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Cold Laser Therapy – Hope for Arthritis

By C. Bailey-Lloyd/LadyCamelot

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Having had the rare, first-hand opportunity to observe cold laser therapy treatment in action, I am impressed at its remarkable ability to help in healing with rheumatoid arthritis.

As my dad suffers from various maladies, including having a heart defibrillator. He was sceptical on whether he wanted to try cold laser therapy. After a seemingly endless bout with ill health and failed conventional treatments, he simply didn't believe anything could help him.

I had mentioned cold laser therapy in the past, but being that my dad is retired military and on Tricare Prime medical insurance, he was first referred to a Rheumatologist who promptly prescribed Prednisone to my diabetic father.

The Prednisone (a steroid) did more harm than good. He gained a tremendous amount of water weight, which further exerted his already problematic heart and certainly did not help his renal issues either. After just a few days of the prednisone treatment, his overall health was deteriorating rapidly. He was just about ready to throw in the towel.

Through research, I discovered a local, Chiropractic Physician who utilized cold laser therapy. Without further adieu, I scheduled an appointment for my dad. A bit apprehensive, and rightfully so, he was not as convinced as me about this so-called cold laser therapy.

I explained to him that cold laser therapy is FDA-Approved, non-invasive, didn't involve any needles and promised him that no harm would come to him. I also elaborated on extensive, scientific research that proved its healing capabilities.

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"But what about Daddy's defibrillator?" my mom asked. Although, I had already questioned Dr. Schafer about this, I had my mom give her a phone call herself and reiterate the same question. The fact that my dad has a defibrillator had no bearing, and the cold laser therapy would not interrupt its process.

On his Saturday appointment, my dad's hand and fingers were so swollen from the rheumatoid arthritis that his hand not only appeared broken, but it was so stiff that he could not move his fingers a single centimeter.

Pulling up to Dr. Schafer's clinic, I told my father that I believed in this treatment and knew that even if it didn't completely cure the arthritis, it would certainly help him.

When we walked in the door, Dr. Schafer was very personable and made it a point to introduce herself as 'Virginia.' Not only this, she specifically greeted my dad by name without having to ask who he was.

This, of course, helped my dad to be a bit more relaxed in the quiet office.

Dr. Schafer called my dad into her office and had my mom and me accompany them to watch how the cold laser therapy worked. Firstly, she reviewed my dad's medical records and began to explain how cold laser therapy worked.

Because the cold laser emits a low level of power output and its beam penetration is deep, it has been effectively proven to treat human tissue. Individuals become swollen due to injury or other physiological disorders caused by excessive buildup of watery fluid in tissue spaces. Initially, swollen tissue prevents movement of damaged tissue but concurrently causes central trauma pain and secondary pain from the swelling itself.

By targeting the lymphatic system, cold laser therapy first preserves body fluid balance, and simultaneously improves reabsorption of edema through the infrared laser light. Overall, cold laser therapy distinctly demonstrates a reduction in swelling and permits motion to return to the treated part.

So, with that knowledge, Dr. Schafer retrieved what looked like a Maglite flashlight. While she placed the cold laser directly on my dad's affected hand, she congenially told us about her research, about her background and even about her family. Putting my dad even more at ease with her compassion, Dr. Schafer shifted the cold laser to different areas of his hand for moments at a time.

Before my own eyes, I could literally see the swelling begin to retreat. I asked my dad if he felt anything. With a slight smile, he said, "yes, it's feeling better." Needless to say, Dr. Schafer is a shining example of the hypocritical oath – "...first, do no harm..."

After my dad's visit, there was a remarkable reduction in swelling. Even Dr. Schafer explained how she 'is simply amazed herself every time she uses the cold laser.'

Since then, he has had another visit. And again, the results were incredible. Now he is able to move his fingers – which he was unable to do prior to his visit to Dr. Schafer. Although rheumatoid arthritis is a tough cookie to crack, cold laser therapy works magnificently. Its ability to have such a dramatic

impact on healing, without conventional drugs, needles, or other un–natural stimulous makes the cold laser therapy not only an exciting, innovative therapy but a treatment that offers hope to so many.

Would I recommend it? Definitely.

Dr. Virginia Schafer, one of South Carolina's first chiropractors to acquire the Microlight cold laser, is a leading authority in research of Fibromyalgia and Rheumatology. Aside from chiropractic, Dr. Schafer's variety of services include treatment of conditions from chronic neck pain, rehabilitation following an auto or work related injury; computerized Nutritional/Health screening and analysis; woman's health issues such as hormone replacement treatment and wilsons thyroid treatment as well. To find more information about Dr. Virginia Schafer, feel free to visit her website at <http://schaferclinic.chiroweb.com>

If you need assitance finding a cold laser therapist, please feel free to contact Holistic Junction

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Laser Therapy For Quitting Smoking

By Ashish Jain

Using laser therapy to quit smoking has some grandeur associated with it. Laser! The very name inspires! Fortunately, from the practical point of view, laser treatment has proved to be very effective. You are introduced to this system recently, and it has been liked by most of the people.

Factually speaking, laser therapy is old wine in the new bottle. Certain nerve centers in the body act as pressure points. By treating those points, you can cause or encourage certain changes in the body. Many disciplines, like reflexology and acupuncture use this principle. Each pressure point, when treated, gives known results.

The same principle is applied to treat you of smoking habit. In laser treatment, specific points in your body are treated with low intensity laser beam. You need not wait long for the result. You find the degree of your smoking cravings drop substantially with immediate effect.

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But don't be overjoyed. Reduction in the cravings does not mean that you have quit smoking. You have just begun the journey. But a very good point about laser therapy is that it has no side effects. Such a fast reduction in the cravings is itself an achievement. Laser therapy has to be clubbed with another therapy known as behavioral therapy, to get the optimum results.

Behavioral therapy helps to eliminate the psychological cravings of your smoking addiction. The laser gives the blow to the Nicotine addiction. With these double blows, the effect will not be injurious, and you will emerge victorious!

So, are you convinced about the laser therapy treatment? Now, you need to come to the practical aspects of it. Laser therapy could be quite expensive. So, compare the rates of some of the best clinics. Check the rates in your State, whether the treatment cost is covered under the health insurance. In many cases, laser therapy however may not produce the desired results, so give equal importance to the behavioral therapy as well.

Don't forget your will power. It is not the laser beam, but it's about you who have to quit smoking! Laser treatment will give you the initial support and you own the resultant enthusiasm. But your job is not done. You need to maintain the level of enthusiasm and firm up the decision to quit smoking for ever.

So, let your laser therapy treatment, also known as LLLT (low level laser therapy) start on a positive note. The relevant nerve centers thought that they are the beneficiaries of something pleasurable, when you smoked. Now they will experience the real pleasure, when you say farewell to your smoking for ever!

& Quit Smoking provides detailed information

on stop smoking, how to stop smoking, anti smoking, quit smoking and more.



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