



Balancing the Autonomic Nervous System

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.

QLaser Wellness Solutions

Michael F. Lagana

708 Route 35 N

Neptune, NJ 07753

732 866-4226

Michael@QLaserws.com