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EFFECT

Laser is an acronym for "Light Amplification by Stimulated Emission of Radiation"; in other words, lasers emit only light energy. Lasers have been used in medicine and cosmetics for nearly 30 years. Since then, the utilization techniques have been improving continuously. **TinniTool-Softlasers** are on the cutting edge of today's technology. The treatment is completely safe and painless. The laser beam even penetrates the deeper subcutaneous layers and works as curative bio-stimulation directly on the metabolism in the connective tissue.

Many disorders arise through a deficiency of ATP (adenosine triphosphate), the cell energy necessary for life. ATP is a key substance in our cells. The mitochondria (cell power plants) provide ATP energy for the cell processes through glucose combustion. ATP deficiency leads to cell damage and destruction in the end, but concentrated **TinniTool-Softlaser** light (650 nm wavelength) stimulates glucose combustion to improve the ATP supply. The therapy can therefore accelerate the regeneration of damaged cells.

CLINICAL STUDIES AND LITERATURE

This guide was compiled with reference to the following publications:

- H. Walter:** *Photobiological Basics of Low-Level-Laser-Therapy*
G. Danhof: *Lasertherapie in der Allgemeinmedizin*
R.F. Schmidt, G. Thews: *Physiologie des Menschen*
H. Walter, A. Walter: *Photobiological Basics of L-L-Laser-Application*
T. I. Karu: *Photobiology of Low-Power Laser Therapy in V. S. Letokhov*
P. J. Pöntinnen, R. Pothmann: *Laser in der Akupunktur*
U. Warnke: *Atomic Physics and Neurophysiology*
C.-L. Zhang: *Skin Resistance vs. Body Conductivity*
U. Warnke: *Quanten- + biophysikalische Grundlagen der Akupunktur*
H. Walter, E. Wolkenstein: *Workshop: Lasertherapie und acupuncture*
Beyer, Baumgartner, Tauber: *Dosimetric analysis for L-L-Laser-Therapy*
J. Greten: *Kursbuch Traditionelle Chinesische Medizin*
G. Stux, N. Stiller, B. Pomeranz: *Akupunktur - Lehrbuch und Atlas*
Lian, Chen, Hammes, Kolster: *Seirin-Bildatlas der Akupunktur*
J. Greten: *Traditionelle chinesische Medizin*
Witt, Felix: *Selektive Photo-Biochemotherapie*
Shiomi, Takahashi, Honjo, Kojima, Naito: *laser irradiation on tinnitus*
Plath, Olivier: *laser therapy of sensorineural hearing loss and tinnitus*
Shiomi Y et al: *Effect of low power laser irradiation on inner ear*
Hahn, Sejna, Stoblova, Cocek: *Combined Laser-EGb Tinnitus Therapy*
Prochazka, Tejska: *Therapy of patients suffering from tinnitus*
Prochazka, Hahn: *Comprehensive Laser Rehabilitation Tinnitus-Therapy*
M. Prochazka: *The Role of LLLT in Treatment of Tinnitus*
Wedel, Calero, Walger: *Soft-laser/Ginkgo therapy in chronic tinnitus*
Mirz, Zachariae, Andersen: *Low-power laser in the treatment of tinnitus*
W. Beyer: *Light dosimetry and preliminary clinical results for laser therapy*
Tauber, Beyer, Schorn, Baumgartner: *Transmetal cochlear laser treatm.*
S. Tauber: *Low-Level-Laser-Therapy with chronic cochlear dysfunction*

COMPARISON

The lasers used professionally differ from this appliance in the intensity of their light source; this is why they require specially trained personnel for their use. The **TinniTool-Softlaser** has a lower wattage and can be manipulated safely by untrained users without any risk.

The Softlaser should not be compared with the beam emitted by a laser point, which is similar. The nature and intensity of the beam are strictly optical and have no other particular effects. The **TinniTool-Softlaser** must not be used as a laser pointer. Keep out of the reach of children and avoid pointing the beam directly in the eyes, even in reflection.

METHODS OF TREATMENT

There is no danger of lesions through an overdose of light radiation. If a specific point is treated for more than that recommended, no increased effect takes place because the cells reflect any excess of light radiation. With conscientious self-treatment, you can successfully activate the body's own "chemist's" and in many cases, as a measure-accompanying therapy, regain your health more quickly. Nevertheless, the desired effect can only be achieved through regular application. In principle, we differentiate between three forms of treatment:

Area treatment

With the so-called area treatment, the tip of the laser does not have any contact with the skin, because it is applied at a distance of about 1 cm from the skin. This form of radiation is employed, above all, by open wounds.

Contact treatment

With this form of treatment, the laser tip is brought into contact with the skin. It is more efficient and employed wherever there is no injury to the skin and does not give any pain when contact is made with the laser tip. However, one should always remember to disinfect the laser tip immediately after use if the respective complaint is infectious.

Laser-acupuncture treatment

The laser beam initiates a biostimulation similar to that of acupuncture needles. In comparison with the acupuncture needle, however, the laser-acupuncture is completely pain-free and devoid of any risk of infection, because there is no puncture point with the Softlaser. In contrast to the area and contact treatment, the radiation here is not made directly in the region where the complaint is located. This means that all the marked acupuncture points on the left and right half of the body are treated. (Exception: Conception vessel (KG) and Governor vessel (LG)).

PRE-TREATMENT

Wash the skin thoroughly with soap (no alcohol lotion) prior to any contact or acupuncture radiation. This will enable you to remove the sebaceous matter which otherwise would limit the penetration of the laser beam in the dermal layers. Dry well before the treatment begins. With the area treatment, prior cleaning of the skin is often not possible because of the open wound.

AFTER TREATMENT

The light radiated from the laser provides no nutritive elements to cells. This is why it is absolutely necessary to apply a moisturizing cream, particularly after the cosmetic treatment.

FUNCTIONAL DESCRIPTION

All the treatment possibilities and diverse application parameters are described on the following pages. To enable them to be applied in the proper manner, the following functions should be read carefully.

Method of treatment

Here, the respective method of treatment (area, contact and or acupuncture radiation) is defined in each case. At the same time, it is explained how to proceed with the **TinniTool-Softlaser** in the practice. With acupuncture treatment, for example, the treatment point is also shown graphically.

Radiation duration

Here you are provided with information which tells you how long (in minutes) a treatment point is to be radiated per session. A treatment point comprises an area of about 2 cm in diameter.

CAUTION! The radiation duration is calculated for Softlasers with a wave length of 650 nm (beam colour = red) and a rating of 5mW. With a 1mW Softlaser, the radiation duration would be five-fold. And with a 10 mW Softlaser, the radiation duration is reduced by one half etc.

Radiation rhythm

A treatment session has to be repeated several times according to a pre-determined rhythm. Here you can find how many times the treatment has to be repeated per day or week.

CAUTION! The radiation rhythm is also calculated for Softlasers with a wave length of 650nm (beam colour = red) and a rating of 5mW. With a 10mW Softlaser, the radiation, for example, could be halved, providing you have not reduced the radiation duration by one half already (see above).

Effect

Here you will find the results which you may expect after the treatment.

TINNITUS (ringing in the ears)

Method of treatment

Contact treatment (with ear applicators)

Radiation duration

20 minutes

(if both ears are affected,
then 20 minutes per ear)

Radiation rhythm

Once per day, for at least ten weeks

In case of chronic tinnitus: twice daily (mornings and evenings).

Sensitive persons with insomnia problems should not undergo treatment in the evenings.

Behaviour rules

- Remove earwax before treatment
- Try to ignore ear noises during treatment
- Relax more, and avoid stress situations
- Sleep long enough at night
- Avoid noisy environments
- Use sleeping aids such as acoustic therapy or maskers

Effect

The laser beam penetrates even the deeper subcutaneous layers and works as curative bio-stimulation directly on the blood circulation, metabolism and regeneration in the connective tissue.

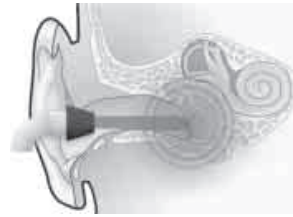
A temporary worsening of tinnitus is quite possible during the first few weeks of treatment. This is usually a positive indication of physical response to the treatment and initiation of the healing process.

Chronic tinnitus treatment should be accompanied by TinniTool acoustic therapy. Depending on severity, treatment may have to be extended over a longer period.

Additional treatments

For additional treatments, please see below as follows:

Anxiety (p.11), depression (p.15), headache (p.21), chronic fatigue (p.21), muscular tension and cramp (p.22), toothache (p.27)



TINNITUS (ringing in the ears)

Method of treatment

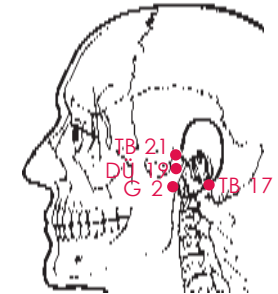
Acupuncture treatment (with laser tip)

TB 17: Behind the ear lobes, in the depression between jaw and cranial bone.

TB 21: In front of the tragus, above the depression between jaw and cranial bone.

DÜ 19: In front of the tragus, in the depression between jaw and cranial bone.

G 2: Where the ear lobes join the head.

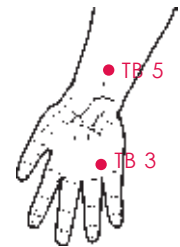


Method of treatment

Acupuncture treatment (with laser tip)
see outside-hand

TB 3: On the line between the little and ring finger, above the upper finger joint.

TB 5: On the lower arm centreline, two finger widths above the wrist.

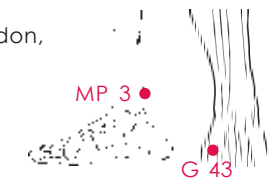


Method of treatment

Acupuncture treatment (with laser tip)

MP 3: Between the ankle and the Achilles tendon, where the arterial pulse can be felt.

G 43: In the furrow between the fourth and fifth toes.



Radiation duration

Approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Complementarily to laser contact radiation (with ear applicators), acupuncture treatment makes for a stronger effect.

MORBUS MÉNIÈRE (dizziness)

Method of treatment

Contact treatment (with ear applicators)

Radiation duration

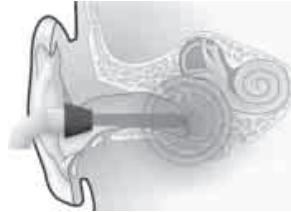
20 minutes

Radiation rhythm

Once per day, for at least four weeks

Effect

The laser beam penetrates even the deeper subcutaneous layers and works as curative bio-stimulation directly on the inner ear metabolism. This stimulates the immune system and promotes regeneration of the equilibrium organs. Depending on severity, treatment may have to be extended over a longer period.



MORBUS MÉNIÈRE (dizziness)

Method of treatment

Acupuncture treatment (with laser tip)

TB 17: Behind the ear lobes, in the depression between jaw and cranial bone.

Radiation duration

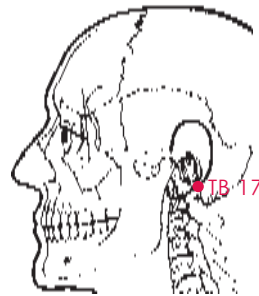
approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Complementarily to laser contact radiation (with ear applicators), acupuncture treatment makes for a stronger effect.



PARTIAL DEAFNESS due to tinnitus

Method of treatment

Contact treatment (with ear applicators)

Radiation duration

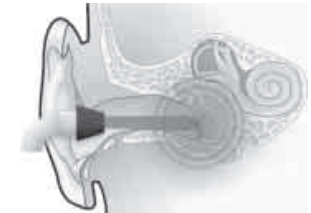
20 minutes

Radiation rhythm

Once per day, for at least eight weeks

Effect

The laser beam penetrates even the deeper subcutaneous layers and works as curative bio-stimulation directly on the blood circulation, metabolism and regeneration in the auditory cells. Depending on severity, treatment may have to be extended over a longer period.



EAR PRESSURE

Method of treatment

Contact treatment (with ear applicators)

Radiation duration

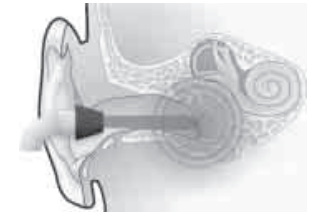
15 minutes

Radiation rhythm

Once per day, for at least three weeks

Effect

The laser beam penetrates even the deeper subcutaneous layers and works as curative bio-stimulation directly on the blood circulation and metabolism, activating thereby specific immune-system molecules. Depending on severity, treatment may have to be extended over a longer period.



HEARING LOSS and HEARING DISTORTION

Method of treatment

Contact treatment (with ear applicators)

Radiation duration

15 minutes

Radiation rhythm

Once per day, for at least four weeks

Effect

The laser beam penetrates even the deeper subcutaneous layers and works as curative bio-stimulation directly on the blood circulation and metabolism, thereby stimulating the immune system. Depending on severity, treatment may have to be extended over a longer period.



ABSCESS (Suppurative focus)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip)

Radiation duration

10 min. per Ø 2 - 3 cm

Radiation rhythm

3 - 5 times per day

Effect

Rapid desiccation.

ACNE (Bad skin)

Method of treatment

Contact treatment (laser tip in contact with the skin).

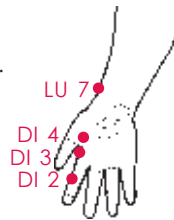
Acupuncture treatment (see outside hand)

LU 7: 2 finger-widths above the largest wrist furrow, between the ulna and radius, above the pulse.

DI 4: On the muscle between the thumb and index finger.

DI 3: Behind the 3rd bone of the index finger.

DI 2: Before the 2nd bone of the index finger.



Radiation duration

Contact treatment 4 min. per acne

Acupuncture treatment approx. 30 seconds per point

Radiation rhythm

Contact treatment 3 - 7 times per day

Acupuncture treatment 2 - 3 times per day

Effect

Promotes improved circulation and stabilizes sebaceous secretion.

Pores can close and the usual drying out of skin can be avoided.

Scars can be prevented.

ALLERGIES

Method of treatment

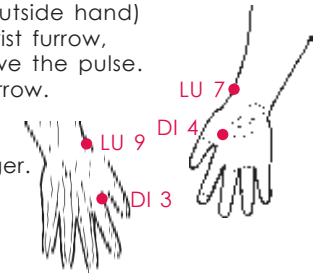
Acupuncture treatment (see inside and outside hand)

LU 7: 2 finger-widths above the largest wrist furrow, between the ulna and radius, above the pulse.

LU 9: In the fold at the end of the wrist furrow.

DI 4: On the muscle between the thumb and index finger.

DI 3: Behind the 3rd bone of the index finger.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

As an accompaniment to a medical treatment, you can accelerate the healing process of several allergies, e.g. cosmetics, ointments, detergents and cleaners etc.

ANXIETY (Restlessness)

Method of treatment

Acupuncture treatment (see illustration).

H 5: Inner side, 1 thumb-width above the wrist-joint furrow.

H 7: The furrow of the wrist joint.

H 9: At the nail fold of the little finger on the ring-finger side.

Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Simple complaints such as anxiety and restlessness before exams, job interviews, conferences, speeches or before flying can be reduced.

In case of tinnitus:

Relieves stress – one of the factors that exacerbate tinnitus. Stress increases subconsciously above all shortly after the outbreak of tinnitus, thus making it more severe.



ARTHRITIS (Inflamed joints)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

7 - 15 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Treatment capsule and muscle. Alleviates inflammation of the capsule and muscle by treating the trigger points, the location of which must be known. Laser therapy can be complementary to medical treatment by a doctor.

ASTHMA

Method of treatment

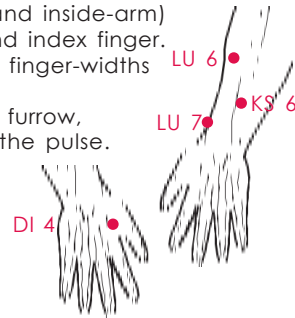
Acupuncture treatment (see outside-hand and inside-arm)

DI 4: On the muscle between the thumb and index finger.

LU 6: Inside, lower arm, 1 hand-width and 4 finger-widths above the wrist-joint furrow.

LU 7: 2 finger-widths above the largest wrist furrow, between the ulna and radius, above the pulse.

KS 6: Inside, lower arm, 3 finger-widths outside the wrist furrow.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Parallel to medical treatment you can help to relieve the complaints with laser acupuncture.

RESPIRATORY COMPLAINTS

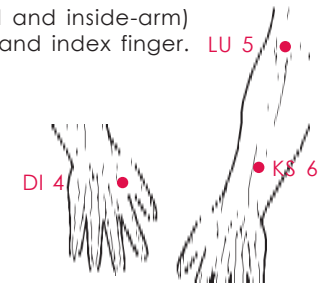
Method of treatment

Acupuncture treatment (see outside-hand and inside-arm)

DI 4: On the muscle between the thumb and index finger.

LU 5: The elbow crease, mid-point.

KS 6: Mid-forearm, 3 finger-widths outside the wrist furrow.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

You can treat temporary respiratory complaints as caused by colds, unpleasant smells etc.

CAUTION! These symptoms may be attributable to a sickness requiring medical treatment by a doctor.

STOMACH-ACHE

Method of treatment

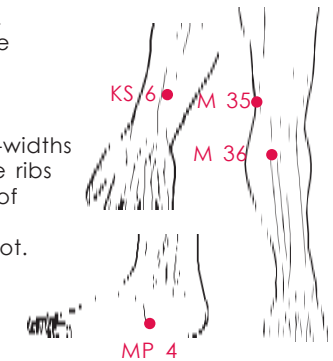
Acupuncture treatment (see illustrations).

KS 6: Mid-forearm, 3 finger-widths outside the wrist furrow.

M 35: On the outside of the depression when the knee is bent.

M 36: On the outside of the shin, 2 finger-widths below the sixth space between the ribs and 1 1/2 finger-widths to the side of the edge of the shin.

MP 4: In the middle of the inside of the foot.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

There are many causes of stomach ache. You can treat temporary complaints yourself, but in case of more persistent stomach pains you should consult your doctor.

CAUTION! These symptoms may be attributable to a sickness requiring medical treatment by a doctor.

BURSITIS (Inflamed bursa)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

Acute: 10 - 18 min. per Ø 2 - 3 cm

Chronic: 10 - 13 min. per Ø 2 - 3 cm

Radiation rhythm

3 - 4 times per day

Effect

Therapy is restricted to alleviating symptoms by treating the trigger points, the location of which must be known.

INTESTINAL DISORDERS

Method of treatment

Acupuncture treatment (see outside-arm)

DU 8: On the outer side of the elbow joint, with elbow joint bent 90°.

DU 3: Fold at the end of the little finger-joint with clenched fist.

Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

The disorder has been remedied. The causes of intestinal disorders are often of an emotional nature as well as a physical nature.

CAUTION! These symptoms may be attributable to a sickness requiring medical treatment by a doctor.



DEPRESSIONS (Sadness)

Method of treatment

Acupuncture treatment (see illustrations)

H 3: On the inside end of the elbow joint

H 7: In the wrist furrow on the inner side of the hand.

M 41: In the middle of the tarsal bone in the course of the 2nd toe.

M 36: On the outside of the tibia, 2 finger widths below the head of the fibula 1 1/2 finger widths lateral to the edge of the tibia.

Radiation duration

approx. 30 seconds per point

Radiation rhythm

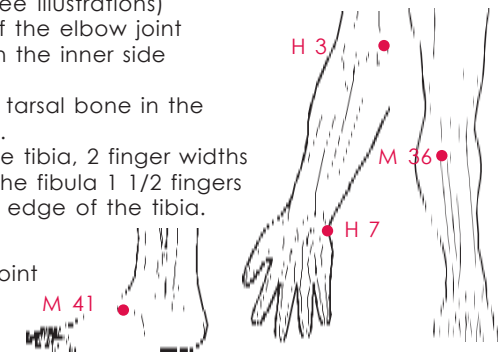
2 - 3 times per day

Effect

Treatment assists a possibly necessary medical or psychotherapeutic therapy.

In case of tinnitus:

Tinnitus has an unavoidable psychological effect that is not conducive to recovery.



DISTORTION (Spraining of a joint)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

7 - 10 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Quick relief of pain and acceleration of healing process.

ECZEMA (Itching inflammation of the skin)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

5 - 10 min. per Ø 2 - 3 cm

Radiation rhythm

3 - 4 times per day

Effect

Acceleration of the healing process.

EPICONDYLITIS (Tennis elbow)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Acupuncture treatment (see inside-arm)

DU 8: On the outside of the elbow joint when slightly bent.

DI 11: At the outer end of the elbow crease, on the outside.

DI 10: Below the elbow crease, on the outside.

DU 4: On the inside edge of the hand.

Radiation duration

Contact treatment 5 - 15 min. per Ø 2 - 3 cm

Acupuncture treatment approx. 30 seconds per point

Radiation rhythm

Contact treatment 3 - 4 times per day

Acupuncture treatment 2 - 3 times per day

Effect

Relieves the pain and cramp. Overloading of the elbow joint occurs in many kinds of jobs, e.g. secretaries, mechanics etc.



COLDS

Method of treatment

Acupuncture treatment (see illustrations)

LU 5: The elbow crease, mid-point.

LU 7: 2 finger-widths above the largest wrist furrow, between the ulna and radius, above the pulse.

DI 4: On the muscle between the thumb and index finger.

DI 20: Laterally in the fold between the side of the nose and the lip.

Radiation duration

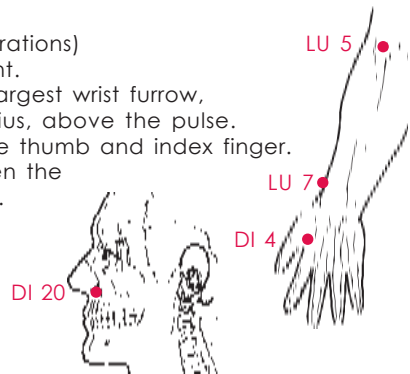
approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

You can strengthen the body's own immune system.



WRINKLES

Method of treatment

To begin, area treatment (0 cm to 1 cm between the skin and laser tip, proceeding slowly over the entire problem zone, from the inferior to the exterior regions and from the bottom upwards). See illustration.

And then, contact treatment (laser tip in contact with the skin).

In case of wrinkles at the external corners of the eyes, keep the eye closed.

Radiation duration

Area treatment 4 min. for each side of the face

Contact treatment 4 min. per Ø 2 - 3 cm

Radiation rhythm

First week, 2 times per day

2nd to 4th weeks, Once per day

afterwards 2 - 3 times per week

Effect

With protective application, the wrinkling will be retarded. With existing wrinkles, the wrinkles – depending on the stadium – will be either flattened or even eliminated.



FISSURES

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

3 - 6 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Rapid relief of pain.

FRACTURES (Broken bones)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

3 - 6 min. per Ø 2 - 3 cm

Radiation rhythm

3 - 4 times per day

Effect

Accelerated callus formation. Laser therapy can be complementary to medical treatment by a doctor.

COLD FEET

Method of treatment

Acupuncture treatment (see inside-leg)

MP 6: 4 finger-widths above highest point of the inside ankle, above the inner edge of the shin.

MP 5: In the depression on the front, lower extremity of the inside ankle.

MP 2: On the gap in the base joint the big toe.

Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Cold feet can have a serious effect on the rest of the body, e.g. influenza infection, cystitis etc. Prevent them.



JOINT PAIN

Method of treatment

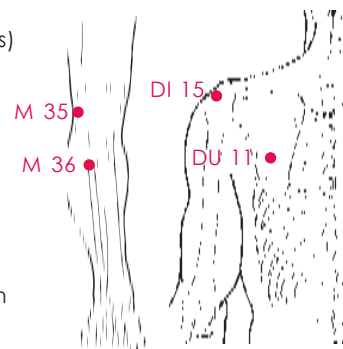
Acupuncture treatment (see illustrations)

M 35: On the outside of the depression when the knee is bent.

M 36: On the outside of the shin, 2 finger-widths below the sixth space between the ribs and 1 1/2 finger-widths to the side of the edge of the shin.

DI 15: In the hollow at the outside edge of the shoulder.

DU 11: In the centre of the lower portion of the shoulder blade.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Blockages in the joints can be removed.

CAUTION! These symptoms may be attributable to a sickness requiring medical treatment by a doctor.

GINGIVITIS (Inflamed gums)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

3 - 7 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Reduction of swelling and pain.

SORE THROAT

Method of treatment

Acupuncture treatment (see illustrations)

LU 11: In the nail groove bed angle of the thumb, outer.

DE 1: On the outer nail angle of the ring finger.

M 9: Lateral of the laryngeal prominence, in a line with the Adam's apple.

Radiation duration

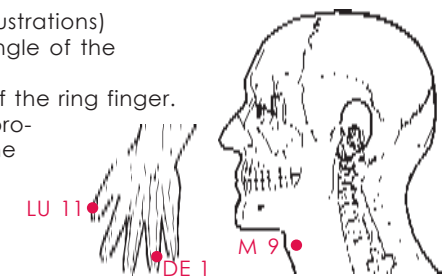
approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Rapid positive results can be achieved in mild cases of sore throat. You should consult your doctor however in more painful cases, and also in the case of inflammation and infection.



SKIN LESIONS (Skin injury or disorder)

Method of treatment

Areal treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

3 - 6 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Accelerated regenerating process.

HERPES SIMPLEX (Lip area, external genitals)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip) or contact treatment (laser tip in contact with the skin). In this case, disinfect laser tip immediately after treatment.

Radiation duration

2 - 4 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Feeling of tautness subsides immediately. Sores dry out rapidly. Renewed attacks delayed.

IMPOTENCE

Method of treatment

Acupuncture treatment (see illustrations).

KG 4: 4 finger widths underneath the belly navel.

N 3: Between the highest point on the inside ankle and the achilles tendon.

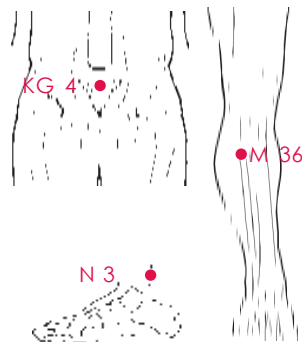
M 36: On the outside of the shin, 2 finger-widths below the sixth space between the ribs and 1 1/2 finger-widths to the side of the edge of the shin.

Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day



Effect

When it is clear that the organs themselves are not the cause, you can treat psychological tension caused by overwork, stress, fear of failure etc. yourself over a period of time.

HEADACHES

Method of treatment

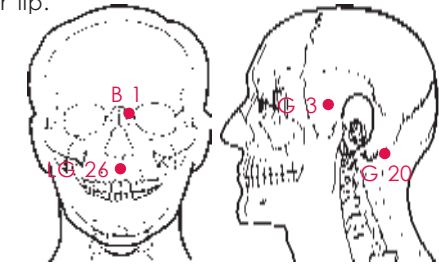
Acupuncture treatment (see illustrations)

B 1: At the base of the nose.

LG 26: Dimple above the upper lip.

G 3: 1 Finger width before the ear.

G 20: At the lower rear base of the cranium.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Gentle, quick relief or effective assistance for medical therapy. As there are many different causes of headache, frequently recurring or regular complaints should be checked by your doctor.

In case of tinnitus:

ringing in the ears often affects the entire head and promotes headache accordingly.

TIREDFNESS

Method of treatment

Acupuncture treatment (see illustrations).

LG 19: Centre of the rear lower edge of the cranium.

LG 13: In a line with the first rib.

G 40: At the back of the foot, in the depression in front of the tip of the outside ankle.

Radiation duration

approx. 30 seconds per point

Radiation rhythm

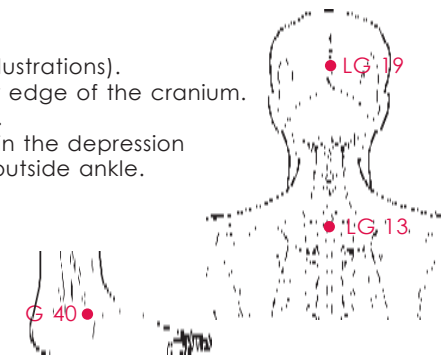
2 - 3 times per day

Effect

You can activate your body.

In case of tinnitus:

Tinnitus sufferers usually cannot sleep properly. The regeneration phase is negatively affected thereby and the active phase is restricted.



MUSCLE TENSENESS

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

4 - 7 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Rapid relaxation.

In case of tinnitus:

Tinnitus can also be triggered by jaw problems such as grinding of the teeth, etc. It is therefore essential to concentrate on relaxing the maxillary muscles.

SCARS

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip) or contact treatment (laser tip in contact with the skin).

Radiation duration

4 - 7 min. per Ø 2 - 3 cm

Radiation rhythm

New scars 5 - 7 times per day

Closed scars once daily for at least 3 months.

Effect

Reduction of scar pain. Increased elasticity. Flattened and improved scar formation in the case of scars not older than 1 year. Scars older than 2 years can hardly be improved any more.

PUSTULES (Spots, pimples)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

2 - 4 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Drying-out process is accelerated.

TRAVEL SICKNESS

Method of treatment

Acupuncture treatment (see illustrations)

KS 6: Mid-forearm, 3 finger-widths outside the wrist furrow.

Yin Tang: Centrally, between the brows.

Radiation duration

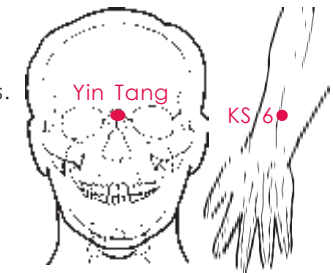
approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

As preventative measure, treat the specified points with the laser.



SNORING

Method of treatment

Contact radiation (gently hold laser tip between the throat and jaw directly toward the soft palate and the uvula).

Radiation duration

4 - 7 minutes per point

Radiation rhythm

Once daily before retiring to bed

Behaviour rules

- Do not sleep on your back
- Support your head and torso during sleeping
- Do not drink any alcohol later than six hours before retiring to bed
- Use bedding with anti-allergic filling
- Take weight reduction measures if you are obese

Effect

Strengthens the soft palate and reduces snoring.



SINUSITIS

Method of treatment

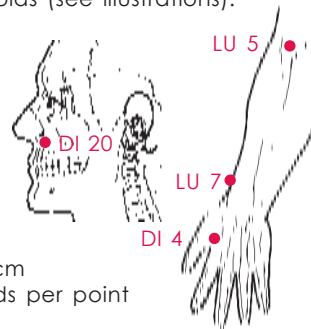
Contact treatment (laser tip in contact with the nose sinuses)
possible also acupuncture treatment for colds (see illustrations).

LU 5: The elbow crease, mid-point.

LU 7: 2 finger-widths above the largest wrist furrow, between the ulna and radius, above the pulse.

DI 4: On the muscle between the thumb and index finger.

DI 20: In the fold between the side of the nose and the lip.



Radiation duration

Contact treatment 7 - 14 min. per Ø 2 - 3 cm

Acupuncture treatment approx. 30 seconds per point

Radiation rhythm

Contact treatment 4 - 5 times per day

Acupuncture treatment 2 - 3 times per day

Effect

You can strengthen the body's own immune system.

HEARTBURN (Belching)

Method of treatment

Acupuncture treatment (see illustrations).

MP 6: 4 Finger widths above the highest point of the inner malleolus, above the inner margin of the tibia.

M 36: Outer on the tibia, 2 finger widths below the head of the fibula and 1 1/2 finger-widths lateral of the fibia edge.

Radiation duration

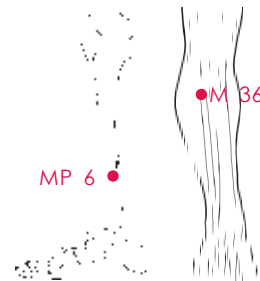
approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Certain foods or excessive acidity in the stomach cause these unpleasant complaints. This symptom may be attributable to a sickness requiring medical treatment by a doctor.



STRIAE (Pregnancy-related stretch marks)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

4 - 7 min. per Ø 2 - 3 cm

Radiation rhythm

First 2 weeks, 2 - 3 times per day,
afterwards once daily

Effect

Increased elasticity. Improved appearance of the skin.

TENDINITIS (Joint, hand, Forearm, inflammed tendon)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

7 - 14 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 5 times per day

Effect

Alleviates the pain and enhances the appearance of the skin by treating the trigger points, the location of which must be known.

BURNS (Sunburn)

Method of treatment

Areal treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

3 - 7 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

More rapid healing. Consult the doctor in case of third-degree or more severe burns.

CALF CRAMP

Method of treatment

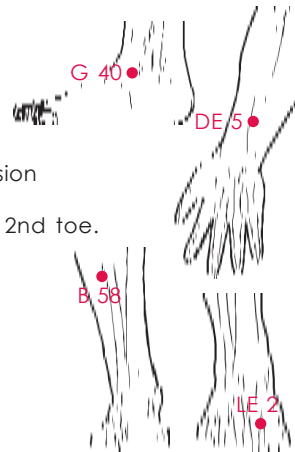
Acupuncture treatment (see illustrations).

DE 5: On the pulse, 2 thumb-widths above the wrist furrow.

B 58: At 1 finger-width to the outside of and 1 finger-width below the angle between the two calf muscles.

G 40: At the back of the foot, in the depression in front of the tip of the outside ankle.

LE 2: In the web-fold between the 1st and 2nd toe.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

Alleviates the cramp.

WOUNDS (Post-operative)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

4 - 8 min. per Ø 2 - 3 cm

Radiation rhythm

3 - 4 times per day

Effect

Accelerated healing of the wound. Alleviation of pain.

WOUNDS (General)

Method of treatment

Area treatment (approx. 1 cm between the skin and laser tip).

Radiation duration

3 - 7 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Acceleration of the regeneration process.

TOOTHACHE

Method of treatment

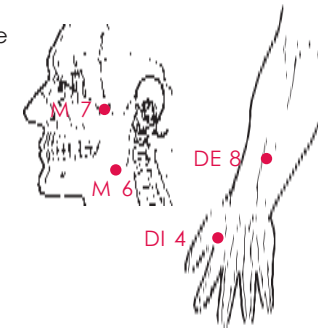
Acupuncture treatment (see illustrations)

DE 8: On the pulse, 3 finger-widths above the wrist furrow.

DI 4: On the muscle between the thumb and index finger.

M 7: 3 finger-widths before the earhole.

M 6: On the bottom edge of the lower jaw, on the anterior edge of the masticatory muscle.



Radiation duration

approx. 30 seconds per point

Radiation rhythm

2 - 3 times per day

Effect

You can noticeably reduce the pain. Toothache frequently has psychological causes as well. You should have the real cause diagnosed by a medical examination.

In case of tinnitus:

Tinnitus can also be triggered by jaw problems such as grinding of the teeth, which can cause toothache.

PULLED LIGAMENTS (Pulled muscles)

Method of treatment

Contact treatment (laser tip in contact with the skin).

Radiation duration

4 - 8 min. per Ø 2 - 3 cm

Radiation rhythm

2 - 3 times per day

Effect

Alleviation of pain.

OTHER POSSIBLE APPLICATIONS

Other applications can be envisaged, but since no respective clinical studies have yet been carried out, medical law precludes them from being specifically mentioned. Please consult a qualified professional, your doctor or a naturopathic specialist. Please consult a qualified professional, your doctor or a naturopathic specialist.

LIABILITY

This advisory booklet has been compiled with every care. Nevertheless, the information therein is provided without any liability and therefore cannot replace medical treatment by a doctor.