Miridia Acupuncture Technology
SPECIAL REPORT

The Top 4 Myths about Laser Acupuncture
are they true?

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Introduction

I’m a mother of nine, successful business owner, blogger, columnist, and research analyst. My name is Kimberly Thompson, and I’m an acupuncturist.

The most important thing I can teach my children in this world is how to make an informed decision. Don’t follow the crowd. Don’t take an opinion from some wise guy who doesn’t know what he’s talking about. Just because you read it on the internet, doesn’t mean it is true! Right?

This idea applies to us all, especially in whatever decisions we are trying to research online. Today’s research topic is laser acupuncture. This subject can be controversial.

How in the world did we ever make decisions BEFORE social media? I’m a small town acupuncturist. I count on social media groups to ask questions and get advice from colleagues. I love having access to friends all over the world with years of clinical experience. When the need arises, I can get real-time advice from acupuncture colleagues immediately.

Here’s the problem with social media…… Sometimes you get advice and “answers” from someone without experience—who doesn’t really know what they are talking about. It’s okay to get advice and opinions from colleagues, but make sure you ALSO do your own research.

If you have ever been involved in a conversation about Laser Acupuncture online, then you know what I’m talking about. Many on the adamant “big name” opposers, shouting strong negative laser acupuncture opinions in the forums, haven’t ever used laser in their practice. Why would you want to listen to someone who has strong opinions against laser acupuncture and yet has NO experience. The reasons for opposition vary; maybe you’ve heard some of these old favorites: It’s not safe. It’s not effective. It’s not acupuncture.
Myth #1: Laser Acupuncture is NEW and has no Clinical Research to Back it up.

Let’s look at the historical progression of laser acupuncture.

Scientists began lab experimentation with lasers in the 1950’s, with availability outside the lab in the 1960’s. Once the quest for laser knowledge began, it was unstoppable. Researchers wanted to know how this new kind of light could change the world of healthcare. Early laser experiments resulted in the realization that laser therapy minimized skin scarring, helped wounds heal faster, and affected cellular metabolism.

In the 1970’s serious research began both in Russia and in the USA. By the 1980’s, due to numerous positive reports, laser started to gain recognition as an effective method of stimulating acupuncture points without the use of needles.

Today, photobiology is the study of how light affects living things, and includes studies of single-celled organisms, plants, animals and humans. Laser acupuncture is an important field of study within photobiology.

In 1991, a study was done in Novosibirsk, Russia that applied directly to the study of acupuncture. Researchers shined light on various parts of the body and found that light traveled under the skin to other acupuncture points, but it didn’t travel to places that were not on acupuncture meridians. It appears that the body contains a sort of fiber optic network—where light enters an acupuncture point, travels through the meridian and can be detected at other places along the meridian with a sensitive
photon detector. This is a fascinating study showing how light is actually received, used and transmitted throughout the body.

Recent studies on Laser Acupuncture have included advanced brain imaging, as well as several other modern protocols for measuring various physiological effects to the body. These studies show that laser acupuncture has physiological effects, not only locally, but also in the brain, similar to needle acupuncture. Laser on Urinary Bladder 67, for example, shows measurable effects in the brain. The effects were only detected when the laser was turned on. When the laser was turned off, no effects were detected.

Multiple published studies have shown good effects of Laser Acupuncture for the following conditions: hiccups, bedwetting, weight loss, post-operative nausea and vomiting, pain control, surgical anesthesia, dental anesthesia, carpal tunnel syndrome, dry eyes, and stroke-related paralysis. Studies show that low-level lasers can help regenerate cells, decrease pain, reduce inflammation, improve circulation, and stimulate hair growth, to name a few examples. Obviously, as more studies are performed, more information will be found.

What do you think?

Is laser acupuncture new? Laser may be a new tool you are considering in your practice, but rest assured laser technology has been around for a long time and there are plenty of interesting studies in relation to acupuncture.
Myth #2: Laser Acupuncture Isn’t Safe.

Laser acupuncture is not the same as laser surgery. Most lasers used in acupuncture are known as low-level lasers or “cold lasers,” because they don’t produce heat. Surgical lasers, on the other hand, are like a scalpel and are used to burn or cut. Acupuncture laser therapy is NOT the same.

Because you are not breaking the skin—there is zero risk of infection in comparison with needles. A couple of summers ago I volunteered my services at a summer camp for kids with cancer. The organization had concerns about the legal issues involved in treating kids with needles, so instead I used lasers and experienced great results with zero risk.

Recently, I had a patient who was recovering from back surgery. Her doctor was very strict and would not allow her to receive acupuncture. He did however allow laser. It was nice to have multiple options for this patient. Did laser work? Yes it did.

In the Case Studies section, you can read and SEE the amazing results from this patient’s treatment.

To understand the safety of laser acupuncture, you have to consider how lasers are classified.

Some laser manufacturers endorse a higher-power approach, while others endorse lower power. To understand the high-power vs. low-power debate, I like to use a communication metaphor. High power is like shouting and low power is like whispering. Both are effective forms of communication.
High-powered (Class IIIb) Lasers: These devices penetrate deeply and deposit lots of energy into the tissue. This is the shouting approach.

Low-powered (Class IIIa) 5 mW Lasers: These lasers are more like using a whispering approach to treatment. Because you are dealing with the power of the meridian system, all it needs is a little push, or a whisper, to do what needs to be done. In this instance you are working with the energy system of the body to get results, so it doesn’t take a sledgehammer to do it.

Acupuncturists have the option of using either high-powered or lower-powered lasers—it’s really a matter of preference. Those who favor high power typically talk about dosages measured in joules per square centimeter, consistent with the belief that a certain amount of energy must be deposited in the tissue for the treatment to be effective. Those on the team for low-powered lasers believe in a gentle push within a meridian get the existing Chi moving, producing excellent results.

Both types are safe, if used correctly. Personally, given the inherent safety of Class IIIa lasers, I prefer using the low-power approach. It all comes down to a matter of preference. Are you a whisperer or a shouter in your treatment style? You get to choose.

Once you choose whether you are going to use low-powered or high-powered laser, you’ll need to consider a couple of very important safety considerations.

Eyes

Many practitioners wonder if they need safety glasses. That depends on which type of laser you use. Low-powered lasers are considered “eye safe” and DO NOT require safety glasses. If you are using high-powered lasers, then safety glasses are important for both the patient and the practitioner. Class IIIa lasers are considered eye safe because the blink reflex is fast enough to prevent any damage to the retina. Higher-powered lasers (Class IIIb) require safety glasses for both the practitioner and the patient.

Many practitioners prefer to use laser safety glasses anyway, regardless of whether they are using high-powered or low-powered lasers, mostly to put the patient at ease, and minimize even the tiny risk of an accidental eye flash.

Regardless of the type of laser you use, it should never be used around the eyes. Also, even with a Class IIIa laser, you should never stare directly at the beam or even the dot on the skin. In fact, if the skin is intact, it is a good idea to have the tip of the laser actually touching the skin to minimize light scatter or light reflection—which decreases the possibility of a reflective beam causing damage to the eye.

Cancer

Because lasers have been shown to stimulate cell growth and repair, it’s not a good idea to treat where you don’t want cell growth. You obviously wouldn’t want to laser someone’s skin cancer, for example.
Myth #3:
Laser Acupuncture Doesn’t Work.

In this section I’ll share knowledge from my own personal experience, along with the experience of countless acupuncturists who are using laser in their clinic.

Here’s my take on WHY laser acupuncture works. It’s really quite simple. Earlier we talked about the “fiber optic network.” If you put light into an acupuncture meridian, via an acupuncture point, the light can be measured further up the channel. Light is energy. Qi is energy. All acupuncture treatment involves creating movement of energy in the channel—whether you are going to treat with needles, moxa, acupressure, tuina, etc. Low-level lasers create just enough movement in the channel to initiate further movement in the pathway.

Let’s talk about the treatment process.

There are those who will stand on their pedestal and adamantly proclaim that laser acupuncture doesn’t work. If you want to know if something works, who are you going to ask? Someone who uses laser acupuncture in their clinic or someone who doesn’t? I’ll guarantee there are hundreds, if not thousands of practitioners who get good results with laser. If someone is telling you it doesn’t work, I suggest two things. First, ask them about their personal experience. Second, keep asking around until you find someone using laser in their practice. It won’t be hard to find someone who IS using laser. This is the person you want to ask questions to regarding their laser acupuncture experience.
A: How to Treat

The hardest part is deciding the correct points to treat and knowing the correct type of laser to use (which we will discuss further below). Any point on the body can be treated with laser except for those near the eyes. Even if your patient has a wound or an injury, you can treat ashi points around the wound in a “surround the dragon” approach without contraindication.

Depending on the power and type of laser you are using, generally you are going to treat for approximately 15-60 seconds per point. Most practitioners report having good treatment effects in 10-15 seconds, depending on the type of laser used. Points that require deeper needling, like the legs and torso, may need longer treatment times. Ears, hands and feet require less treatment time.

B: Which Points to Treat

The most important thing to remember when choosing acupuncture points is to “choose acupuncture points.” Sound confusing? It’s really not, I’ll explain.

Here’s an example of how NOT to treat.

I had a practitioner tell me low-level laser acupuncture doesn’t work. They informed me that the patient didn’t feel better at the end of treatment. I asked how they treated. They explained that they took the laser and randomly moved it around an area of pain in the neck and shoulder—and it just didn’t resolve the patient’s pain.

I call this trying to flood the area with light. High level lasers will work with this type of treatment because the powerful beam is strong enough to penetrate through muscles and fascia tissue. If you are using low-level lasers, like this practitioner was, you want to treat directly on acupuncture points.

Remember how light can be measured further up the channel? This only works if you treat the acupuncture points on the channel you are trying to affect. If you want to move energy in the Small Intestine or Large Intestine channels, you need to treat points along those channels. That makes sense, right?

If you are using laser to treat pain-related conditions, I’d suggest palpating just like you would if you were going to insert a needle and treat the individual channel points you find with emptiness or congestion. My experience has been that the channel opens up as you treat the congested acupuncture points. When the channel opens up, pain is resolved.

In the Case Studies section, look for a report about how I began FEELING energy shifts in my hand while using laser to treat. It’s a pretty amazing story.

C: Which Laser to Use

I use low-level lasers in my practice, so I’ll focus the conversation in that direction. Red and Blue lasers are both effective for low-level treatment.

If you are only going to get one laser, I would suggest the 635 nm red. I’ve been using the red laser for years with great results. The blue laser is newer on the market and is a great addition if you already have a red one. I like having BOTH so I have full flexibility during treatment.
Here is a list of general differences between the two:

**635 nm (RED):**
- Tonifies
- Use this laser anytime you would normally tonify with a needle
- Great for CHRONIC conditions
- Excellent for scar tissue: Typically, there is a deficiency of energy at the point of long-term scar tissue formation; your goal is to bring energy back into the area
- Palpation: Channels or points that feel empty or deficient do well with red laser
- Ear therapy: I find the electrically active points on the ear and then treat with the red laser if I’m treating a CHRONIC condition

**450 nm (BLUE):**
- Sedates
- Use this laser anytime you would normally sedate with a needle
- Great for ACUTE conditions
- Excellent for treating pain from inflammation
- Palpation: Channels that are congested, or full, do well with blue laser because they have a focus on inflammation
- Ear therapy: I find the electrically active point on the ear, and then treat with the blue laser if I’m treating an ACUTE condition

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**Efficacy**

Efficacy is a word you will see thrown around on the social media sites in relation to discussions about laser acupuncture

**ef·fi·ca·cy**  
/ˈɛfɪkəsə/  
*noun*  
the ability to produce a desired or intended result.  
*“there is little information on the efficacy of this treatment”*  
synonym: effectiveness, success, productiveness, potency, power; More

When discussions of efficacy arise, practitioners really want answers to the following questions:
- Is it effective?
- What are the benefits to using laser?
- Is it useful?

The answer is YES, YES, Y-E-S!!!

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**Effectiveness**

I have the advantage of rubbing shoulders with acupuncturists all over the world. I get to hear amazing success stories all the time. A few years back I wrote an article for Acupuncture Today as an introduction to laser acupuncture in the acupuncture clinic (Laser Acupuncture in YOUR Practice: What you Need to Know; May 2013). Since then, the flood gates have opened. I can’t tell you how many emails I’ve received from practitioners sharing their success stories.

Acupuncturists are using lasers regularly in the clinic. Why? Because they are getting good results. Why would they use lasers in the clinic if they didn’t work?

**Benefits: Advantage, Profit, Gain**

- **Painless:** Perhaps the greatest advantage of Laser Acupuncture is that it’s completely painless. This is a great way to attract patients to your clinic who may have needle phobia.
Most patients feel nothing at all during laser acupuncture. Occasionally I hear of patients who feel something, but it isn’t something they can describe really well. I believe they are feeling an energetic shift in their body. Some even describe an energetic sensation propagating along the meridian being treated.

- **Easy:** You’ve already done the hard part by diagnosing and deciding which points to use. With laser treatment you simply light up the point for a number of seconds, depending upon the power and output of your laser, and then move on to the next point. It’s fast and easy. We’re talking seconds in comparison to needle retention time, which may be 20 to 30 minutes.

- **Useful:** Laser is an extra tool for you to use in your clinic. I know a lot of practitioners who only use laser. Because I have a TCM degree, I like to use needles. But, NOT everyone who walks through my door likes to be treated with needles. I choose to use laser instead of needles for the following conditions:
  - Patients who are afraid of needles
  - Auriculotherapy on sensitive ears
  - Extremely painful points such as Jing-well points and Kidney 1
  - Children and infants
  - Scar tissue blockages

I sometimes use laser and needles together—especially if I find a point that is extremely painful for the patient but I know the treatment is needed. Sometimes when a patient is extremely needle sensitive on a particular day, I’ll laser the point first and then insert the needle. In my experience, laser seems to take the excess pressure off a “full” acupuncture point, which results in less pain when needling.

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**In the Case Studies section, look for a story about how a needle sensitive patient fired me because she was afraid of needles.**
Myth #4: Choosing a Laser is Hard.

This is simply untrue. Picking the right laser is actually really EASY—if you know the facts.

Here’s what you need to know.

Lasers can range in price from under $100 to over $10,000. It’s important to understand the equipment you are using so you get the best results. What really matters is the output. It’s the light the laser produces that decides the outcome. Are you using the laser only to treat acupuncture points? Are you planning to treat broad areas or conditions (joints, inflammation, pain, etc.)? Each of these scenarios would require different laser capabilities.

As has been the theme of this entire article I’ll continue to focus specifically on activating acupuncture points to move Qi and blood in the channels with low-level lasers. Here are some terms to be aware of:

- **Wavelength**: This refers to the color of the laser and is measured in nanometers (nm). At the high end of the color spectrum, we find violet and ultraviolet in the 400 nm range. At the low end of the spectrum, we find infrared light at 700 nm and above. Common acupuncture wavelengths are red, in the 635-650 nm range. Other colors you may find available are blue, ultraviolet and green. Different wavelengths have different applications.

- **Output**: This refers to the power or brightness of the beam, measured in milliwatts (mW). Most commonly you will find 5 mW lasers for acupuncture—which are classified as IIIa according to the FDA. Though these lasers have a
lower-power output, they work well for acupuncture.

**What do You Think?**

Now you have enough information to make an informed decision. You don't have to listen to the “popular guy” in the social network group who doesn’t know what he’s talking about. Go out and do the research on laser acupuncture yourself. When you are ready to decide whether or not laser acupuncture works, why not experience laser acupuncture for yourself? It’s a minimal investment that has the potential to pay off big time.

**I hope you enjoyed this report. Thanks for letting me share some of my research.**

Believe it or not, I used to be a “traditionalist,” which led me to have negative opinions about laser acupuncture. My opinion has evolved—first, based on research; and second, based on my own personal experience. I’ve learned how to use a laser just like I would a needle. Do I still use needles? Of course. I like to. But, can I do an effective treatment with a laser device? Yes. Absolutely!

Hopefully something I’ve shared will help you in your practice. Feel free to call or email me anytime if you have questions, and as always I love to hear your success stories. I’ll talk to you soon!

*Kimberly Thompson, L.Ac.*
*Acupuncture Research Analyst*

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**P.S:** I’ve got a few bonus resources for you as well. Below you will find comments from your colleagues I received via email, some really great case studies AND my personal list of references from research.
Practitioner Comments

“Kimberly, thanks to you, I pulled out my old laser 635 nm, having forgotten about it for many years. I used it on an area where I had bitten my inside lower lip & [the pain] instantly decreased about 98% using the laser! So, now I have started introducing it to a few patients.”

“I like it! It’s very nice on ‘calming’ points. HT 7, Yintang etc. I find it useful to use both blue and red simultaneously...i.e. blue on LR 2 and red on SP 2. It’s nicer than needles on jing-well points.”

“I love the blue laser. I’ve been using it for 2 weeks and am having amazing results! The first day I used it to treat plantar fascia tightness and cervical tightness. The patients reported back the following day that they noticed a decrease in symptoms and felt more relaxed in those areas. I highly recommend it and already have told several others to buy one.”

And one of my favorite emails from a well-published laser research specialist…

“Thank you for your excellent introductory article on laser acupuncture, in the May 2013 issue of Acupuncture Today…I especially appreciate that you included details about the wavelength, and power of the laser, etc.... I do think that these light therapies have a great deal to offer.”

With Best Wishes,
Margaret Naeser, PhD, Lic.Ac.
Boston University School of Medicine
Case Study #1:
Back Surgery-Postoperative Pain

by Kimberly Thompson, L.Ac. MSTOM

Recently, I had a patient who was recovering from back surgery. Her doctor was very strict and would not allow me to use needles. He did however allow me to do laser. It was nice to have multiple options for this patient. Did laser work? Yes it did.

In fact, here is an interesting graph to show how the meridians immediately shifted after treatment. Remember, I didn’t use needles. Laser was my only treatment tool.

Graph #2 was taken about one hour after treatment. My approach to treatment involved first treating the Dai Mai (TE 5/GB 41) because Graph #1 showed a significant imbalance between the upper body and the lower body.

I chose to use a blue laser for this patient because she was in acute pain from inflammation. After treating the Dai Mai, I simply palpated to find points I wanted to treat, similar to how I would if I were treating with needles, but used the blue laser instead. I treated for 15-20 seconds per point and continued until the channels felt less congested.

Typically, I wait 24-48 hours to re-graph after acupuncture treatment because needles scatter energy and create disorganization in the graph. We get the best graph results after the body has moved through the 24 hour circadian energy cycle. In this instance, I decided to graph immediately after treatment, since I wasn’t using needles, to see what shifts the laser would make. I’m so glad I did! Her pain was gone AND the graph was proof of the obvious shift which occurred.

Case Study #2:
I Felt it in my Fingers First

by Kimberly Thompson, L.Ac. MSTOM

Background: I was a massage therapist for about a dozen years before I became an acupuncturist. My fingers were always curiously drawn to acupuncture points, long before I knew they existed. I could feel them, I knew when they were empty, I knew when they were full, and I could tell when there was a shift. By the time I graduated from acupuncture college, feeling energy through my fingers had advanced to feeling it through needle manipulation. Effectively aligning a needle into an acupuncture point was similar to aligning my finger to the right angle to release a knot when giving a massage. This skill quickly helped me to progress as a seasoned acupuncturist, getting excellent results.

An Experiment: Over the years I have always been fascinated with non-needle acupuncture techniques. One day I was experimenting with a laser on a patient who was needle phobic and I suddenly felt my hand fill up with energy. I could feel the point releasing via my hand. Simultaneously, the patient reported feeling the painful pressure sensation dissolve along the channel pathway.

During this treatment, I also recognized that I could adjust the angle of the device, just like I do with needles (or with my finger during massage) to lessen or increase the sensation I was feeling in my hand. I was amazed to recognize this old, familiar feeling showing up in my hands while treating with a laser.
I don’t know why this discovery was so surprising to me. I’d been feeling energy for years. I began experimenting a lot with lasers on every patient. I use blue and red lasers in my clinic. I had to know if I could feel energy the same way, even with patients who were not afraid of needles. The answer: a resounding yes!

When I tilted the angle to the exact right position, I could feel acupuncture points releasing. I even found that the point would release in multiple intervals.

**Example:** When using the laser directly on the skin, I’d adjust it until I felt the DaQi sensation in my hand. When the point finished releasing, the DaQi sensation would subside. By adjusting the laser to a new angle, the DaQi sensation would often return for a second round of releasing.

**Conclusion:** Experiencing a Qi sensation through lasers has become very natural to me now. I expect it whenever I am using the laser. It’s fun for me to teach other practitioners to feel the same. The look on their face when they feel it for the first time is astonishing!

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**Case Study #3:**
**Cancel my Appointment—You’re Fired!**

by Kimberly Thompson, L.Ac. MSTOM

A patient came in with extreme jaw pain after a dental procedure—along with a history of extreme anxiety and chronic jaw clenching. What a horrible combination.

This patient was nervous, yet hopeful that acupuncture would help.

**What I accomplished in the first visit:**

- Built a relationship
- Graph Analysis
- Explained how the pain made total sense according to channel theory
- Report of Findings
- Set up a series of 6 visits
- Treatment
- Some pain relief

**Email I received after the FIRST visit:**

Hello, Kimberly:

Thanks for the report, it was very informative. I will take this along with me to my new doctor that I’m scheduled to see, July 5th.

I just wanted to say how much I enjoyed meeting you and how kind you were to me. But, unfortunately… this being my first experience with acupuncture, it was a lot more intense than I was anticipating.

I’ve given myself a few days to think about it so that my decision wasn’t a rash one and I’ve decided that acupuncture is not for me. It caused me a lot of anxiety and that is NOT what I need right now. I don’t think it would be wise for me to continue.
So, can you please cancel my next five follow-up visits that we scheduled and put them on hold for a while. Maybe after I see my doctor, I will have more answers about what’s going on with my face/jaw/teeth pain and in getting to the bottom of that, maybe be able to relax a little more and be able to absorb the acupuncture treatments a little better.

Thank you SO MUCH, once again. I really think you are wonderful and I wish things were different for me right now. If you’d like to call me and discuss this, I would be happy to talk to you…maybe you have OTHER alternatives that wouldn’t be as invasive.

Sincerely,
XXXXXXXX

I called this patient and reassured her that I do have “OTHER alternatives” to needle treatment. She happily kept her next appointment.

Text message after SECOND visit:

Hi Kimberly,

I just wanted to thank you for the beautiful experience you gave me today. I appreciate you and respect your knowledge and experience. Looking forward to seeing you next week. Plus, my stomach also feels better now!

Sincerely,
XXXXXXXX

Case Study #4:
I gave her my Laser… You Would Have Too!

by Jackie Victor, BSc, DNM, R.Ac, N.D

Chief Complaint: Severe depression, anxiety and suicidal thoughts

History: This 16-year-old male patient has had several bouts of severe depression and anxiety during his young life, to the point of suicidal thoughts.

The mother called me at home (during my daughter’s high school graduation family celebration supper) in tears. Her son was so severely depressed he hadn’t come out of his room for days and was refusing any type of treatment. She was fearful he was becoming suicidal again.

He finally relented and told her he would accept one acupuncture treatment if I went to their house NOW…so I excused myself from our guests, picked up my Red and Blue lasers, Stimulus Pro, needles and other supplies and was there in a flash.

Methodology: Laser Treatment, treated 20 seconds per point.

Manic-Depressive Disorder:
- Sishencong
- GV 20, St 40
- BL 13, 20, 23

Anxiety:
- Yin Tang
- CV 17
- HT 7

Auriculotherapy:
- Auriculotherapy protocol for Depression

THEN, I left my lasers with the mother and told her to treat the exact same points I had treated on his
body with the lasers (I gave her clear instructions) and do the same for the Auricular treatment.

She was to treat him every day until I could see him again in a few weeks. (I was leaving on vacation and hoped he would see me upon my return).

**Results:** 1 WEEK LATER the mother posted a picture of her son on Facebook…I was so relieved I had tears of joy. He was feeling so much better he decided to create a costume and participate in an Anime event in another city with his friends!

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**Conclusion:** I bumped into the mother the other day at our local Natural Foods store…the other customers probably wondered what all the hugging, high 5’s and animated talk about the wonders of acupuncture and lasers were…but that’s OK, that happens when you have amazing tools to work with!

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**Case Study #5:**

**She Walked Without her Walking Sticks**

*by Debra Ashcraft, MD*

**Case:** Elderly lady, chronic pain, pelvic and sacroiliac joint instability.

**Practitioner Analysis and Treatment:** Lately she had really deteriorated. She’d come in on walking sticks and she had very sharp sciatic-like pains down her legs from the instability.

Typically, when I would treat her, she’d come off the table and get one of her sharp shooting sciatic pains.

**A Blue Laser Experiment: I had an idea…**

I started treating hand points with the blue laser at Ling Gu, Da Bai and Large Intestine 11 right after she got off the table during her regular treatments. Sometimes I’d also include Heart points.

After treatment of each point with the blue laser, I’d have her walk around for a moment, then I’d go back to treating points again with the blue laser. As I would treat, she’s respond by saying: “I feel better. I can walk better.” By the time we were done treating her hands, she was able to walk out of the office without her walking sticks.

I had another idea…

At her next appointment, instead of doing the typical treatment on the table, I told her that we were not going to do anything but the blue laser. She was a little skeptical, but I brought her in and we did nothing but the blue laser treatment on Ling Gu, Da Bai and Large Intestine 11—with congruent walking in between the treatment of each point.

**Blue Laser Treatment Results:** She walked out of the office without her walking sticks!
Follow-Up: I sold her a blue laser for home treatment, and taught her how to self-treat Ling Gu, Da Bai and Large Intestine 11.

The next time she came into the office, after self-treating from home, I met her at the door as usual. She was walking WITHOUT her walking sticks!

I had to laugh because she was wearing the blue laser on a rope around her neck.

She had been treating herself 4-5 times daily as needed. She experienced significantly less pain and less pelvic instability, and she reported sleeping better. Her exercise physiologist is now incorporating laser into her training sessions.

This is the coolest thing! This lady is so motivated to stay mobile. I am thrilled the blue laser has helped her.

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Case Study #6: The Scar that Wouldn’t Heal

by Martha Hall, L.Ac.

Introduction: I am an Acupuncturist in San Juan Capistrano, CA and had a 32 year old male patient that was having numbness and tingling in his left forearm for the last 3 months. By the time he came to see me, along with the tingling, he was now having heavy achy pain when he played guitar (which is what he did for a living) and lifted anything on his left side. He had a 3-inch scar that went across the pericardium meridian, proximal to PC 4 and distal to PC3. He played football in college and broke his arm some 10 years ago.

Methodology: I treated him with Acupuncture at LI11, LI10, LI5, PC3, PC 4, PC6, LI4, SJ10, and Moxa around the scar, and he was getting some 80% relief but not quite 100% relief. Normally, my success rate is 95% by the second visit so I had to think deeper and figure out what I was missing, when all of a sudden I couldn’t help but dwell on his scar.

I recall a seminar that I just went to a week prior where the lecturer said, scars can stop healing in a lot of cases, and to not overlook them. She suggested using cold laser therapy and said how it works amazingly well on her patients. I also recall taking a seminar years ago on scar therapy as well where the Dr. said she always looked at the patient’s scar. So that is when I went to my office drawer and I pulled out my red laser and started doing laser therapy for the first time. I used the red laser on the scar for a total of 10 minutes and then finished the session.

When I use the laser I don’t keep it fixed; I move slowly up and below the scar.

Results: He returned the following week and said the pain had diminished and the tingling had stopped. I couldn’t (but yet could) believe how much difference the laser therapy had worked. I continued doing laser on him every time he came in for the next
4 treatments along with acupuncture and moxa, and I also gave him wheat germ oil, from Standard Process, to put on his scar daily till the bottle of 90 capsules were gone. He is now pain free and I have suggested Acupuncture every few months, unless the pain returns, then he is to come back sooner.

**Analysis:** Since that first patient I do red laser on all my patients with scars and know the outcome will be that much better. I felt foolish for not using laser with my past patients but feel good knowing I will use it for my future patients. My patients are excited to know I use laser Therapy and I explain to them that it promotes healing in many conditions because it penetrates the skin, increases the ATP and activates enzymes in the targeted cells, especially cells that have scar tissue.

**Conclusion:** Adding laser to my practice I feel puts me above others who are not using it. The body is amazing and will heal properly when properly treated. It is about knowing what to use and when to use it. For those Health Care Practitioners who are still not sure if they should use laser they must know it cannot hurt and it can only help.

Chinese Medicine is the oldest practice of medicine in the world but we must in the “New Millennium” use it with new advancements of non-invasive treatments. If practitioners would only use it for scar therapy they would be that much ahead of others not using it at all.

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**Once you get the hang of scar therapy you can advance from there to other treatments.**

There are seminars you can take or even read research such as mine and go from there.

Use it on yourself if you are having pain and see how you feel with it.

**10 years down the road you will be that much more knowledgeable!**
References


