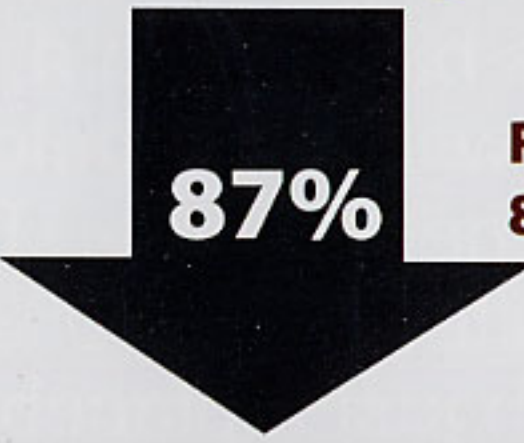


A second study surveyed 252 patients with diabetes who had experienced chronic foot and leg pain. After receiving Light Therapy, 87% reported substantial reductions in their foot and leg pain.

252 Diabetic Patients with Foot & Leg Pain



87% Reporting Reduction of 87% in Pain

At this time research has shown no side effects from LED light therapy although caution is urged for those people taking photosensitive drugs such as, but not limited to, tetracycline.

Occasionally, one may experience an increase in pain or discomfort for a short period of time after treating chronic conditions. This is normal as the body returns to equilibrium following a treatment.

Many alternative practitioners refer to this as a "healing crisis" that may occur as part of the normal process of recovery in some people. Any temporary increase in pain or discomfort is simply the body acknowledging an old problem and can be seen as positive feedback.



A Drug-Free Non-Invasive Solution

- Peripheral Neuropathy
- Inflammation/Infection
- Bursitis Osteoarthritis
- Carpal Tunnel Syndrome
- Rheumatoid Arthritis
- Pelvic or Ischemic Pain
- Plantar Fasciitis
- Nerve Entrapments
- Lateral Epicondylitis
- Tendonitis
- Swelling
- Post-Op
- Bell's Palsy
- TMJ
- Synovitis
- Frozen Shoulder
- Strains & Sprains
- Chronic Pain
- Cellulitis
- Contractures
- Neuritis
- Neuralgia
- Edema
- Range of Motion
- Wound Healing



Synsvoll Chiropractic
 101 NW 12th Avenue
 Suite 125
 Battle Ground, WA 98604

NeuroTCA

Neuropathy Treatment Centers of America

Rays of Light offer Rays of Hope

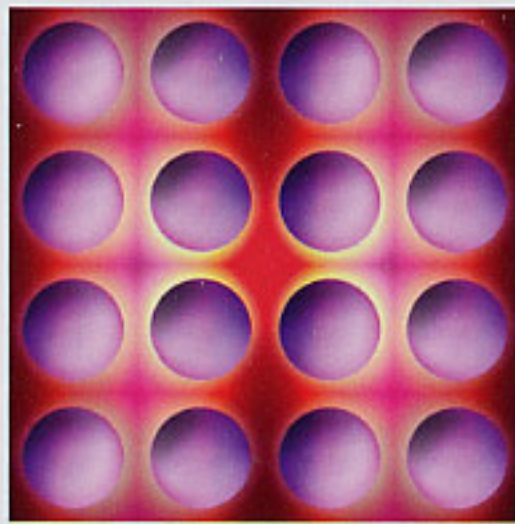


Modern Light Therapy

WHAT IS LOW LIGHT THERAPY?

The use of LEDs (Light Emitting Diodes), also called Monochromatic Infrared Energy is basically LIGHT THERAPY. Light therapy is currently being used in clinical and home settings around the globe. Light therapy has been in use by the medical profession for more than 20 years, to reduce pain and increase circulation.

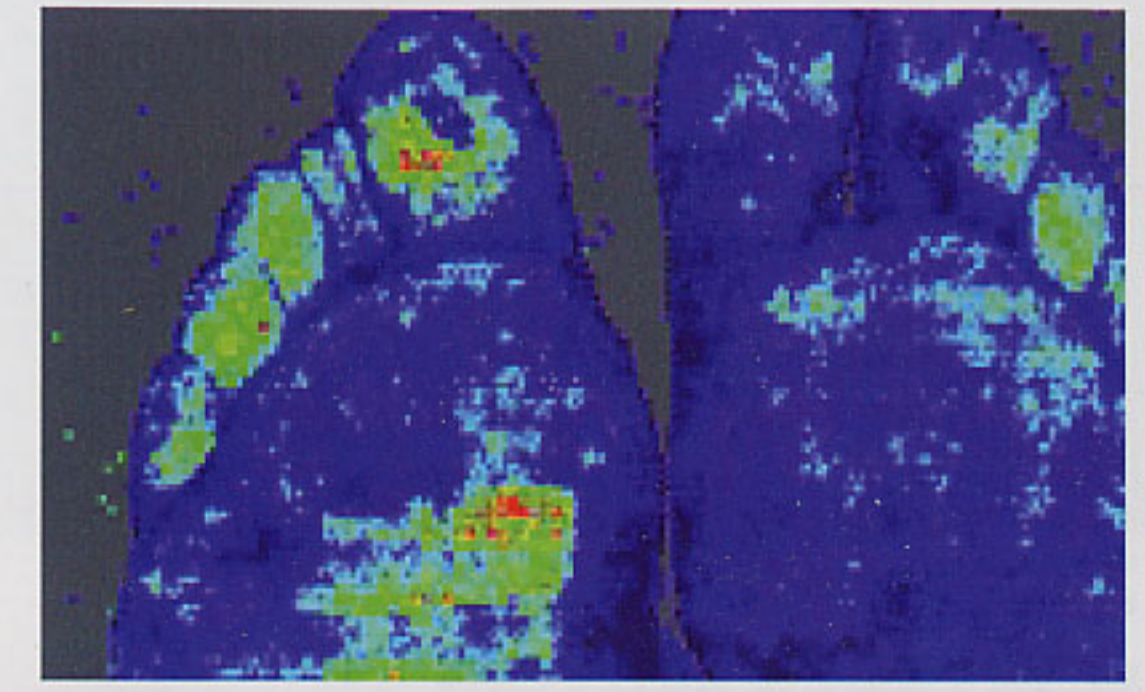
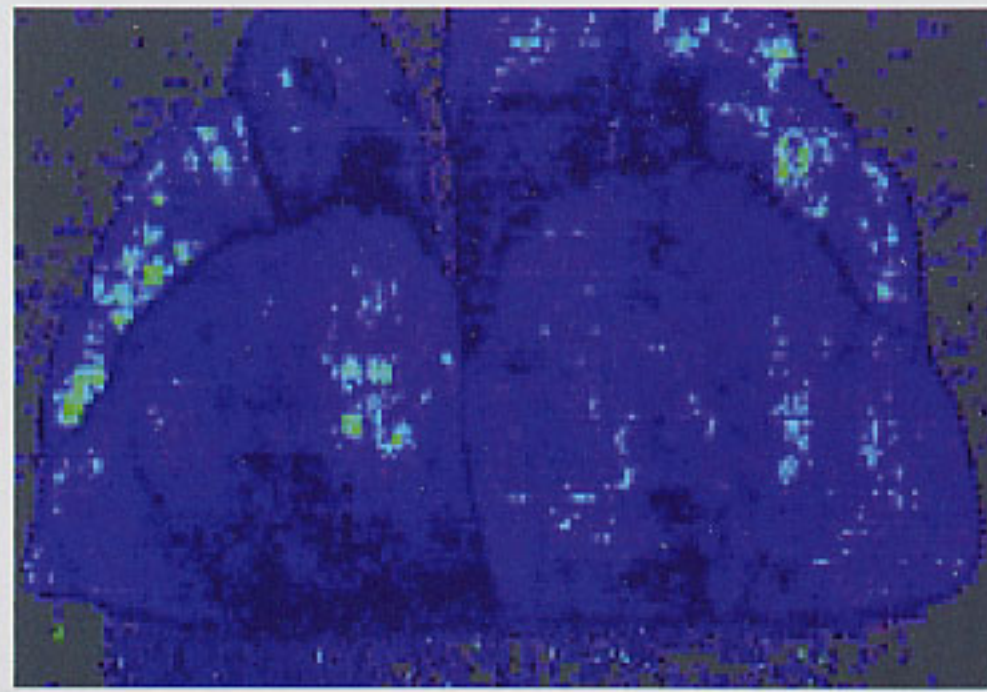
The array of infrared and visible light diodes creates a comforting warm feeling under the pads. That is the light energy being absorbed by the cells under the pads. The photo energy (pad heat) dilates the blood under the vessels, which often causes an increase in circulation. The light and mild warmth from the light units also may reduce and alleviate pain.



Additionally, patients using this Low Level Light Therapy may experience a decrease in local swelling, decreased inflammation, decreased muscle spasms and tightness, and decreased tension, increased range of motion, increased lymphatic drainage and increased venous dilation and flow.

Diabetic patients with peripheral neuropathy typically may experience an increase in sensation to pressure and hot/cold as well as less pain.

More specifically, Light (Photonic) Therapy has been established as a useful tool to:



To measure the increases in circulation, researchers have used a Scanning Doppler to examine color images of blood flow. Shown below are the before and after scans of a diabetic patient with neuropathy. The one foot that was treated with LIGHT THERAPY resulted in a 400% increase in blood flow, while the other foot, treated with just a placebo heating pad treatment showed only a 40% increase in circulation.

- * **Increase vascularity (circulation)** by increasing the formation of new capillaries, which are additional blood vessels that replace damaged ones. New capillaries speed up the healing process by carrying more oxygen as well as more nutrients needed for healing and they can also carry more waste products away.
- * **Increasing the energy level** in the cell. Light Therapy stimulates the release of adenosine triphosphate (ATP). ATP is the major carrier of energy to all cells.
- * **Increases in ATP allow** cells to accept nutrients faster and get rid of waste products faster. More energy helps the cell to heal and work easier.
- * **Increase lymphatic system activity.** This reduced edema, which is the swelling or natural splinting process of the body.
- * **Reduce the excitability of nervous tissue.** The photons of light energy enter the body as

negative ions. This calls upon the body to send positive ions like calcium among others to go to the area being treated. These ions assist in firing the nerves thereby relieving pain.

MORE CLINICAL RESEARCH

As mentioned, one of the underlying effects of light therapy is increasing blood circulation. An increase in blood flow reduces pain and affects healing. While no therapy is absolutely 100% effective, a study of 784 patients published in the Journal of Neurological & Orthopedic Surgeons demonstrated that 88.8% treated with Light Therapy had excellent to total pain relief after twelve treatments.

