



# Énergie Laser Therapy

Clifton Park Center • 22 Clifton County Road • Clifton Park, NY 12065  
[www.EnergieLaserTherapy.com](http://www.EnergieLaserTherapy.com)

are also used. There are many side effects associated with the use of these agents. Some of these side effects can be severe, including hallucinations and suicidal thoughts. Hypnosis has been effective for some smokers, however, the relapse rate has been high. Acupuncture has also been very useful though the fear of needles and the possibility of infection from improper use is a drawback for this method.

The use of low level laser devices has been found to be safe and painless and have been ruled by the FDA to be a "Non-Significant Risk". They have been used in Canada, England and Asia for almost 30 years. When used as stimulators of acupuncture sites, it has been shown to be an excellent modality to assist people who wish to quit smoking. Double blind studies using low level laser therapy compared to placebo show a statistically significant benefit using the laser. When results are compared to other methods used to assist in quitting, the laser treatments are superior. Clinics in England and Canada report up to 72% success at 3 to 6 months when laser and behavior modification programs are used. These results are much better than those reported for any of the programs using pharmaceuticals and there are no side effects.

Low level laser therapy combines the ancient therapy of acupuncture with the modern technology of the laser. Acupuncture sites (meridians) are used with the light from the laser penetrating the superficial layers of the skin, much like the use of needles in acupuncture. The laser stimulates cells in these meridians which cause a release of endorphins. Endorphins are substances the body produces which give us a sense of well being. They have been measured in the blood and laser

“ Low level laser therapy combines the ancient therapy of acupuncture with the modern technology of the laser. ”

stimulation has shown a significant increase in their levels. This sense of well being and a reduction in cravings brought about by laser stimulation help the smoker get through the initial phase of quitting. In this initial stage, nicotine withdrawal is the primary problem facing the smoker. This usually takes about seven days. Once the body is rid of nicotine the smoker must deal with the mental aspects of this addiction. We use a behavior modification program to aid during this period. Booster laser treatments are also available to help when the cravings are strong. The combination of the laser stimulation and behavior modification result in a significant success rate.

Smoking is a major cause of disease and early death. The economic impact of smoking on our health care system is extremely high. Smoking also adds a significant expense for employers who have to pay higher insurance premiums and lost time when their employees are sick or take time from their work for a smoke break. It is estimated that the smokers cost their employers about \$3000 to \$5000 more per year vs. their non-smokers. Although multiple methods for smoking cessation are available, we are offering a method that is drug free, non-invasive, and painless. It has no side effects and has a success rate demonstrated to be better than methods using pharmaceutical agents.

Every smoker can attest to the fact that nicotine is addicting and very difficult to quit. In fact, nicotine is one of the most addictive agents known. Most smokers want to quit and epidemiological studies show that more than 70% have tried various methods to stop smoking. Going "cold turkey" has worked for very few. Most smokers need assistance if they are going to successfully become non-smokers. The use of nicotine delivered by gum, patch or other modalities has been a common method. The problem with this is that nicotine is the addictive substance and using it as a replacement frequently results in only short term success before the person resumes smoking. Drugs other than nicotine

