways that travel from the nerves to the spinal cord and from the spinal cord to the brain. These altered neurological reflexes then transmit messages to higher nervous centers.

When tissue is irradiated with laser light, certain cell functions are stimulated, especially when the cells in question have an impaired function. All irradiation, even of healthy tissue, activates a variety of processes, leading to the production of oxygen. Small amounts of oxygen build up when the tissue is irradiated with laser light. This laser light influences the oxidative process by increasing cell metabolism, collagen synthesis, action of nerve cells, and stimulation of the formation of DNA. This LLLT also improves blood circulation in the tissue, has local effects on the immune system, and anti-inflammatory and pain relieving effects. As well, cells in blood vessels and the lymphatic system such as transmitter signal substances like endorphins and serotonin, which have a direct effect on the nerves.

Not all people react in the same way to low level light therapy and one person may not always react the same way, depending on the condition of the tissue and the immune system. As well, some pharmaceuticals can interfere with the light therapy drowsiness after the treatment.

The use of low level light therapy is safe, painless, drug free and highly effective. After 30 years of use, there are no know side effects associated with this therapy. The benefits of LLLT are well documented and over 2500 research reports have been published world-wide. Also, studies have shown that up to 80% of people who have received LLLT have responded positively.