



## 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.

### 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.

## **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.

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!

## **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.

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.

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