

Healing Light

by

Dr. Larry Lytle

A Compilation of Dr. Lytle's "*Healing Light*"
Articles through January 2006.

Is More Power Better?

It seems that a couple of manufacturers producing these devices that are touting their benefits and the “fact” (which is obviously just marketing spin designed to sell their products) that their products will make all Class I, II and III devices obsolete.

As I’ve been getting a lot of questions lately about these lasers and the power issue, I thought I’d devote this issue of Healing Light to that topic. *Just what is the definition of a “low level or ‘cold’ laser?”*

Laser physicists and the FDA consider low level lasers as devices that put out less than one watt of energy. For safety reasons, most low level lasers operate at 500 milliwatts (½ watt) or less. One of the new Class IV devices operates at 7.5 WATTS (7500 milliwatts), and astoundingly, the other operates up to 40,000 milliwatts!

Are these devices low level or cold lasers? Hardly. I would classify them as “hot” lasers, and something that you should be extremely careful with. This definition of a low level or cold laser and the actual energy output and received is extremely important due to the Arndt-Schultz Law of Biology. Bio-stimulatory effects of laser are governed by the Arndt-Schultz Law of Biology which states that weak (laser) stimuli excite physiological activity; strong (laser) stimuli retard it.

The implication of this for wound healing is that, as treatment of a wound is continuing and there appears to be a slowing down of healing, a reduction of the laser dosage may be needed. The optimal energy density for biostimulation, based on current clinical experience, is 4J/cm².

By virtue of the Arndt-Schultz Law using too much laser energy may actually result in lessening or reducing the results.

What does the Arndt-Schultz Law of Biology mean to you when you are using or considering a low level or cold laser product? **More Power Is Not Better!**

The mentality of laser researchers, manufactures and salespeople is; if the laser energy won’t go where it is needed, increase the power. This does not work because the body sets up impedance and polarizes against increased energy, which prevents it from entering the body.

Consider also the fact that the two devices we are discussing offer you only one (1) wavelength of laser energy...current research shows that you will receive much better results by offering the body multiple wavelengths of laser energy.

Finally is the issue of price. One of these Class IV devices sells for nearly \$25,000 and weighs 100 pounds, and the other sells for nearly \$40,000!

In my professional opinion, I believe that you, your family and your patients (if you are a health care professional) are much, much better off with a true “low level laser” system like the QPack, which provides you with safe levels of multi-wavelength laser energy at a price that is affordable for everyone.

Avian Bird Flu

It's on the news daily - the flu season is upon us – Avian Bird Flu expected to be a National epidemic – tens of thousands – even millions will die – shortage of flu drugs – President Bush orders the stock piling of anti-viral drug Tamiflu. Flu vaccine in short supply.

Following is “love story” promoting flu shots.

I shall seek and find you.
I shall take you to bed and have my way with you.
I will make you ache, shake and sweat until you moan and groan.
I will make you beg for mercy and beg me to stop.
I will exhaust you to the point that you will be relieved when I'm finished with you.
And you will be weak for days and if i am the right kind i may kill you
All my love.
The Flu.

I do not promote flu shots but this verse does remind us of the exhausting and potentially deadly symptoms. Our FEAR BASED, drug based, brain washed, media controlled society that only remembers the past flu epidemics and plays politics with the potential for another national catastrophe cannot see that the current health care model is broken. Drugs and vaccines are not working.

Those of you that own a Q Pack laser system have a choice...program your Q1000 with CANCELING FLU REQUENCIES and apply your laser preventively.

If you think you are getting the flu and feel flu symptoms coming on, increase how often you apply your laser and use Belly Gelly as described below.

Any of you that have heard my Healing Light Seminars or watched the Healing Light Seminar DVD series will remember that laser energy is accumulative and cascading so prevention will work. But don't wait to order your NEW FLU CANCELING FREQUENCIES until you get the flu – order them now – be proactive and practice prevention just in case the drug/vaccine promoting fear mongers are right.

Jessica Snyder Sachs in her November 2006 Discover Magazine article “Are Antibiotics Killing Us” makes several alarming statements.

- * Bacteria (and she could have said viruses) are everywhere in abundance – they outnumber other cells in the body 10 to one.
- * Hospital infections have become a leading cause of death in critical care units.
- * Researchers are turning up stealth infections everywhere yet they cause problems only in some people sometimes.
- * The use of antibiotics does not reduce the incidence of heart attacks. (Yet drug stereotype doctors are still prescribing antibiotics with the misconception that they will control plaque build-up in the arteries)

Gastroenterologist and full-time microbiologist, Dr Jeffrey Gordon, a major player in discovering the Human Genome Project at the Center for Genomic Studies at Washington University in Saint Louis says.

- *The human body contains 100 times more microbial genes than human genes”.
- *The bacteria B. theta can send biochemical messages to host cells in the abdomen directing them to store fat

Abigail Salyers, a microbiologist at the University of Illinois, says.

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- * Distantly related bacteria can swap genes with one another.
- * Antibiotics like tetracycline actually stimulate Bacteroides to begin swapping its resistant genes.
- * Hospital-bred strains of the gut bacterium enterococcus harbor a gene that makes them impervious to (what once was a miracle drug) vancomycin.

How much more evidence do we need to show us that drugs are not what they used to be – and they are not the answer for Avian Flu. Our best hope to remain healthy this flu season is to keep your body healthy with the time proven the methods of a good diet, adequate sleep, plenty of pure water, adequate exercise, detoxification and controlling stress with “constructive laser biofeedback frequencies” as found in mode 3 of the Q1000. And add the new proprietary DESTRUCTIVE FREQUENCIES to two of the empty modes on your Q1000 available now from the manufacturer.

Since there are so many strains of flu and as the experts have told us, they are constantly changing, adding just one frequency is not the answer. Using my resources, I have designed a series of flu virus sequential destructive frequencies which can be programmed into any two empty modes on your Q1000 laser. When my engineers designed the Q1000 we planned for a day like this when you might need new frequencies. The owners of the Q1000 can get those new frequencies without buying a new laser.

Flu Protocols

Prevention

1. Once a week apply mode 4 of the Q1000 (assuming this is the mode that is storing the first phase of the specially programmed sequential frequencies) for one cycle just below the collarbone on the right of the sternum.
2. Once a week apply mode 5 of the Q1000 (assuming this is the mode storing the second phase of the specially programmed sequential frequencies) for one cycle just below the collar bone on the left side of the sternum
3. Take one tablespoon of Belly Gelly daily at bedtime for two weeks. Take two Geneflora in the morning and two Geneflora at night
4. Lying in bed on your back after taking the Belly Gelly, once a week apply mode 3 of the Q1000 for one cycle each over the (1) ascending, (2) transverse and (3) descending colon. This enhances the immune system

Treating Flu

1. Apply modes 4 and 5 once or twice a day as described above.
2. Apply the 660 Enhancer daily for one minute each to acupoints behind each ear.
3. Apply the 660 Enhancer daily to the acupoints at the depression at the base of the skull.
4. Apply the 808 Enhancer daily for one minute each on each side of cervical vertebrae #7 (C-7) or Thoracic vertebrae # 1 (T-1) Either area works.
5. Take one tablespoon of Belly Gelly and repeat every half hour until the vomiting or diarrhea stops.
6. Stay in bed and drink at least 2-4 quarts of pure water daily.
7. If the flu symptoms persist apply the 660 Enhancer to the acupoints shown on page 56 of your Low Level Laser User's Manual

Light Therapy for Damaged Retinas

Near infra-red light therapy on damaged retinal cells can keep them alive and prevent permanent blindness

Near infra-red light therapy - commonly known as Low Level Laser Therapy- is drawing a lot of attention from research clinicians around the world. For a number of years various research centers in Japan, Britain, and the United States have been conducting clinical trials to measure the efficacy of the application of red and near infra-red light over injuries and lesions healing and give relief for both acute and chronic pain. Many of these trials have proven very successful and clearly verified that light can have a positive effect on damaged cells. In fact, the US Defense Advance Research Projects Agency is funding research into the method and hopes to use it to treat some of their personnel whose eyes have been damaged by lasers during combat.

A recent article by Stephen Leahy of NewScientist.com highlights the remarkable healing properties of Low Level Laser Therapy. "People blinded by light," Leahy reports, "could be treated with more light. Researchers have found that shining near-infrared radiation on damaged retinal cells can keep them alive and prevent permanent blindness."

Laser Therapy can be used to increase the speed, quality and tensile strength of tissue repair, give pain relief, resolve inflammation - it is even used as an alternative to needles for acupuncture. Red and near infrared light (600 nanometers -1000 nanometers) can be produced by laser or high intensity LED. The intensity of LLLT lasers and LED's is not high like a surgical laser. There is no heating effect. The effect is photochemical and very closely related to the photosynthesis process in plants. Red light aids the production of ATP thereby providing the cell with more energy which in turn means the cell is in optimum condition to play it's part in a natural healing process.

Leahy reports, "Now Harry Whelan, a neurologist at the Medical College of Wisconsin in Milwaukee, and his colleagues have put the LEDs to the test on eye injuries. In a study that will appear in Proceedings of the National Academy of Sciences, Whelan blinded rats by giving them high doses of methanol, or wood alcohol....Within hours, the rats' energy-hungry retinal cells and optic nerves began to die, and the animals went completely blind within one to two days. But if the rats were treated with LED light with a wavelength of 670 nanometres for 105 seconds at 5, 25 and 50 hours after being dosed with methanol, they recovered 95 per cent of their sight. Remarkably, the retinas of these rats looked indistinguishable from those of normal rats. "There was some tissue regeneration, and neurons, axons and dendrites may also be reconnecting," says Whelan.

President of the North American Association for Laser Therapy, Dr. Juanita Anders has been engaged in laser therapy research for many years. Anders and her team at the Uniformed Services University, Maryland, have documented a number of clinical trials which verify the positive effects of laser therapy on neuronal regeneration following injury. Recent studies have shown the ability of laser therapy to inhibit inflammatory cell invasion and activation in the spinal cord. Her current research is focused on further spinal cord research, wound healing in diabetes and the treatment of axotomized facial motor neurons.

DIABETES

Treating Diabetes with Low Level Laser Therapy Is a New and Exciting Alternative

Diabetes is a serious disorder and during 2002, 224,092 deaths in the United States were directly related to complications from diabetes. Many people (nearly 1 in 3) are not even aware they have diabetes until they develop one of the serious and sometimes life-threatening complications, including:

High blood pressure; Heart disease; Stroke; Blindness (diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year making diabetes the leading cause of new cases of blindness in adults 20-74 years of age); Kidney disease (an estimated 175,000 people are living on chronic dialysis or with a kidney transplant); Nervous system disease; Amputations; Dental Disease; Complications in pregnancy; Sexual dysfunction; And various other complications.

Diabetes is more common in African Americans, Latinos, Asian Americans and Pacific Islanders and Native Americans. Nearly 15% of Native Americans older than 20 have been diagnosed with diabetes.

There are two major types of diabetes, Type 1 and Type 2. Type 1 results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of the over 20 million Americans who are diagnosed with diabetes have Type 1 diabetes.

Type 2 diabetes results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Insulin is the hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

Fortunately most Americans who are diagnosed with diabetes have Type 2 diabetes which is easier to treat than Type 1. The cause of diabetes continues to be a mystery to orthodox medicine. Genetic factors, environmental factors, poor diet, obesity, and lack of exercise appear to play roles.

Usually diabetes is diagnosed with either the Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The American Diabetes Association recommends the FPG because it is easier, faster, and less expensive to perform.

Fasting blood glucose levels between 100 and 125 mg/dl, are a red flag and over 41 million Americans are estimated to have this pre-diabetic condition. A person with fasting blood glucose level of 126 mg/dl or higher has diabetes.

In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

There is a big push, particularly in the Native American communities for early screening. Testing includes blood pressure, weight, blood and urine tests, eye, dental and foot exams. Education to change life styles is the treatment of choice.

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Unfortunately, orthodox medical cures have not proven very effective for either type of diabetes. Type I diabetes is treated with insulin. Controlling the insulin amount is difficult but has been improved with various time released insulin pump techniques. Type 2 treatments consist of various drugs to lower high blood pressure and glucose levels. But these drugs have a long list of detrimental side effects – many of which are worse than the disease.

Alternative medicine offers different methods of diagnosis and treatments that include many nutritional and homeopathic remedies. Of all the available alternative medical options available, low level laser therapy may be the most promising.

Just how low level laser therapy can be used for either Type 1 or Type 2 diabetes is rather interesting. Research has shown that our cells emit low level infrared light called *biophotons*. Biophotons allow for inter-cellular communication. When two exact biophotons cross they form a wave called the *soliton wave*. A soliton wave has higher amplitude than the waves from the two original biophotons and moves through the body rather easily. Soliton waves carry information and energy. The type of information they carry is dependent on many factors which are too lengthy to discuss in this short paper.

All cells are composed of atoms which have a nucleus composed of a protons and neutrons with electrons moving around the nucleus. When electrons leave the atom – the atom is negatively altered and you now have **disease**. The new altered atoms and cells are reproduced via DNA and the disease becomes **chronic**.

Low level lasers such as the Q1000 that produce *soliton waves* carry electrons back to the damaged atoms and cells, helping to restore normal DNA composition and normal, positive *soliton wave* communications between cells.

This process is how low level laser therapy can be effective for diabetes. Remember that Type II diabetes results when cellular receptor sites have been altered and will not allow insulin to attach. This reduces the cell's ability to produce adequate ATP – the cells energy blocks. When this damaged cell is reproduced millions of times, the result is Type II diabetes.

Low level laser therapy and particularly the patented Q1000 laser produces soliton waves that carry electrons to the damaged cells, restoring their capability to function normally. Mode 3 of the Q1000 has 29 pre-programmed frequencies that have proven effective at restoring intercellular communication and helping to reduce blood sugar levels for Type II diabetics.

Robert a 76 year old rancher had been treating his Type II diabetes for twenty five years with various oral drugs and diet, and still his blood sugar levels were over 250, and he was facing the unpleasant (to him) option of being required to start an insulin program. Instead of following the traditional medical insulin model (which he believes had caused the death of two of his friends), he bought a Q1000 low level laser and began treating himself. The following is an interview between Dr Lytle and Robert:

We came home and I started using the laser on my back, and my blood sugar started dropping about 20 points every day! It went from 245 to 220, down to 210, down to 180. On January 1 it was 184, then dropped to 161 and then again to 153, then to 136, then to 133. Today it was 96 on one machine and 121 on the other. That's down from 254 in a week's time! I test my blood with two different instruments – a One Touch and a Dex machine. The One Touch is supposed to be accurate, but you have to handle the glucose strip with your fingers, which can possibly contaminate the strip.

Dr Larry. How long did you use it?

I just used it one 3-minute cycle per day on Mode 3 on the lower left side of my back beneath the 1st and 2nd rib. My daughters have been buying me everything they can think of to help

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with my diabetes – none of that garbage worked! I'm going to stop using this other garbage and will continue to use the laser.

Dr. Larry. I might suggest that you to stop using the laser for a week or 10 days and see if your blood sugar goes back up.

Oh, I know it would.

Dr. Larry. You could really be a big help to a lot of people with diabetes if you could set some type of standard for how many times per week you have to use the laser to keep your blood sugar under control.

Is 2x's per week all I'm going to need to use it?

Dr. Larry. I don't think you're going to need to use it everyday to keep your sugar level down. I would ask you to help us out by stop using it for a week and document the results. If it goes back up, then use the laser twice a week and record the results.

I want to run it down a little lower.

Dr. Larry. Anything under 120 is pretty normal. Have you changed anything on your diet?

No, I haven't really changed anything, but have pretty much the same diet as always.

In follow-up communication with Robert, it was learned he was able to maintain normal blood sugar levels by using the Q1000 just a couple of times per week for over a year. The Robert admitted he "kind of forgot to use it" as often as he did when he first got his Q1000 laser.

Then he got pneumonia and his blood sugar got out of control so his doctor put him on insulin and at the time of publication of this article, he uses insulin daily. (Apparently Robert was not aware that the Q1000 is effective on pneumonia).

Chinese Medicine teaches that there is a certain life force that wanes with age, and is affected not only by the way you think, but is affected by the thinking of those around you including doctors and family. It is a fact that negative thinking suppresses the quality and quantity of your own biophotons. And thus reduces intercellular communication.

Type I Diabetes is even harder to treat but following is a testimonial showing good results using Mode 3 of the Q1000 along with the 660 Probe Enhancer on acupoints.

A 16-year-old girl with Type I Diabetes was on 22 units of insulin per day. In just two treatments using Mode 3 of the Q1000 laser on the pancreas plus the 660 Enhancer Probe on acupoints on her hand, she only required 2 units of insulin per day. She reports that she continues to use the laser once a week because it makes her feel so good.

Clinical research from Africa has demonstrated rehabilitation of Type I diabetes using a combination of low level laser frequencies on the pancreas. These frequencies can be programmed into one of the empty modes on the Q1000. This feature makes the Q1000 the most advanced laser system available in the market place today.

In summary, the best approach for controlling diabetes is to alter life style and prevent it. More research is needed on the effect of laser light on diabetes, but the Q1000 and 660 Enhancer Probe appears to offer a safe alternative method of using light to treat your own diabetes.

Low Level Laser Therapy Works!

I am always amused when someone challenges me to “prove” that low level laser therapy works. Or that they have never heard about low level laser therapy from their doctor or college professor.

Keep this firmly rooted in your mind...most colleges and nearly all governmental agencies are years behind the “power” curve in this type of product. The changes that matter are being made by individuals (like me) who want to benefit mankind in some way.

All the “proof” I need that low level laser therapy works is contained in the results being obtained by people just like you. Read on for “proof” of how others are benefiting from low level laser therapy. If you don’t have your own laser yet, you’re missing out. Order yours today – you won’t be sorry!

Note: The following are individual case studies only, and are not intended to diagnose, treat or in any way, make any medical treatment claim regarding any human health problem. This information is provided only as validation of how others are using low level laser therapy. Absolutely no medical treatment claims are made by either the manufacturer of these laser products nor any business associated with the sale of these products. Your results will be different.

Prostate Problems:

Thank you again for introducing me to low-level laser therapy. I have been able to control my PSA counts by lasering directly over the prostate. Webster Jones.

Severe Migraine

A patient called in and was about to cancel her appointment due to a severe migraine/headache. We convinced her to come in and with one two-minute demonstration using low level lasers; we were able to eliminate the migraine...and...all symptoms. Dr. Herb Yolin, MA

Recurring Sciatic Pains In Leg

Elaine had recurring sciatic pain that ran down her leg. Her chiropractor was sometimes able to provide a little help, but the pain usually persisted. She came in one day to pick up some vitamins, and I suggested we give the low level laser a try. Elaine placed the laser on the origination point of the pain for two three minute sessions and then went home. She called me up the next day and said, “It’s phenomenal, the pain is gone – in less than 24 hours, it’s completely gone”. David Getoff, CA

Twenty Year Abdomen Pain

A patient told me of a constant, dull aching pain in the lower right quadrant of her abdominal area around the waistline. She had been to countless physicians who had performed dozens of tests without determining the origin of the pain, and who were recommending exploratory surgery. My patient had no interest in surgery, and had resolved to simply live with the pain. I suggested we give low-level therapy a try. She lasered the area of pain for two three-minute cycles, and I asked her to call me the next day. I didn’t

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hear from her for about two weeks, but when I saw her, she said, “I want to let you know that that laser treatment was phenomenal – the pain was completely gone the next day – understand – for the first time in twenty years, I was without pain”. David Getoff, CA

Crippling Arthritis and Pain

I had severe crippling arthritis with considerable pain. After just two days on Laser Assist Compound and the low level laser, the pain was 80% gone! When I was without my laser for a few days, all the pain returned. When I started using the laser again, I was nearly pain free for the first time in years! S.S., Florida

Foot Pain

I am a diabetic. I have been keeping it under control with diet and having the pancreas reflex points worked by a foot Reflexologist. These points were always very, very painful but after just one laser demonstration the pain was gone. D.O.

Intense Neck and Shoulder Pain

I had been experiencing intense neck and shoulder pain which would radiate down my arm causing my hand to become numb. I tried three different types of prescribed pain pills and none gave me any relief. At the Atlanta Market, I was given a demonstration of your laser. Within the hour, the pain was almost gone. It was the first relief I had had in four weeks. I had a second demonstration and the pain was completely gone in one hour. Your product is remarkable! P.C., CA

Leg and Skin Cancer

I was first introduced to the laser when it was demonstrated on my very sore leg. The pain was gone in just a few minutes. I bought a laser and have been using it on my 83-year-old mother for severe pain from amelodosis, which is a precursor to multiple myeloma, a type of cancer. Amelodosis causes big patches on the skin, which are very painful. The laser controls the pain for my mom and makes life easier for her. Dr. B.E.

Rheumatoid Arthritis

I have suffered from Psoriatic Rheumatoid Arthritis for 8 years. I received chemotherapy, many anti-inflammatory drugs, and cortisone and none of them worked. I met Dr. Larry and he demonstrated the laser on my hand that I could not open. After the demonstration, I could open my hand and the pain was gone. B.D., CA

Ruptured Right Knee and Arthritis

My name is Doug Phillips, President of the SD Racquetball Association, and competitive open player. I am 45 Years old and have played multiple sports all my life. In 1990 I ruptured the anterior cruciate ligament in my right knee, and was told by two different orthopedic surgeons that I would need total knee replacement. I didn't have the surgery, and continued as best I could. An active lifestyle while fighting the pain with a combination of anti-inflammatory drugs and prescribed pain killers – neither of which worked very well at all – the knee was still inflamed and caused a great deal of pain. While at the YMCA for a racquetball session in September 2001, Dr. Lytle allowed me to use his low level laser on

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my right knee. I lasered for about three minutes before and after playing that day. The results were amazing! I was able to play a full hour and a half of racquetball and go back to work without any pain or inflammation! I continue to use the laser approximately three times per week for the next three weeks and continue to be amazed by what low level laser therapy has done for me. My right knee is pretty much back to normal, with no pain and no inflammation. Thank you Dr. Lytle for introducing me to this incredible equipment! Doug Phillips, Rapid City, SD

“Our Families Magic Wand”

We have had great success in using our low level laser to clear up sinus infections, skin rashes, etc. My wife calls it her “Magic Wand” when it comes to keeping the family healthy! Thank you for producing a great product! Brad Landon, Washington

Jaw Pain

I have had pain in my jaw joint and muscles as well as an infection in my gums and bone. I began using a herbal remedy and used the low level laser daily. Now, after just two months, I do not have any jaw pain and my dental hygienist says my dental infection is gone. R.R.

Severe Headaches

Following heart surgery, my husband began experiencing severe headaches, which the doctor said was caused by a condition called arteritis (inflammation of the arteries in the head). The prescribed medication took about one hour to stop the pain. The last time he had one of these headaches, we used the laser on his head. The pain was gone in less than two minutes! This machine is wonderful! We are so relieved to have this machine if for nothing else to relieve his headaches. However, it eliminated my arthritis pain and his sciatic nerve problem as well. S.L., Oregon

Serious Whip Lash

I was stopped and hit from the rear at 35 mph causing a serious whiplash injury. After a week of chiropractic adjustments, acupuncture and analgesics, the pain was still severe. After one demonstration of the low level laser, the pain has gone and has not returned for one week. A side benefit was my energy levels really improved as well. Dr. D.H., South Dakota

Hearing Loss

I had nearly lost my hearing and, after tests, ordered \$4,000 worth of hearing aids. After just one demonstration of low level laser therapy on my ears, my hearing returned. I went back to the doctor and he re-checked my ears and said that I no longer needed the hearing aids and refunded my money. T.M., Oregon

Severe Allergy Attack

My grandson had a history of asthma-type allergy attacks, which has resulted in him being taken to the emergency room several times. Recently, when he was staying overnight with me, he had an attack. I immediately used my laser on his lungs and throat. Within minutes, he had stopped coughing and gone back to sleep and slept soundly all night. L.U., Oregon.

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Sprained Ankle

My Electrician fell off the ladder and badly sprained an ankle. I demonstrated the laser for 3 days on the ankle. The Electrician kept working kept working 10-hour days without pain and at the end of the third day, there was no swelling, nor was it black and blue. Ray, WY

Arterial Fibrillation

I just wanted to write a quick note thanking you for your work in these lasers. Over the past five or six years I have experienced arterial fibrillation. In April of this year, I had an episode. I lasered my chest using my low level laser and my heart changed to its normal rhythm. Thank God! Lianne Lang.

Hearing Improves

I was having problems with my hearing, and used the 808 in the ear for 6-8 breaths (a few times over several days) and my hearing has improved!! Anita Swigart, Big Bear Lake, CA

Osteoarthritis In Pet Dog

We have been using the LLL for two years. Recently, one of my long-time patients, Paco (12 year old yellow lab) came for a consult on osteoarthritis. Paco has been on glucosamine and Rimadyl for several years. He has severe bilateral hip dysplasia. Ms. Cole had read the paper that we had written about LLL therapy and wanted to start Paco on the treatment. He received one session and the owner raved about the fact that he actually climbed stairs to go to bed. Paco had not been upstairs for some time. He is currently on a weekly schedule and is a lot more comfortable than when he was on drug therapy alone. Dr. Mark Richards, DVM, Greenland, NH

Severe Burn

My hot tub thermostat malfunctioned and I scalded my foot half way up my calf in 140° water. The emergency room doctor said it was a severe 2nd degree burn and that it would take at least four weeks before I would be able to put long pants back on – and longer to completely heal. I used both the Resonator and Rotary lasers immediately and twice daily thereafter. By the 5th day, all the pain was gone and I was back to work. By day 9, the skin was nearly completely healed – having just the appearance of slight sunburn. The lasers not only helped control the pain, but also reduced the time needed to heal this burn from at least 30 days down to only 10! K.L., South Dakota

Broken Arm

My two-year-old daughter broke her arm right above the wrist. Her doctor was concerned that it was so close to her growth plate. We lasered the break through the cast 2 times per day for a couple of weeks. When she returned for her checkup, the doctor was surprised at how well the break had healed. Patricia Hollerbach, Boulder, CO

Vision Improves

We bought the laser initially to help our 24-year-old son Stephen, improve his brain functioning. Stephen has autism. Three months after starting the laser, Stephen got a job and has held it for six months. This is after losing three jobs and going 2 years without one. He also tried it for 30 seconds on each eye every other day. After a month, he had his eye

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exam. The doctor asked what he had been doing as his right eye improved from -3.25 to -1.75 and his left eye from -3.5 to -3.0. Patricia Knox, Houston, TX

Dislocated Knee

Two years ago I was house boating on Lake Powell when a chance wave rocked the houseboat. It was an awkward position, straddling a railing and my left knee was dislocated. I clearly heard the knee pop out of joint, and immediately I lost the ability to walk or support my own weight. I was assisted into a sitting position and immediately began using the Q 1000 laser above, below, and all around my knee. Since we are out in the middle of the desert, the only therapy that was available was ice, aspirin, and our laser (which I always take with me when I travel.) Over the course of the next several days I continued to use the laser anywhere from two to five times a day. By the second day I was able to walk unaided, although I did have some pain and considerable limitation of movement. After the return to civilization, I had three appointments with a chiropractor, the few acupuncture appointments, and I continued to use the laser on a daily basis. This régime, when combined with some nutritional supplements, resulted in the complete relief of symptoms, and my ability to return to normal function and exercise. As far as I can tell my knee is completely recovered except for occasional twinges. I believe the laser eliminated the need for surgical reconstruction of my knee, and I will be forever grateful that I had the laser with me and available for immediate treatment. It's little wonder I carry the laser everywhere I go now!
Dr. David Winn, Colorado Springs CO

Laser Eliminates Need For Root Canal On 7-Year Old

My seven-year-old daughter was involved in a collision with another student in karate class. Her mouth and another boy's head smashed together, loosening 4 of her teeth as well as causing a severely swollen lip. She could not open or close her mouth. We rushed her to her dentist, who said the teeth would either have to be removed or have root canals performed. He indicated he would make a decision in about a week. I treated her twice daily with the Resonator laser, and within one day all swelling had been eliminated. After five days, she could open and close her mouth normally, and her teeth appeared to have tightened up. She saw her dentist and was told she didn't need any further treatment at all.
Dr. Greg Barsten, Los Gatos, CA

Wrist Inflammation Improves, Wins State Tennis Title

My daughter Whitney had a severe wrist inflammation in 2003. She had pain in her wrist from overusing it on the tennis court. She could not play tennis without pain. Whitney received one demonstration with the Q1000 and 808 Enhancer and her wrist felt better almost immediately. After the demonstration, and despite playing tennis at a 100% level, the pain never returned. Whitney ended up winning the 2003 SD high school singles title. I would like to thank Doug Phillips for introducing us to this incredible technology! Daryl Paluch, USPTA Tennis Pro, Rapid City, SD

Dental Distress Syndrome & Proprioception

Stress is considered to be a significant risk factor in all disease, and that includes heart disease. Hans Selye has called the Dental Distress Syndrome the worst stressor known to mankind. It is a hidden stressor and is estimated to affect over 75% of our population. A 1986 Harvard publication studied the morbidity (cause of death) of 33,000 doctors. Like other Americans, the number one cause of death was heart disease and the number two cause was cancer. Surprisingly, the highest risk factors were not cholesterol, high blood pressure, lack of exercise, and obesity, but rather the loss of teeth. The loss of 10 or more teeth resulted in a 67% increase in heart attack and stroke. Moreover, this type of stress cannot be treated by currently known stress reduction techniques.

Embryology provides some answers. The egg and sperm unite to form the ovum. At 3 weeks, an ectodermal thickening appears. This separates to form the neural tube and the neural crest. The neural tube forms the central nervous system (CNS), including the brain, the spinal cord, thalamus, hypothalamus, midnose, upper lip, premaxilla, part of the forebrain, ½ of the master pituitary gland and **the four maxillary central incisors**. The neural crest forms the peripheral nervous system, all the sensory receptors, the other ½ of the pituitary gland, all other hormonal glands, and **the rest of the dental system, except for the tooth enamel**. The neural crest cells function to gather sensory information for the CNS, and the over-all body, through proprioception and kinesthesia. Faulty inbound information equals faulty outbound instructions. The brain functions like any computer, i.e., “garbage in - garbage out.” The dental structures are comprised of neurological tissue. Therefore, a dentist should be a neurologist of the highest order. But “the dentist” has not been trained in this delicate neurological balance. He does not understand the mouth’s affect on the rest of the body.

Proprioception is defined as stimulation of the body tissue to activate protective mechanisms. Much is known about proprioception in the feet and elsewhere, but the mouth is generally ignored. This is despite the fact that proprioception between the upper and lower front teeth is more delicate than anywhere else in the body. Dental proprioception is the main signal to both the thalamus and the hypothalamus; the former controls the cerebellum and posture, and the latter controls the stress mechanism. Newton’s Third Law of Motion states that for every action, there is an equal and opposite reaction. The cerebellum requires proper information from the 5th cranial mandibular nerve to proceed with postural adjustment. Thus even small changes in the dental proprioception easily reflect in the neck, shoulders, arms, lower back, legs and feet.

Penfield and Rasmussen state that almost half of the sensory and motor aspects of the brain are devoted to the “dental area.” The mandible--maxilla occlusion affects over 50% of the body functions including motor and sensory actions, blood supply to the brain, and low level electrical feedback to the brain. According to the Price-Pottenger studies, the mandibular/maxillary relationship in populations consuming mainly refined food diets is altered from birth, causing underdevelopment of the premaxilla. This faulty relationship causes the 68 pairs of muscles that regulate the mandibular position to fire in response to proprioceptive feedback. These 136 muscles are supposed to be reciprocally balanced, and

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able to contract and relax naturally. When they are unable to do so, and become tight, then faulty proprioceptive feedback occurs. When these muscles are not in a state of homeostasis, dental distress syndrome is perpetuated, resulting in reduced blood flow to the brain and pituitary gland. It is believed that this structural problem is a factor in most diseases. **A Japanese study of more than 25,000 subjects shows that loss of posterior vertical dimension has a 75% relationship to over 100 medical parameters!**

Low level laser therapy (LLLT) and a simple splint can eliminate faulty proprioceptive feedback to the brain from the dental area. Miracle Bite Tabs™ (MBT), developed for use by both professionals and lay people, temporarily relieve faulty proprioceptive feedback to the brain. MBT™ are self-made splints that fit over the lower back teeth. They are economical and can be made quickly and easily in any kitchen without any special tools.

The LLLT protocol is as follows: laser under the angle of the jaw (internal pterygoid) on the high shoulder side first. Then laser over the TMJ, just in front of the ear (lateral pterygoid). Third, laser the area just below the collar bone. Fourth, laser the shoulder blade on the high shoulder side. Fifth, laser the area in the groin where the leg meets the torso on the high shoulder side. Last, laser the buttock on the high shoulder side.

Elimination of faulty dental proprioception with the correct splint, and the use of the right low level lasers, in the appropriate order, and in the right places, can greatly enhance the well-being of humankind. This should be considered as a first line of treatment for any complaint.

New Study Shows That Even Tylenol Is Risky

“Study Shows Link To Painkillers, High Blood Pressure In Women” While many popular nonprescription painkillers have been linked before to high blood pressure, acetaminophen, sold as Tylenol, has generally been considered relatively free of such risk. However, a new study of 5,123 women at Harvard Medical School found that women taking Tylenol were about twice as likely to develop blood-pressure problems. Risk also rose for women taking NSAIDS other than aspirin. **The study found that women ages 34-77 who took an average daily dose of more than 500 milligrams of acetaminophen – just one extra-strength Tylenol – increased their risk of developing high blood pressure within three years by a whopping 99%! The risk also rose...by nearly 78%...for women taking more than 400 mg a day of NSAIDS (about two ibuprofen).** Rapid City Journal, 8/17/05, Pg. 1

If you haven't considered low level laser therapy as a safe and effective...non-drug...method of controlling pain, you are missing the boat. Consider the following clinical research studies that show low level laser therapy's effectiveness as a pain fighter:

1. **Cold Lasers In Pain Management** – low energy laser therapy has been shown – at appropriate dosimetry, wavelength, duration, and site-specific application – to reduce tissue pain/tenderness, normalize circulation patterns in tissue trauma, and increase collagen formation in wounds. *Practical Pain Management, Sept/Oct 2004, Pg 37*
2. **Laser-Accelerated Inflammation/Pain Reduction & Healing** – low level laser therapy precipitates a complex set of physiological interactions at the cellular level that reduces acute inflammation, reduces pain, and accelerates tissue healing.
3. **Somatosensory Trigeminal Evoked Potential Amplitudes Following Low Level Laser And Sham Irradiation Over Time** - This experiment demonstrates that intraoral laser application to the maxillary nerve, where covered only by mucous membrane, results in significantly reduced STEP amplitudes. This finding suggests that intraoral laser therapy may be an effective pain control treatment.
4. **Laser Therapy In The Treatment Of Dental Hypersensitivity** - LLLT, when used with the correct irradiation parameters, is effective in treating dentinal hypersensitivity, as it quickly reduces pain and maintains a prolonged pain-free status in 91.27% of the cases.
5. **Low Level Laser Therapy For Tendinopathy** - Laser therapy can reduce pain in subacute and chronic tendinopathy if a valid treatment procedure and location-specific dose is used.
6. **The Clinical Efficacy Of Low-Power Laser Therapy On Pain And Function In Cervical Osteoarthritis** - Pain, paravertebral muscle spasm, lordosis angle, the range of neck motion and function were observed to improve significantly in the LPL group...LPL seems to be successful in relieving pain and improving function in osteoarthritic diseases.

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I could go on...and on...and on quoting studies showing that low level laser therapy is safe and effective in pain control, but you probably get the picture by now. Or do you? If you're still waiting to experience what low level laser therapy can offer...what are you waiting for? **The drugs you are currently taking for pain will damage or even kill you!**

As you've seen above, there is a better choice...low level laser therapy. Additionally, many agree that high blood pressure occurs when the blood vessels are constricted due to tightening of the smooth muscle layer in the arteries. Low level laser therapy has been shown to be effective in rapidly relaxing both smooth and striated muscle, thereby eliminating one of the causes of high blood pressure.

Dr. Benjamin Rush, a signer of the Declaration of Independence stated *“Unless we put medical freedoms into the constitution, the time will come when medicine will organize itself into an undercover dictatorship...to restrict the art of healing to one class of men or companies and deny equal privileges to others...”*

You may or may not agree with me, but I believe that time has come, and it's time we all take back control of our health.

***One Last Thing, Please Do You Know Someone Who
May Be Taking NSAIDS Or Acetaminophen Products?***

***Do Them A Possibly Life-Saving Favor
And Pass This Article Along To Them!***

Low Level Laser Therapy & Headaches

Headaches affect over 200 million people in the US during each year, and nearly 90% of men and 95% of women have had at least one headache. Twenty million Americans see their doctors each year because of headaches.

There are two main types of headaches, primary and secondary. Primary include tension-type, migraine, and cluster headaches and are not caused by other underlying medical conditions. More than 90% of headaches are primary. Secondary headaches result from other medical conditions, such as infection or increased pressure in the skull due to accidents or tumors. These account for fewer than 10% of all headaches.

Migraine headaches are less common than tension headaches. Even though less common, migraines still afflict 25 to 30 million people in the United States. Roughly three out of four migraine sufferers are female. Among the most distinguishing features of a migraine is the potential disability accompanying the headache. Migraines are felt on one side of the head by about 60% of sufferers, and the pain is typically throbbing in nature. Additional effects of migraine headaches can include nausea with or without vomiting and sensitivity to light and sound.

There are various other classifications and several sub-classifications of headaches, such as cluster headaches and rebound headaches. Rebound headaches are actually a reaction to prescription or nonprescription pain relievers and, as the last dose wears off, the victim takes more and more pills, creating a vicious pain circle.

What Causes Headaches?

Many things or conditions may trigger a headache such as stress, certain foods, odors, menstrual periods, emotional factors such as depression, anxiety, frustration, letdown, and even pleasant excitement such as a holiday, may be associated with developing a headache. Even changes in weather are among the many factors that are said to cause headaches.

Standard Remedies

Most people with headaches resort to self-care, using nonprescription pain relievers to treat their symptoms. Over the counter non-prescription drugs are a multi billion dollar industry in the United States. Store shelves hold a remarkable array of pain relievers and the drug industry resorts to all types of advertisements to convince the headache/pain victim that their products are the best.

Any over-the-counter pain medication like aspirin, ibuprofen, naproxen sodium or acetaminophen should be used very carefully. No one medication has ever been proven more effective than the other, though there is great variability in effectiveness from person to person. There is no difference in composition or effectiveness between migraine-formula over-the-counter preparations and their non-migraine brand names, other than the higher cost of the migraine-formula brands. Narcotics such as codeine and Demerol are generally not useful for treating headache and should not be prescribed for that purpose.

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Non-Prescription Pain Relievers Can Increase The Likelihood of Headaches

What is misunderstood by the public is that the drugs recommended for treating headaches not only cause reoccurring headaches but cause more serious problems, such as liver and kidney damage, as well as ulcers. Many headaches are reactions to other over the counter or prescription drugs or combinations of drugs.

In orthodox medicine, when the cause of reoccurring headaches is not readily diagnosed, then it is said to be “psychological”. As is the case with other medical disorders, psychological factors have been overemphasized as causes of headaches.

Wow! All this diagnosis and classification is enough to give anyone a headache. As with most medicine, the area of headaches is strong on diagnosis and short on the “cure”.

A Better Solution – Low Level Laser Therapy & Life Style Changes

To prevent headaches, it makes good sense to practice a life style including adequate sleep, healthy diet, regular exercise and good stress management. Quitting smoking is essential in reducing the risks for all headaches.

Relaxation and related stress reduction therapies can diminish the frequency and intensity of headaches. Alternative therapies used for headache management include hypnosis, biofeedback, meditation, visualization, guided imagery, acupuncture, acupressure, yoga and other physical relaxation exercises.

Most headaches can be relieved in less than 3 minutes using low level laser therapy.

Mode 2 of the Q1000 laser used directly on the head balances the energy of the brain with the alpha/theta frequency which relieves headaches quickly. Results are even quicker and longer lasting when low level laser therapy is combined with proprioceptive feedback techniques that change the signal to the brain. This can be done by placing a one inch piece of pop cycle stick between the back teeth during, and after low level laser treatment.

Headache may also be treated using low level laser on the acupuncture points. In my experience the best laser for laser acupuncture is the 660 Enhancer Probe. Meridians can be balanced with approximately one joule of energy. The 660 Enhancer is a 50 Mw rated instrument that plugs into the Q1000 laser and emits one joule of energy in 30 seconds and is so easy to use that any person can locate the acupoints and use the instrument.

To relieve headaches, regardless of the cause, tight muscles in arterial walls of the brain must be relaxed and released. Think about it. If you have a blood pressure cuff around your arm, there will be reduced blood flow to the hand. If the muscles in the arterial walls of the brain are tight, the result is the same – reduced blood flow. Mode 2 of the Q1000 laser is the quickest way to relieve tight muscles in the arteries of the brain and is a special feature only available in the Q1000 low level laser. This special mode reproduces the alpha/theta transfer frequency, which quickly balances the energy centers of the brain.

Chronic headache sufferers should own their personal low level laser and should never leave home without it because they don't know when headache attaches may occur. Shedding low level laser light on headaches is safe, quick, effective, and affordable and just makes good sense.

SHEDDING LIGHT ON INSOMNIA

Sleep disorders are increasingly becoming a more serious problem. Over 60 million Americans suffer from insomnia or some type of sleep disorder. Diagnostic Sleep Disorder Centers are found in most major cities, many connected with Universities, hospitals and research centers.

It is not unusual to have sleep troubles from time to time. People with insomnia have one or more of the following, difficulty falling asleep, waking up often during the night and having trouble going back to sleep, waking up too early in the morning, and unrefreshed by their sleep.

Insomnia can cause problems during the day, such as sleepiness, fatigue, difficulty concentrating, and irritability. A person with insomnia may also have another sleep disorder such as sleep apnea, narcolepsy, and restless legs syndrome.

There are two types of insomnia, primary or secondary. Primary insomnia means that a person is having sleep problems that are not directly associated with any other health conditions. Secondary insomnia occurs when a person is having sleep problems because of something else, such as depression, heartburn, cancer, asthma, medications, or a substance abuse.

Insomnia can vary in how long it lasts and how often it occurs. Insomnia can be short-term (called acute insomnia) or last a long time (called chronic insomnia). It can also come and go on an intermittent basis. Acute (short-term) insomnia can last from one night to a few weeks. It is often caused by emotional or physical discomfort, and can be related to a single specific event. Causes of acute insomnia can include significant life stress, job loss or change, death of a loved one, moving, illness, environmental factors like noise, light, extreme temperatures, and jet lag

Chronic or long-term insomnia is when a person has insomnia at least 3 nights a week for 1 month or longer. It can be caused by many things and often occurs along with other health problems. Common causes of chronic insomnia are depression, chronic stress, and pain or discomfort at night.

Controversy surrounds the cause or causes of insomnia, but one area most doctors and researcher agree is people who do not get enough “good sleep” are less productive and have more illness. For those that suffer from insomnia, it is good advice to avoid stimulants such as caffeine, alcohol, nicotine, sugar and any foods or chemicals that might cause allergic reactions. Avoid eating heavy meals or drinking water or other liquids before bedtime.

Some people do not need eight hours of sleep as taught to us in basic health classes. Many who do not physically exert themselves or expend large amounts of energy can rejuvenate their bodies with four to six hours sleep rather than eight. They may appear to have insomnia when in fact, the body has rested enough. These people need to get out of bed and do something productive. All bodies respond differently and what might affect one person has no effect on another

Regulation of blood sugar plays a role in insomnia. Blood sugar is controlled by the pancreas, which is controlled by the parasympathetic nervous system. The parasympathetic nervous system is controlled by proprioceptive feedback to the brain from the 68 pair of “dental muscles” that control the relationship of the lower jaw to the skull. If one is suffering from this malady, sleep can be enhanced by using proprioceptive guides available from GO-JO Enterprises or seeking help from a dentist skilled in sleep apnea or snoring devices.

Healing Light Articles by Dr. Larry Lytle

The drug industry offers various over the counter and prescription drugs to combat insomnia. Some of the better known prescription drugs are Restoril, Ambien, and Sonata. Over the counter drugs include Unisom, Sominex, and Sleep. As with all drugs, these drugs have various side effects and perform differently for different users.

There are many other natural herbs, vitamins and remedies available, all with varying degrees of success. Some of these are Alluna, St Johns Wort, Valerian, Kava Kota or combinations of these and other herbs.

Melatonin, one of the brain neuropeptides, is necessary to enhance sleep. It is not clear why some people do not produce enough melatonin. Melatonin tends to neutralize the combat brain stimulating neuropeptides such as acetylcholine. The supplement tryptophan is a necessary precursor for our body to make melatonin. Tryptophan was available from health food stores until the FDA banned the supplement in 2001? Following two or three isolated deaths attributed to a bad batch of tryptophan imported into the United States from Russia. The health food industry is continually working with the FDA and congress to re-instate tryptophan as a safe sleep enhancing supplement.

Anyone that has suffered from insomnia has “counted sheep” over and over with the hope of putting their brain in the sleep wave mode with little or no results. Brain waves are divided into four types based on the length of the wave emitted. Delta brain waves are from 0 to 4 Hz (0 is death), theta, the sleep brain waves, range from 4 to 8 Hz, alpha ranges from 8 to 12 Hz and beta is 12 and above. Rapid eye movement is more specific and the brain waves are in the alpha/theta transfer frequency of 7.83 Hz. This frequency is also considered the dream state and time seems to stand still at this frequency. Alpha brain waves are achieved through relaxation techniques including meditation and prayer. One “self help” exercise that works for some people is to practice controlling the brain waves by controlling breathing rhythms. The book “Mind Map” by Buddy Frumker is an excellent resource for learning this technique. (Available from Wowapi Publishing – 605-342-5669).

A new way safe and economical way to control insomnia is to use low level laser therapy to regulate the brain waves and produce melatonin. As discussed, the brain emits various wave lengths that regulate brain function. These waves have been interpreted with EEG machines for 110 years. Now with the new Q1000 low level laser, the user can safely modulate brain waves. The Q1000 uses computers to control the frequency, power density and soliton waves, a patented technique that produces waves that can penetrate the skull and normalize brain waves. Not only can the Q1000 modulate brain waves, it can be specially programmed to stimulate our body to produce more sleep enhancing melatonin. It makes good sense to stimulate our body with light to produce melatonin rather than take a drug, vitamin or artificial source with the hope that it will be absorbed and utilized to produce melatonin the necessary sleep enhancer.

Insomnia may also be treated using low level laser on the acupuncture points. In my experience the best laser for laser acupuncture is the 660 Enhancer Probe. Meridians can be balanced with approximately one joule of energy. The 660 Enhancer is a 50 Mw rated instrument that plugs into the Q1000 laser and emits one joule of energy in 30 seconds and is so easy to use that any person can locate the acupoints and use the instrument. Acupuncture needles must be inserted in several acupuncture points and left for 30 to 45 minutes and requires a professional acupuncturist to properly place the needles. These pictures show two laser acupoints,

Energy medicine is the medicine of the future here now! The body is all energy. Light is energy so it makes good sense to use laser light energy to balance the brains energy and resolve insomnia.

Pain Control - Drugs or Low Level Laser Therapy?

By now, I'm sure that you have seen or heard the following announcements:

Merck Withdraws Vioxx, 09.30.04, 8:33 AM ET NEW YORK - **Merck** announced today a voluntary withdrawal of its blockbuster arthritis treatment Vioxx. Vioxx, the heavily promoted arthritis drug taken by millions of people has voluntarily been pulled from the market by Merck & Co. after a study showed it **doubled the risk of heart attacks**. Ray V. Gilmartin, chairman, president and CEO of Merck said, "Given the alternative therapies and the questions raised by the data, we concluded that a voluntary withdrawal is the responsible course to take".

Officials Worry About Overuse of Certain Painkillers. AP Medical. Think popping extra pain pills can't hurt? Think again. Accidental poisonings from the nation's most popular pain reliever appear to be increasing, **making acetaminophen the leading cause of acute liver failure**....Acetaminophen is in hundreds of products...Simply doubling the maximum daily dose can be lethal...More than 56,000 emergency-room visits a year are because of acetaminophen overdoses...Of 662 patients tracked with acute liver failure, almost 1/2 were acetaminophen related, making acetaminophen the most common cause of acute liver failure.

Vioxx has been promoted for the past five years with great fanfare and an aggressive marketing campaign as the cure-all for arthritis, carpal tunnel syndrome and other chronic pain conditions. It has even been promoted as a cancer prevention drug and has sold over 84 million prescriptions grossing \$2.5 billion in worldwide sales. It had celebrity endorsements from athletes Dorothy Hamill and Bruce Jenner.

Scientists now fear all similar drugs for arthritis and pain might pose the same risk. As reported by AP wire service, one key researcher is charging the FDA with negligence for approving Vioxx without first making sure it was safe and is calling for a congressional investigation to review how such a dangerous drug got FDA approval. Regulatory agencies in Europe fear other drugs such as Pfizer's Celebrex and its newer drug Bextra will be equally as dangerous.

The FDA claims drugs similar to Vioxx and Celebrex are safe. If they made an error in approving Vioxx, how can they (and you) be so sure? The European Medicines agency in London says it will review all drugs of this type.

Low Level Laser Therapy is a Safe and Accepted Non-Drug Alternative for Pain Control! Low level lasers have been around for over 40 years and over 2000 studies have proven low level laser therapy to be a safe and effective alternative for pain control.

Healing Light Articles by Dr. Larry Lytle

In *Laser Therapy* (Prima Books), authors Jan Turner and Lars Hode state: “A positive aspect of laser treatment is that pain can be alleviated as early as during the treatment session itself”. In *Healing Light* (Wowapi Publishing) I show evidence that joint pain can be reduced by 50-75 percent with the first treatment, however most chronic conditions such as arthritis will need on-going laser therapy treatments because the pain returns. In *Healing Light*, I also give you recommendations and protocols to follow for using low level laser therapy on arthritis.

Since it has been shown that low level lasers work at the cellular level it is not necessary to differentiate between diseases or diagnose the disease to get pain relief. Low level laser therapy works to

1. Reduce redness, swelling, and inflammation associated with arthritis and pain
2. Control pain by stimulating the body’s own cells to release endorphins, a natural morphine-like substance
3. Balance sodium/potassium ratios,
4. Activate the body’s own intercellular biophoton communication system.

Compared to a lifetime of dangerous drugs, low level laser therapy is a less costly and risk-free alternative!

Male and Female Sex Systems

When something is wrong with the male or female reproductive (sex) system, it can be a very serious stressor. Common conditions affecting males are prostatitis, erectile dysfunction, epididymitis, yeast and bladder infections, cancer, and venereal diseases. Prostatitis is feared because it can lead to prostate cancer, which is one of the most common cancers in males. Balanitis, also known as plasma cell balanitis, is a rare skin disease affecting the head of the penis and or the foreskin. Balanitis while not common is a serious emotionally disturbing disorder. Peyronie's is an inflammatory condition that affects the penis. A plaque or hard lump forms on the upper or lower side of the penis in the layers of erectile tissue. The plaque may begin as inflammation (redness and swelling) and advance to form a scar that causes the penis to curve upon erection.

Females have more sexual conditions than males. Some of the more common conditions are vulvitis, vaginitis, candidiasis or yeast infections, trichomoniasis, premenstrual pain, frigidity, inability to conceive, pelvic inflammatory disease (PID), miscarriage, and cervical cancer. Vulvodynia, while a less common, is a painful disorder of the lips of the vagina and causes serious emotional problems.

In some cultures, it is "taboo" to talk about sex. In the United States there is increasing emphasis placed on sex education. The limbic or animal portion of our brain signals the reproductive system to act and releases testosterone which drives the male libido. Males are the aggressors and in some species fight to near death or death over a female. Big Horn Sheep have been observed to fight for up to 25 hours for supremacy and the right to a ewe. Buck deer have been observed to have "locked horns" over a female or a herd of females and have either died or must be destroyed. Some studies have been done on pheromones, the mysterious "sixth sense" that activates the male and female sexual drive. Pheromones apparently are produced by most living animals and even insects. Researchers have identified a pheromone for insects that infect certain crops and have isolated the pheromone and are spreading it over the fields with a large fan attached to a visible laser light that draws the insects to the light. The laser is surrounded by an electronic "bug zapper" that kills the harmful insects and gives the farmer a safe alternative to environmentally unsafe insecticides. When this emerging technology is fully developed it will give us a nice, safe way to insure an insecticide free grain supply.

Sex sells! All one has to do is observe how sex sells is to look at the increasing number of ads on television, radio and in the news print that promote products and events with sex. So it is little wonder that when something goes wrong with the male or female sex systems, it is a big stressor. Judging by Viagra sales one could assume that the inability to get, sustain an erection and reach a climax affects a substantial number of older and even middle aged men. Now that men have a sexual enhancer, women want the same. Surveys have shown that up to 50% of women do not reach a climax and a substantial number do not enjoy sex.

With all this emphasis on sex it is little wonder that when something happens to the sexual system, it is a BIG STRESSOR. Have you heard of Balanitis? I didn't until I met Elton. Balanitis is a very painful condition of the penis where the skin over the penis, usually about an inch from the end, severely constricts. This constriction will crack and bleed. It makes normal functions such as sitting, walking, urination and erections very painful. Sex is impossible. In medicine, like so many other diseases or disorders, there is no known cause for Balanitis. Doctors that diagnosed Elton's condition said he needed circumcised, so the age of 45 Elton, desperate to alleviate the pain, agreed. Circumcision didn't help. In fact, it made the pain worse. Thirteen years and four surgeries later, Elton's Balanitis had not improved at all. It took a great deal of courage for Elton to share his story and admit that he had not had sex in over 13 years. But Elton did not give up. He knew there had to be an answer some where. He kept searching and found the answer while appraising a house for a doctor that practiced low level laser therapy and was also familiar with "Faulty Proprioception to the Brain". He was referred to this author for consultation. It was recommended that he buy his own Low Level Laser and place a type of proprioceptive guide known as

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Miracle Bite Tabs. Within hours after placing Miracle Bite Tabs and using the Q1000 laser direct on the penis, the bleeding stopped and the pain was significantly reduced. The penis started itching indicating the healing process had begun. Elton could sit, walk, urinate and have an erection without pain. Elton is now anxious to resume sex after 13 years abstinence.

Women have a similar condition to Balanitis called Vulvodynia. This is a chronic very painful condition of the bulbous portion of the vagina causing inflammation swelling and cracking. Like Balanitis, sitting, walking, even pressure from under clothing and urination is painful. Sex is impossible. There is no known cause and medical treatment is primarily consulting.

As a practicing dentist in 1994 I had no knowledge of Vulvodynia. I did not even know the word. I learned about Vulvodynia from a patient. This young lady had a normal childhood with good grades all through grade and high school and her first two years of college. Suddenly her grades started slipping. She was tired all the time and could not concentrate. She had brain fog. She didn't sleep well. She worried. She was stressed. Her parents took her to several different doctors for an answer. They could not find anything wrong. The closest to a diagnosis was some type of latent or adult onset brain damage. She and her parents turned to nutrition for an answer and read Dr Lyndon Smith's book *Feed Yourself Right*. When nutrition did not work, she was referred to me to remove her 8 small occlusal Amalgam fillings. My examination showed she was suffering from Dental Distress Syndrome and rather than remove the amalgam fillings, treatment consisted of bonding a splint over her lower back teeth. She felt better immediately and her brain fog cleared overnight. Two weeks later, her mother called and asked: what did you do that cured my daughters Vulvodynia? Her mother explained that both she and her daughter had the disease and since there was no cure had been seeking professional counseling with very little results. But now by just increasing the height of the back teeth, this painful condition was gone. This was my first experience how Proprioception to the Brain regulates the Parasympathetic Nervous System which has control over both the male and female systems.

All disorders of the male/female sexual system start with inflammation and then are diagnosed as some disease. Low Level Laser Therapy eliminates inflammation quickly, so is a good choice for any of disorders with pain or inflammation. Low Level Laser Therapy, combined with Proprioceptive Guides, placed in the mouth to correct the faulty Proprioception, is a quick and efficient way to correct both male and female sexual problems as demonstrated in the case histories concerning Balanitis and Vulvodynia. Users of Low Level Laser Therapy have reported success in treating many other diseases of the male/female system, including prostate cancer.

The main way Low Level Laser Therapy works is to reenergizes the cell membranes of sick and injured cells returning the cells to normal. Normal cells will assimilate nutrient better than injured cells and thus produce better DNA blueprints for other new cells.

Proprioceptive guides work by balancing the energy to the Sympathetic and Parasympathetic Nervous System. In other words, proprioceptive guides when properly made will correct the faulty signals to the brain. Remember the brain is like a big computer and garbage in means garbage out. The proprioceptive guides help put the right information in, therefore affecting the entire body.

To better understand how low level laser therapy and correcting faulty proprioception can work these miracles, refer to the articles in Issue #4 of the Integrative Health & Healing Magazine entitled Beneficial Applications Low Level Laser Therapy, page 54, The Use of Low Level Laser Therapy in Veterinary Medicine, page 76 and Dental Distress Syndrome , page 62.

Healing Light Articles by Dr. Larry Lytle

The Q1000 and DNA...*What the Bleep Do We Know!?*

I seldom watch a movie more than once. It seems such a waste of time and really, the only thing limited in life is time so, why waste it watching movies over and over? However, there is one movie that is not a waste of time – this is a “watch until you get it” movie. I highly recommend *What the Bleep Do We Know!?* I saw it in a theater, then bought it on DVD and watched it again. I plan to watch it as many times as it takes to get the message that **we really are in the dark when it comes to the astounding effects that subtle energy plays in our daily lives.**

What the Bleep Do We Know!? is a movie about quantum physics and beyond. It suggests major paradigm shifts of how we think about the energy of the universe that surrounds us. For example, if a chemist placed a drop of iodine in water and continued to dilute the water on a 10 to 1 basis (adding 10 more drops of water), how many dilutions would be required before there would be no trace of iodine left? Of course the reddish color quickly disappears in the water...but what about the energy of the iodine? The answer as you'll soon discover is that the water *always retains the memory of the iodine!*

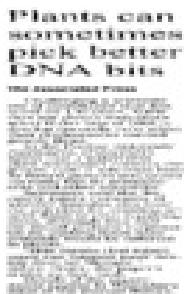
What The Bleep Do We Know!? raises questions such as, (1) Is there energy in the universe if it cannot be seen or measured with mass, and (2) Does water have memory? And if so, can this memory ever be destroyed?

When I was studying science, it was believed that water could not be diluted beyond Avogadro's number of 6.022×10^{23} . The name "Avogadro's Number" is just an *honorary name* attached to the calculated value of the number of atoms, molecules, etc. in a gram mole of any substance. In *Messages from Water* (Dr. Masuro Emoto), Dr. Emoto postulates that water never loses memory of the energy it has contained.

The dilution of water and previous teachings about Avogadro's Number are examples of ideas we think we know are true – but which, with recent advancements, are actually being proven false.

DNA/RNA is another example of previous ideas being proven false.

DNA, or Deoxyribonucleic Acid, is the blueprint that carries the reproductive message to all living things, plants and animals. RNA, or Ribonucleic Acid, carries out the message and causes new cells to form. DNA research is big business today in all aspects of our society, including health. The DNA that carries markers to form new cells that make up our body systems is constantly changing and the changes are not always for the better.



Mendel's Law, (known as Mendelian Genetics) proposed in the mid 1800s, suggests that plants and animals (including humans) inherit only two copies of a gene – one from each parent. If both copies are defective, the offspring has no ability to correct the error.

However, scientists are learning that plant DNA can be altered. The Associated Press recently reported research from Purdue University showing how both watercress and mustard plants corrected flawed genetic code (inherited from flawed parents) and grew normally as had their grandparents

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and other ancestors. It is not known how this happens but it challenges 150 year-old Mendel's Law, and I suspect the scientists at Purdue are busy writing a new theory.

There is considerable research showing that Low Level Laser Therapy will enhance DNA and RNA synthesis. *Low Level Laser Therapy, Clinical Practice and Scientific Background* (1999) by Turner and Hode, has no less than 18 scientific references to low level lasers positively enhancing DNA synthesis in all types of cells, tissue, organs, glands, nerves and bone.

Who knows – maybe it is the quality of light (coherent light such as found in the Q1000 laser) or the intent of the researchers that promoted the mustard and watercress plants to correct here-to-fore uncorrectable defects.

Those who have attended my *Healing Light Seminars* (see schedule on www.laserinformation.com) have heard me elaborate on the theories of science and quantum physics. The consensus of medicine has never been correct and is constantly changing. As an example, when I was a child every one who could afford it had their tonsils removed. Today, very few children have their tonsils removed because the consensus of medicine has changed. (I am glad we were poor and couldn't afford this un-necessary surgical procedure).

Dr. William Tiller is busy re-writing Einstein's Quantum Theory based upon his experiments showing that experienced meditators can change the pH of water only by focusing their intent on the glass of water! Also, through nothing but intent, they were able to introduce an enzyme (previously not present) into the water. Enzymes have mass. Mass makes up only 20% of the universe (the other 80% is unknown) so, by intent, Dr. Tiller is showing that we can change the mass of the universe! You will hear more about Dr. Tiller when you watch *What the Bleep Do We Know!?* Einstein called his work "theory" because I suspect he knew it would change as more was learned about subtle energy in the nanotechnology field.

The Q1000, with its twenty lights and lasers and seven different wavelengths, is a composite of the lasers of the world that have been shown to be beneficial for DNA and RNA synthesis. To enhance the cellular benefit, the Q1000 has a patented process for computerized control of power density and frequency to assure that the delicate cellular DNA gets exactly the same photon electron delivery system each time the laser is turned on. This, plus the six soliton waves created by the Q1000 (which carry the laser energy delivery deep into tissue without increasing the power) assures a subtle energy delivery system that positively affects DNA synthesis.

The Q1000 laser comes from the manufacturer with three standard modes. The Q1000 is easy to use for DNA/RNA synthesis...mode 3 is beneficial for DNA synthesis. One of the biggest stumbling blocks in using subtle energy and low level laser therapy for healing is the limit of our belief system.

Most of us are still hung up on cause and effect, diagnosis and cure, without realizing that everything starts at the cellular level with the positive and negative charge of the atom. When an atom loses electrons, the DNA changes and bad things happen, such as sickness, disease, failure to heal, and aging. To effectively use the Q1000 laser system, it really doesn't make any difference what you call the disease or disorder. In fact, if you can overcome the "fear" attached to diagnosis and just use the laser wherever you have symptoms, benefits will be remarkable.

Balancing the Autonomic Nervous System with Low Level Laser Therapy

Dr. Herb Yolin, DDS

This study (100 participants) measured changes in Stress Index and in the Parasympathetic/Sympathetic Nervous system ratio, as measured by Heart Rate Variability (HRV). Measurements were done before and after lasering (with the Q1000) to determine the impact of low level laser therapy on stressors to the body.

The initial study was designed to isolate the effect of laser therapy on the Autonomic Nervous System (ANS) without introducing other variables. The testing protocol was (1) measure baseline HRV, (2) laser 4 proprioceptive stress points with Q1000 (proprioceptive points 1-4 in your *Laser Users Manual*, 45 seconds per point), (3) re-measure HRV.

HRV reflects the PNS/SNS ratio, which correlates with levels of stress and the overall health of the body. HRV has long been identified as an accurate method of evaluating changes in the ANS.

Results: 31% of the 100 people tested had a starting Stress Index outside of the optimum range

The Stress Index improved by an average of 29.6% after lasering this group.

Those who were most stressed experienced the greatest improvement. The highest levels of correction showed Stress Index improvements ranging from 24% to 72%!

Even for participants with lower starting Stress Index scores, there was a normalizing effect.

100% of participants with a starting Stress Index ratio of 0.9 or lower (with 1 being the baseline) showed an improvement in stress balance.

85% of participants with starting ratios of 1.1 or higher showed an improvement in stress balance.

Conclusion: the application of the Q1000 low level laser substantially reduced stress levels and balanced the Autonomic Nervous System.

Ramifications & Applications for Your Business: this study gives you scientific evidence that the Q1000, when used on Dr. Lytle's Proprioceptive Points 1-4 can have a significant normalizing effect on the ANS.

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SHEDDING LIGHT on AGE RELATED MACULAR DEGENERATION (ARM)

My Personal Story:

Preventive Medicine was born out of necessity – the necessity of individuals to find answers to disorders when conventional medicine has none. Preventive medicine has grown to mean much more than just prevention and encompasses various methods of treating disorders when drugs fail or there are no drugs that work.

This is the case with me and my eyes.

I had 20/20 vision even after practicing dentistry for 20 years - that is until I was encouraged to start using magnifying lens to enhance my cosmetic dentistry. Using magnifying lens 6-7 hours a day eventually caused the lens in my eyes to distort and I was diagnosed with Presbyopia, a rigidity of the crystalline lens, which required me to begin using convex glasses. I became one of the estimated 178 million people or over 61% of our United States population wearing (or needing) some type of corrective glasses.

A few years ago when Lasik laser surgery became popular, I went to an Ophthalmologist to see if laser surgery would benefit me. I was told that Lasik would not work for Presbyopia and glasses were my best option. She also found some drusen and said the best thing for drusen were vitamins and minerals. Since I had a PhD in Nutrition, I was impressed that a conventional Ophthalmologist was recommending vitamins and minerals for eye health. She recommended OcuVite by Bausch and Lomb or Vita Eyes made by a company in the small town of Mobridge, SD located 150 miles North of Rapid City, SD where I live.

I began taking Vita Eyes even though I still did not know what drusen actually meant. In other words I did not relate drusen as the beginning signs of Age Related Macular Degeneration or I would not have stopped taking the Vita Eyes after the first bottle was gone. The Ophthalmologist gave me a prescription for more powerful corrective lens for close up vision and also added some correction for distance.

Two years later, even with my glasses, print and objects at a certain distances seemed blurry. I thought this might be caused by weak muscles and eye exercises might help, so I went to see Dr Jim King, an Optometrist in Rapid City, skilled in teaching eye exercises. After a thorough examination I was informed that I had drusen and eyes exercises would not help. The best he could do for me with new glasses was 20/30.

Dr King took the time to explain about drusen and now I began to understand that drusen are the first signs of Age Related Macular Degeneration. He told me that drusen is a hyaline or fatty deposit lying underneath the retina and when present there is an 80% chance of Macular Degeneration.

I learned some frightening statistics about Macular Degeneration.

- Macular Degeneration is present in 30% of people over 60 years of age
- At the age of 80 and astounding 90% are going blind with Age Related macular Degeneration.
- It is the number one cause of legal blindness in the United States.

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Dr King suggested that I consult an Ophthalmologist to determine if I had the dry or wet type. I declined after applying my philosophy about diagnosis, and that is:” I never run a test or have a diagnosis unless I know ahead of time what I will do if the diagnosis is positive or negative”. Dr King said he was not aware of any widely accepted cure for either wet or dry Age Related Macular Degeneration so I decided against further diagnosis.

He said the condition could be controlled with vitamin/mineral eye formulae and gave me the same suggested formula that was recommended two years earlier by the Ophthalmologist. He also gave me several reprints of some research papers that showed promise using bio-current on acupoints around the eye for Age Related Macular Degeneration.

I was very interested in the micro or bio stimulation research because, I believe in energy medicine plus I was good friends with Dr Leland Michael, the Optometrist from Rapid City that started this bio-current research in the 80s. I learned that prior to his death in 1995, he turned his research over to Dr John Jarding and as of 2006 Dr Jarding is still trying to get FDA approval of his bio-current unit called the TheraMac.

I consumed everything I could find on Dr Michael’s and other doctor’s research on micro or bio-current stimulation for Age Related Macular Degeneration. There has been considerable research done by various doctors using micro current or some type of stimulation. Dr Michael got two or three lines improvement on the Snellen chart (big E reading charts) within 6 months on over 60% of the patients involved in his study. I thought that was remarkable considering most eye doctors say there is nothing that can be done with Age Related Macular Degeneration. He used four different electrical frequencies delivered to four acupoints above and four acupoints below the eye. Subsequent studies done by Dr Jarding deliver only three frequencies to these acupoints once a week for eight weeks. Both studies showed favorable results.

UNDERSTANDING THE CELL and CELLULAR ENERGY

Cells are composed of atoms. Atoms are composed of a nucleus, the positive charge proton held together by the neutral charged neutrons with negatively charged electrons orbiting around the nucleus. Cells differentiate from stem cells into various tissue and then organ cells including the various cells of the eye. All cells are alike in that healthy cells have an electrical charge while injured or unhealthy cells tend to loose that electrical charge. (This electrical charge is what makes MRI scans work) When cells loose their electrons, the cell membrane becomes depolarized, looses its’ permeability and the cell cannot assimilate nutrients as well and continues to degenerate. The body is continually making new cells including all the various cells that compose the eye from blue prints called DNA. As the cells loose electrons, the DNA blue print changes and the DNA now produces more of the “sick” cells, hence degenerative disease.

This principle is the same through out the body.

Traditional Chinese Medicine believes that cells have a set number of reproductions or “life force”. This “life force” regulates how long an organ such as the eyes continues to function. Energy Medicine defines “Salutogenesis” as the organism’s way of healing itself via Aether Derived Energy (ADE), also called “life force” which reverses cellular homeostasis decay and retards degenerative disease. Aether is not energy but is converted to energy via the photon called the Casmir Effect. ADE can be transferred by laying on of hands, prayer, positive thinking, being in a positive atmosphere, intercourse and by **subtle energy Low Level Lasers.** To be effective, the low level lasers must resonate with the cellular energy and deliver electrons back to the damaged cells via photons that penetrate to various levels on the soliton wave. Higher powered, single wave length lasers do not produce the soliton wave and cannot produce the “Salutogenesis effect”.

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The soliton wave producing Q 1000 laser, like biocurent stimulation, works at the cellular level by improving membrane permeability of blood vessels and cells which allows better oxygen and nutrient delivery to the cells. The Q1000 enhances lymphatic drainage and also removes toxins and harmful oxidative by-products. When the Q1000 improves circulation, it improves cell metabolism, ATP (energy) levels and protein synthesis which enable improved vision.

To sum it up, if electrical micro current or biocurent is effective, low level lasers should be equally or more effective for Age Related Macular Degeneration especially if the laser is used early-on as a preventive procedure .

To prove or disprove my belief that low level laser therapy will reverse Age Related macular Degeneration, I am beginning a One of One Study on myself. I will install the frequencies suggested in the research by programming them into an open mode of the Q1000 and apply it directly over my right eye every other day for one week, then twice a week for three weeks and then weekly for eight weeks. On the left eye I will apply these same frequencies programmed into a prototype 660 Enhancer on eight acupoints below and above the left eye using the same time table. The Q1000 is a subtle energy, multiple wavelength computer controlled resonating instrument that delivers 7.5 joules of energy on one three minute cycle. The 660 Enhancer is a higher powered stimulating single wave length instrument that will deliver one joule of energy to each of the eight acupoints. By using two separate laser instrument, one resonating and one stimulating, this study will show which is more beneficial or if they are beneficial at all.

At the end of three months I will have an eye exam and determine if there has been any improvement or decrease in reading the lines on the Snellen chart. The right eye treated with the subtle energy Q1000 can be compared to the left eye treated with the stimulating 660 Enhancer. Based upon the results of the three month study, I may choose to continue the study for another three months.

Since the Q1000 is registered with the FDA and is classified as a Class 1 non significant risk device and the 660 Enhancer is registered as a Class 3a device – the same as a laser pointer, and will not be used in the eye but on acupoints around the eye, I am not concerned about the safety of these low level laser instruments.

If any reader has questions, please call The Laser Light Institute at (760) 954-8488 and watch for a three month report on the results of this One of One Study.

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Shedding Light on Sunburn

It is that season again - the season to enjoy the outdoors and the sun. For most Americans unless they live in the Sun Belt, their skin has lightened over the winter and they want a little tan. Unfortunately, there is no way to get a "safe tan" from the sun.

Constantly we are reminded by advertisements and other educational warnings to protect our skin from excessive sunrays and sunburn. Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. A serious sunburn is as serious as a thermal burn, and may have the same systemic effects such as blistering, edema and fever.

Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark-skinned person may tolerate the same exposure for hours. Most sunburns are first degree burns, but repeated exposure to the sun can cause skin cancer.

Unlike a thermal burns, sunburn is not immediately apparent. By the time the skin starts to become painful and red, the damage has been done. The pain is worst between 6 and 48 hours after sun exposure. Swelling and blistering is common and in severe cases fever may occur. Skin peeling usually begins between three and eight days after exposure.

Excess sun exposure causes premature wrinkling, aging, age spots and even blistering. Even one blistering sunburn doubles the likelihood of developing malignant melanoma, a type of skin cancer. Other types of skin cancer such as basal cell and squamous cell cancer are directly related to the amount of sun exposure.

To avoid sunburn, stay out of the sun during hours of peak sun ray intensity., apply generous amounts of sunscreen with a sun protection factor (SPF) of at least 30 one half hour prior to sun exposure and every 2 hours while you are outdoors. Always re-apply sunscreen after swimming and wear sun hats, sunglasses with UV protection, use a lip balm with sunscreen. Any one of these by itself, even the sunscreen, may not be enough to prevent sun damage

So what do you do if yo get a sunburn? Other than cold water and rest there is not much to can do – **that is until recently when low level lasers were introduced** for home use. There are several models of hand held, low powered lasers that are available for home use and are as safe as bar code checkout lasers used in your grocery stores. These handy devices are no larger than a cordless phone and are very effective for sunburn or any burn regardless of the cause. Home use low level lasers are not available over the counter yet, but can be purchased on line. Buy a multiple diode 5 milliwatt rechargeable battery driven laser. Single diode lasers like laser pointers, while effective, produce a small beam and it takes too long to treat a sunburn. .

Low level laser therapy delivered by multiple diode lasers produce a beam about the size of a small grapefruit and will reduce the pain, swelling, redness and in most cases, blistering, especially if used immediately after the burn. If large areas are burned, apply the laser directly on the skin, leave it for 2 minutes and move to cover the entire burned area. Low level lasers have many other uses, but are especially beneficial to those who will be in the sun and subject to sunburns.

How interesting – we can use **light** to treat the bad effects of too much sunlight!

