

note: Dr. Williams' previous report on LLLT was covered in Vol. 5, No. 6.)

Finally, An Effective Treatment For Carpal Tunnel Syndrome

Much of the original work with LLLT involved its usefulness in treating the condition called carpal tunnel syndrome (CTS). CTS is a condition involving the inflammation of the median nerve in the wrist. It is a type of repetitive motion injury. In other words, certain wrist movements that are performed over and over can irritate the tendons and nerves that pass through the bony tunnel of the wrist. Once the nerve becomes inflamed, symptoms like pain, numbness, tingling or a complete loss of feeling in the fingers, hand and arm are not uncommon.

The standard medical treatment for CTS has pretty much been a failure. Since the 1960's the acceptable medical treatment has been to first, inject steroids into the area in an attempt to stop the inflammation. When this fails or when the condition returns, surgery is done to open the tunnel, either by cutting or scraping the tendons. Neither of these have proven to be successful over the long-term.

One recent controlled Canadian study found that CTS patients that had a placebo (salt water) injected into their wrists had the same outcome as those who had the steroid injections. *(Dr. Alain Elbaz, of the University of Montreal, recently shared these findings at the annual meeting of the Canadian Orthopedic Association.)*

Earlier studies had always shown positive responses of 40 percent to 70 percent of the patients given steroid injections. Surprisingly, however, all of the studies were uncontrolled. A placebo was never used or compared with injections or other treatments. Every day we hear criticism about the lack of controlled studies for vitamins and nutrients and here, *we have to wait 35 years to get the first controlled study involving the use of steroid injections and CTS.* Can you imagine how many people have undergone these worthless injections and how much money has been wasted? It's sickening, but the story, however, gets even worse.

When steroid injections don't alleviate CTS problems, surgery is generally the next

recommended step. The tendons which form part of the tunnel through which the nerves pass, are cut. Studies evaluating the outcome of this procedure reveal a wide variation in results. If your doctor suggests surgery, ask him/her to give you the names and numbers of the last 20 patients who have had this type of surgery. After a few phone calls, I think you'll come to the same conclusion as did several researchers at the Washington University School of Medicine in St. Louis.

At the annual meeting of the American Society for Surgery of the Hand, researchers reported that surgery is not generally a successful method of treating CTS. It doesn't correct underlying problems like poor posture, muscle imbalances and numerous other factors that can lead to further compression of the nerves leading to the hand and wrist.

(I should mention here that with CTS the small bones of the wrist should always be evaluated by a chiropractor trained in extremity adjusting. Oftentimes, one of the small wrist bones that forms the tunnel has accidentally become misaligned or subluxated and may require an adjustment to properly align it again. It may then require a brace to hold it in place while it heals. Many cases of CTS can be corrected with this simple procedure.)

If you ever develop CTS I would highly recommend avoiding both cortisone shots and surgery. You don't have to talk to very many people who have undergone these procedures to realize most are worse off than before they began. Large employers, who ultimately foot the bills for medical care and lost time, realize that the current medical treatment for CTS is totally inadequate. A good example is General Motors, which claims to have spent over \$200 million on CTS injuries in 1993 alone.

CTS has become one of General Motors' most expensive employee health problems. The problem is so widespread that the company employs its own doctors and physical therapists to treat the problem at each plant site. In a soon-to-be-released research report, GM doctors will publish their results of a study involving the use of LLLT on 116 workers afflicted with CTS.

Half of the 116 were given only intensive physical therapy, while the other half received both physical therapy and the laser treatment. The study lasted only five weeks, but the difference between the two groups was very significant.

Those receiving the laser treatments had increased strength, sensation and range of motion in the hand and wrist. But probably the most important findings became apparent after the study. Ninety days following the study, 41 percent of those who received only physical therapy were back to work. Of the group receiving physical therapy and laser therapy, 72 percent had returned to work.

Researchers conducting the study were elated finally to discover such a successful, non-invasive therapy for CTS; however, they felt the results would have been even better if the patients would have been treated as soon as their CTS symptoms began to appear. (Fifty percent of those in the laser group and 63 percent of the other group had already had surgery prior to the study in an effort to correct their CTS problems. That should give you a pretty good indication of how well CTS surgery works.)

CTS is just one of many problems low reactive-level laser therapy (LLLT) treats effectively. I've seen it eliminate chronic muscle and joint pain in a matter of minutes. It can dramatically speed up the healing of wounds, strains, sprains, burns, athletic injuries, headaches, chronic skin ulcers and gum disease. Dentists are using the instrument to treat dry socket and temporal mandibular joint (TMJ) disorders. Researchers at St. Joseph Hospital in Houston, Texas, have even used the laser unit to treat Peyronie's disease.

New Hope For Peyronie's Disease

Peyronie's disease is an inflammatory reaction, accompanied by the formation of hard fibrous tissue, that occurs in the penis. It results in painful erections and oftentimes, a severe distortion of the penis. Standard medical therapies like surgery, or steroid or hormone injections, are generally unsuccessful. When treated with LLLT, however, eight of the 11 patients in a recent study showed significant improvement. The patients were only treated for a period of five weeks. Following that, many of the patients' problems began to return. Considering the nature of the problem, it might be necessary to continue the treatment for longer periods of time. The fact that any improvement at all was achieved is in itself remarkable. I don't know of any other therapy that

has shown such positive results in that high of a percentage of Peyronie's patients.

Studies are also underway by members of the Harvard University orthopedic department at Massachusetts General Hospital to determine the effects of LLLT on damaged cartilage cells. Early information indicates that LLLT appears to stimulate the regeneration of cartilage cells. Currently, tests are being conducted in vitro, using cartilage cells from cattle. In the next four to six months, these researchers hope to be conducting those same tests involving human cells. If the preliminary results are any indication of what will happen in human cells, LLLT could revolutionize the way arthritis is treated. The ability to regenerate cartilage would be an unparalleled medical breakthrough. Rest assured, I'll keep you up to date as we receive additional information.

Using a special dental attachment on the laser, researchers at the famous Beckman Laser Institute, in California, have been able to prevent mucositis in radiation-treated cancer patients. Dr. Petra Wildersmith, who heads the study, will be reporting the results early next year. Laser therapy was given to 12 patients prior to their undergoing radiation therapy to the head and neck area. In all but two patients, the therapy prevented the patients from developing mucositis. Mucositis is a painful, severe inflammation of the membranes lining the mouth and throat. The problem which stems from the radiation therapy interferes with the patient's ability to eat or drink. The discovery that laser therapy can prevent the problem will be a godsend to thousands of cancer patients worldwide.

The fact that LLLT works—and without side effects—hasn't been enough to get the blessing of the FDA. Lasermedics, the company that makes the Microlight 830 device, 2427 FM 1092, Missouri City, TX, 77459 at 1 (713) 261-5079, is still jumping through hoops in an effort to get the FDA's full approval to openly sell the device here in the U.S. Throughout the approval process, however, there's never really been any question of the safety of laser or the fact that it actually works. The FDA seems to be more concerned about *how* it works. (Thank goodness nobody had to figure out how electricity worked before we were allowed to use it. Otherwise, we'd still be living in the dark ages.)

Lasers and Human Energy Fields

In my first report, I gave a pretty detailed explanation of how light energy, in the form of energy packets called photons, promotes healing in the body. The ideas I presented have been well-researched and documented; however, the idea that an invisible light can promote healing still mystifies most people. This is especially true in the Western cultures.

In the Far East, it is common knowledge that living cells emit a form of energy or life force. For hundreds of years, acupuncturists have treated all kinds of diseases by balancing and harmonizing this energy. Many Westerners, however, continued to doubt the existence of this so-called "life force" until the 1960's, when newer technology enabled researchers to demonstrate that living cells emit coherent light energy called "biophotons." (*Popp FA, Electromagnetic Bio-Information. Baltimore, MD: Urban and Schwarzenberg: 1989.*)

When a group of cells are functioning in harmony, they emit biophotons (light energy) at the same wavelength and rhythm. When there is damage or disease, this harmony is lost. This phenomenon has been observed and recorded by individuals "sensitive" to these subtle energies throughout history.

These biophotons or packets of light, have been referred to as "Ch'i" or "Qi" by the Chinese. Acupuncturists balance "life force" or the yin and the yang. Jewish theosophy refers to the energy as "astral light." Christian paintings often portray Jesus and other religious figures surrounded by a light energy. Native Americans and other cultures around the world have reported observing these energy fields. Count Wilhelm Von Reichenbach called it the "odic" force. Wilhelm Reich named it the "orgone." Under a cloak of secrecy, the Russians conducted a considerable amount of research on the subject of subtle energies. Many of their findings are just now being released to the scientific community. In a future issue I hope to go into more detail concerning their work. For purposes of this report, suffice it to say that they have clearly demonstrated that the human body

releases energy from its "biofield" at frequencies between 300 and 2,000 nanometers.

What makes this energy even more interesting, is the fact that it conforms to two laws of physics: sympathetic resonance and harmonic inductance. If this sounds too technical, bear with me. It's really not. You've probably seen these laws of physics demonstrated with tuning forks. After you strike a tuning fork, other tuning forks in close proximity will begin to vibrate at the same frequency and give off the same sound. In much the same way, diseased tissue or unbalanced groups of cells in your body can be brought back into harmony when exposed to the proper wavelength of energy.

The Microlight 830 laser unit emits photons at a frequency of 830 nanometers, which is apparently an effective wavelength for balancing the abnormal energy patterns associated with several conditions. These photons have been shown to activate enzymes, but only in cells in need of help (apparently those sending out energy at abnormal wavelengths). An enzyme, as you probably recall from high school chemistry, is a special molecule that remains totally intact, yet has the ability to speed up chemical reactions between other substances. Once an enzyme is activated, it starts a chain reaction of events. In the case of LLLT, the activated enzymes promote the repair and healing of damaged tissue in the area. The researchers involved in the General Motors study demonstrated that in addition to initiating the healing process, LLLT therapy also increased blood flow to the areas involved. (They thought even greater changes would be noticeable if there were a better method of monitoring blood flow at the microvascular and cellular levels.)

LLLT is undoubtedly only one of many techniques that can be used to stimulate healing by balancing cellular energy. I suspect in the future we'll discover that certain types of music, homeopathy, acupuncture, massage, color therapy and a long list of other therapies work in much the same way. For now, however, LLLT is on the forefront of modern, non-invasive therapy. It truly is the beginning of *Star Trek* medicine. The user doesn't have to have special abilities, talents or

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extensive training. It's safe. And most importantly, consistent results can be achieved by anyone using the proper equipment.

Star Trek Generation Doctors

In my initial article on LLLT, I predicted that everyone would someday have one of these units in their home. Instead of running to the medicine cabinet for aspirin at the first sign of a headache or pain, the laser will be the first choice of treatment. After using the unit for close to two years now, I'll stick with that prediction. It seems like every day we're getting a little closer to realizing that subtle energies, like those emitted from these laser units, can have a profound effect on stimulating healing within the body. It's only a matter of time before physicians and the general public learn about LLLT and just how beneficial it can be.

Even though Lasermedics is still awaiting total approval from the FDA, doctors and certain health professionals can still purchase the laser unit and openly treat patients as part of an ongoing "study." I've spoken with medical doctors, chiropractic physicians and physical therapists. All are totally amazed at the results they've been seeing. If you have any of the problems I've mentioned and are interested in a viable alternative to surgery, I highly recommend LLLT. There are no ill effects whatsoever to the treatment.

(If you're interested in locating a doctor in your area who uses the Microlight 830, call Lasermedics at the number mentioned on page 11 of this newsletter. They've promised to direct *ALTERNATIVES'* readers to someone in their area. Doctors can also contact them directly for more information.)

At their current price, these laser units are probably out of most individuals' price range (around \$9,000 last time I checked!). (The people at Lasermedics have recently told me a non-portable unit that plugs into a standard wall socket is available at a much lower cost, around \$2,500. And once FDA approval is obtained and the units can be made and sold in larger quantities, you can expect prices to drop even further.)

There is a "backdoor" method whereby non-professionals can obtain one of these laser units, even though the FDA hasn't given them

full approval. The very same unit is available to the veterinary market for animal use. (It's not exactly the same. It has a warning sticker indicating it is for veterinary use only!) If you own a dog, cat, horse or other animal (children don't fall into this category), you can purchase a unit for veterinary use. Now don't get me wrong, I am not advocating that anyone purchase one of these lasers for animal use and then be sneaky enough to use it on themselves or their family. I think you know me well enough to know I wouldn't do that.

Low reactive-level laser therapy (LLLT) is alive and well. And while it is still far too expensive for the average consumer to own a unit, after using it for the last couple of years, I can't imagine a doctor's office without one. It's a therapy whose time has come. If you suffer from carpal tunnel syndrome, TMJ disorders, damaged nerves or any of the other conditions I've mentioned above, I would highly recommend seeking out a doctor who uses LLLT. In the large majority of these cases, it could very well eliminate the problem without the use of drugs or surgery.

Your 830nm LELL (low energy level laser) is similar to the unit mentioned above with the added feature of modulating the frequencies from your frequency generator along with the 830nm. It is a delicate instrument and care should be taken not to drop it. The diodes are specially made and are very expensive. They should not be driven above 50 to 60 volts on your machine.

Do not take it apart. Return to us for any repairs needed.

It has been well tested and is working even though you cannot see it's invisible light which comes from a frequency so high that it is above the range of human visibility. A small red light showing indicates that it is running or a detector can be used when running it on the frequency generator to see if it is working.

The best usage is attached directly to your frequency generator however it can be run off the regular house current by means of the wall adapter or can if you would like be run off your car battery. For this usage we will need to send you an adapter to plug into the cigarette lighter.

Be sure to attach firmly to your machine.