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## About the Author

**Curtis Turchin, M.A., D.C.** has a bachelor's degree in pre-medical studies from the University of Southern California., a master's degree in Special Education from San Francisco State University, and a doctor of chiropractic from Palmer College. He is in private practice near San Francisco using manual therapies and lasers in a practice with a physician. He has published 3 books, more than 20 journal articles, and has been extensively interviewed on radio and television. Dr.



I would personally like to thank our returning subscribers for your support of our online Journal of Light and Lasers. Your feedback is always appreciated, and we will continue to offer our free newsletter to you. If, at any time, you are NOT interested in receiving this journal on the scientific effects of light and laser therapy, please click on the unsubscribe icon at the bottom of this newsletter.

## LASER CAN TREAT HICCUPS!

There has been a lot of mainstream press coverage of laser therapy applied to acupoints in the ear and extremities to treat addictions to tobacco, cocaine, and heroin by improving the function of the central nervous system (CNS). This study is interesting because they researched using infrared light to treat intractable hiccups. Chronic intractable hiccups can be a serious medical problem and the result of many diseases of the CNS as well as other types of pathology. This study, a well controlled randomized blinded clinical trial, was published in the *Scandinavian Journal of Gastroenterology*, (2008; 435):538-44. Out of the 35 patients enrolled in the study, 34 had complete remission! This is probably another supporting study that demonstrates how light therapy can modulate the CNS.

## COLD LASERS SAFE AROUND EYES?

There is no question that you cannot allow your hot laser anywhere near the eyes due to the serious risk of eye damage. However, we are continuing to see studies showing that cold laser actually may IMPROVE eye function. In the last issue we discussed a study that demonstrated excellent results with macular degeneration. This is another study that touts the effectiveness of laser treatment to reduce macular degeneration and stabilize eye damage. The researchers caution their readers to not treat the eyes with laser until there is more information to support proper protocols. However, this and other studies are an important first step in understanding how laser therapy can improve visual acuity and, more importantly, regarding the ocular safety of cold lasers when treating orofacial pain. *Retina*. 2008 Apr;28(4):615-21.

## LASERS CAN TREAT BABIES

One question that often comes up concerns the safety of laser therapy with infants. Here we see the value of light therapy treating infants with the colds and flu. In this hospital based study, 255 babies suffering from colds and upper respiratory symptoms were exposed to either laser therapy or Amantadine, a common medication for colds and flu. The study demonstrated that 69% of the laser group that received treatment to acupoints and 42% of the medication group achieved objective benefit. The benefit of laser therapy above medication was significant ( $P < 0.001$ ). *Zhongguo Zhen Jiu*. 2008 Sep;28(9):662-4.

Turchin is the author of the new text, *Light and Laser Therapy: Clinical Procedures*, described as the authoritative text on clinical laser treatment as well as, *Treating Addictions with Laser Therapy*, the only book published on this unique subject.

The logo for Apollo, featuring the word "apollo" in a lowercase, sans-serif font. A red diagonal line crosses through the letters "o" and "l".

## NEW MECHANISM FOR LASER HEALING?

Most of us are aware of the classic attributes of light and laser therapy such as mitochondrial stimulation, increased circulation, and stimulation of various types of cell activity. However, a new paradigm is emerging with the discovery in multiple studies that laser stimulates the production of heat shock proteins (HSP). In this wound study of skin ulcers, it was found that laser therapy was superior to traditional wound care. However, an interesting physiological event occurred as well. It was found that there was an associated increase in HSP. HSP are a group of proteins whose expression is increased when the cells are exposed to elevated temperatures or other types of stress. This increase of HSP is common to all living things and is one of the major sources of cell protection. Some theorize that this increase in HSP is responsible for the benefits of hyperthermia in the treatment of many diseases, especially cancer and other serious infections. It is interesting that cold laser therapy also triggers a dramatic increase in HSP. This could be another important mechanism to explain the protective and healing effects of laser therapy. Chin Med J (Engl) 2008 Jul 20 121(14) 1269-73

## Laser Therapy Training:

Give us a call if you are interested in laser therapy training. Our trainers provide regular classes in many parts of the country and supply you with the science and art required to offer successful treatment: Call us at: 1-866-789-7456.

Laser Therapy training is an invaluable tool for mastering the art of laser therapy.

Please visit the website at: <http://www.apollopt.com/LightandLaser/courses.php> to learn more about upcoming conferences:

**Saturday, November 8th** in Portland, Oregon. [Advanced Laser Therapy Workshop for Therapists and Doctors](#) - 6 CE hrs. - To register call 800.777.9002 or fax your [registration form](#) to 503.653.7455.

**Saturday, December 6th**  
in Dallas, Texas LASER AND MOBILIZATION COURSE FOR DOCTORS OF CHIROPRACTIC.

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## Thank you!

I will try to bring you unbiased, evidence based information on a regular basis to help you understand this new and exciting modality.

If you would like to see any particular topics or have any comments or suggestions, please email me, Curtis Turchin, MA, DC at: [dr.turchin@yahoo.com](mailto:dr.turchin@yahoo.com) (yes, that is dr dot turchin @ yahoo.com)

Sincerely,

Dr. Curtis Turchin

