



Is More Power Better

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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.

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