

## “Healing with Cold Laser Therapy”

### **Mission:**

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

Laser therapy is a successful treatment option that has been around for over 25 years, with no reported long-term or side effects. Low level laser therapy (LLL) or “Cold Laser” is painless, sterile, non-invasive, and drug-free. LLLT is used to treat a variety of pain syndromes, injuries, wounds, fractures, neurological conditions and pathologies.

### **How Does Laser Light Heal?**

Healing with the use of light is not a new idea. Light therapy was reported to be beneficial for numerous ailments by Hippocrates, and so it has been around for sometime now. However, new research and development with laser wavelengths, allow light treatments to be given in accurately measured doses of energy which are more effective than other light sources.

These controlled doses of light supply energy to the body in the form of non-thermal photons of light. These photons penetrate deeply into the skin and they optimize the immune responses of our blood. This has both anti-inflammatory and immunostimulative effects. Science has proven that light transmitted to the blood in this way has positive effects throughout the whole body, providing oxygen and energy to every cell.

### **A “Cold Laser” Treatment Session:**

Most patients notice nothing more than the touch of the probe when it comes in contact with their skin. Some individuals mention a slight tingling or tapping sensation. Others

say that they notice a slight sense of warmth, but for the most part, the treatment, which may last from two to twenty minutes, is not noticed at all.

Approximately 75-80% of patients being treated with laser therapy notice an immediate improvement in their condition shortly following or even during a treatment session. Of course, this will depend on the condition and the length of time that the patient has had the condition. As in most cases, the more chronic or severe the condition, the longer it takes to respond.

### **Tissue Effects:**

“Cold Laser” therapy promotes wound healing, reduces inflammation, stops pain and boost the immune system. So many acute and chronic conditions may be improved or eliminated with cold laser use. *Some conditions include:*

- Arthritis
- Back Pain
- Bursitis
- Carpal Tunnel Syndrome
- Fibromyalgia
- Plantar Fasciitis
- Headache Pain
- Neck Pain/Whiplash
- Post-Operative Pain
- TMJ Pain
- Tendonitis
- Sprains/Strains
- Swelling
- Wound Healing

Since we started using “Cold Laser” therapy in our office, those patients that have received this healing light reported marked improvements in their conditions. Although cold laser can help several conditions, our patients with carpal tunnel syndrome have seen an incredible improvement. For one patient who was suffering with pain in both hands and wrists, we used the cold laser therapy on one hand only. The next morning, she woke up with no swelling and

no pain on the side that was treated! We encourage you or anyone you know who is hurting or has a nagging condition to give “Cold Laser” therapy a try today.

*For more questions or to schedule a consultation about “Cold Laser” therapy, call or e-mail West U Wellness and speak to Dr. Caroline Long or Dr. Sherman Yeager.*

### Fit for Life Program



“As a recently diagnosed diabetic, I needed help with my diet and exercise. I received a newsletter from West U Wellness with the “Fit for Life” class.

Each class focused on a different area, such as cholesterol and glycemic index. The class was presented in a relaxed environment with welcome discussion. We were taught stretches and exercises that could be done in the home or while traveling.

I have lost some weight, but more importantly, my numbers are looking great; my doctor is very happy with my progress.”

- Sandi B.

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***\*Pregnant or know someone you is?  
Join us today, Tuesday, March 8<sup>th</sup>  
at 6:00pm for a Health Talk on Pregnancy!***

### **March Calendar of Events**

		1 Acupuncture Health Talk	2 West U Walking Club 7:30 am	3	4	5 West U Wellness Open
6	7	8 *Pregnancy Health Talk	9 West U Walking Club 7:30 am	10	11	12



# HEALTHY LIVING

Volume II Issue III  
E-Newsletter March 2005

13	14	15 Allergies Health Talk	16 West U Walking Club 7:30 am	17	18	19 <b>West U Wellness Open</b>
20	21	22 Stress Management w/Pilates	23 West U Walking Club 7:30 am	24	25 Good Friday (Open ½ day)	26
27 Easter	28 Closed	29 Cholesterol Health Talk	30 West U Walking Club 7:30 am	31		

### ***April Calendar of Events***

					1	2
3	4	5 Headache Health Talk	6 West U Walking Club 7:30 am	7	8	9 <b>Patient Appreciation Day</b>
10	11	12 Low Back Pain Health Talk	13 West U Walking Club 7:30 am	14	15	16
17	18	19 Carpal Tunnel Syndrome Health Talk	20 West U Walking Club 7:30 am	21	22	23 <b>West U Wellness Open</b>
24	25	26 Arthritis Health Talk	27 West U Walking Club 7:30 am	28	29	30

*Dr. Sherman Yeager & Dr. Caroline Long are available to give free “stress management” lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.*