

Laser Therapy

Cold Laser Therapy (CLT), or Low Level Laser Therapy, has been used in Europe and Canada for nearly 40 years to treat a wide range of conditions. The United States FDA has approved cold lasers for *increasing range of motion*, and *decreasing levels of pain and inflammation* - and we can use them for a whole lot more than that.

Increases cell permeability

In the area where the red light is actually shining, cold laser increases cell membrane permeability. In other words, it increases the ability of your cells to communicate with each other, so they can say “hey, we need some of this over here”, or “hey, let’s get rid of some of this over here!”

Energy medicine

On another level, cold lasers would be considered a type of Energy or Vibrational Medicine. From an Energy Medicine standpoint, as long as the human organism is alive, it has an energy field around it. Different traditions have referred to this field by different names, e.g. bio-magnetic field, bioelectric field, auric field, chi field, pranic field, etc. Call it what you will, as long as you’re alive you’ve got one.

Matches cellular vibration

What western science has been able to do is measure the rate at which that energy field vibrates when the human body is most able to repair and regenerate itself. This has been measured in the 635-nanometer (nm) range. All of the cold lasers we use are always shooting this 635 nm frequency into your body’s field, so we could shine it on your little toe and you would still receive the benefits. Theory states that due to resonance, at a certain point, your body’s field will either speed up or slow down to match this frequency, and once you are in that range, your body does the best job of healing itself.

Resets nervous system pathways

Cold lasers are also very useful in resetting nervous system pathways throughout your body, allowing signals from your brain to transmit more clearly to the rest of your body. Other clinical applications of the cold laser have included acute and chronic pain reduction from many etiologies, inflammation reduction, enhanced tissue healing, cell regeneration and replacement of the needle in acupuncture. Results have shown very rapid pain reduction and accelerated recovery times, far exceeding conventional methods.

Speeds healing

In the most general sense, cold laser therapy speeds up your bodies’ natural healing process. Thus it is useful under nearly all circumstances, from scarring and burns, to chiropractic adjustments and balance issues.