

VOLKMAR KREISEL • MICHAEL WEBER

A PRACTICAL HANDBOOK

LASER ACUPUNCTURE

SUCCESSFUL TREATMENT CONCEPTS



INCLUDING
LASER NEEDLE
THERAPY

FÜCHTENBUSCH

Laser acupuncture integrates thousands of years of experience of traditional Chinese medicine and modern high-tech phototherapy in one of the most exciting medical techniques of today. Low-level lasers provide simple access to three complex therapeutic approaches which mutually enhance the effectiveness of each other.

- Laser acupuncture works in accordance with the regulation mechanisms of traditional Chinese medicine
- Laser-photostimulation reinforces endogenous processes at a subcellular level
- Resonance therapy with laser light utilizes information frequencies to support treatment

For monotherapy according to the principles of traditional Chinese medicine or combination therapy, this practical handbook provides an introduction to all treatment methods using the laser pen, laser needle, and laser shower, as well as quick guidelines for the most important techniques applied in everyday practice:

- dosage guidelines
- auricular laser therapy and diagnosis
- laser-mediated point localization
- selection and use of resonance frequencies
- special techniques for TCM lasers
- recommended supporting measures

In the practical part, one hundred successful treatment concepts in ten different special fields are presented in detail and the various action mechanisms discussed. The double-page layout (left page: treatment instructions, right page: acupuncture illustrations) and the extensive chart section ensures that they are simple to implement.

The authors are pioneers in the field of laser acupuncture and laser therapy, which they have been successfully using in their work for many years. In low-level laser therapy they have combined the teachings of traditional Chinese medicine with biophysics. Their knowledge is revealed in compact form in this book.

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FÜCHTENBUSCH

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LASER ACUPUNCTURE: LASER PEN – dose and treatment time

Tab. 1 Laser pen: dose and treatment times (min:sec) for cw mode

Power Dose	20 mW	30 mW	40 mW	50 mW	75 mW	100 mW	150 mW	200 mW
0,5 Joule	0:25	0:20	0:20	0:20	0:20	0:20	0:20	0:20
1,0 Joule	0:50	0:33	0:25	0:20	0:20	0:20	0:20	0:20
2,0 Joule	1:40	1:07	0:50	0:40	0:27	0:20	0:20	0:20
3,0 Joule	2:30	1:40	1:15	1:00	0:40	0:30	0:20	0:20
4,0 Joule	3:20	2:13	1:40	1:20	0:53	0:40	0:27	0:20
5,0 Joule	4:10	2:47	2:05	1:40	1:07	0:50	0:33	0:25
6,0 Joule	5:00	3:20	2:30	2:00	1:20	1:00	0:40	0:30
7,0 Joule	5:50	3:53	2:55	2:20	1:33	1:10	0:47	0:35
8,0 Joule	6:40	4:27	3:20	2:40	1:47	1:20	0:53	0:40

 = Standard setting
 = tonifying
 = sedating

Tab. 2 Laser pen: dose and treatment times (min:sec) for resonance mode

Power Dose	20 mW	30 mW	40 mW	50 mW	75 mW	100 mW	150 mW	200 mW
0,5 Joule	0:50	0:33	0:25	0:20	0:20	0:20	0:20	0:20
1,0 Joule	1:40	1:07	0:50	0:40	0:27	0:20	0:20	0:20
2,0 Joule	3:20	2:13	1:40	1:20	0:53	0:40	0:27	0:20
3,0 Joule	5:00	3:20	2:30	2:00	1:20	1:00	0:40	0:30
4,0 Joule	6:40	4:27	3:20	2:40	1:47	1:20	0:53	0:40
5,0 Joule	8:20	5:33	4:10	3:20	2:13	1:40	1:07	0:50
6,0 Joule	10:00	6:40	5:00	4:00	2:40	2:00	1:20	1:00
7,0 Joule	11:40	7:47	5:50	4:40	3:07	2:20	1:33	1:10
8,0 Joule	13:20	8:53	6:40	5:20	3:33	2:40	1:47	1:20

 = Standard setting
 = tonifying
 = sedating

Tab. 3 Laser pen: standard treatment times (min:sec)

	Tissue	Joule	cw standard	Resonance standard
Acupuncture point	Ear	0,5	20 mW/0:25	40 mW/0:25
Acupuncture point	Skin surface	1-2	40 mW/0:25-0:50	80 mW/0:25-0:50
Acupuncture point	deep	3-6	50 mW/1:00-200 mW/0:30	100 mW/1:00-200 mW/1:00
Trigger point	Muscle layer	4-8	50 mW/1:20-200 mW/0:40	100 mW/1:20-200 mW/1:20
Tender point	Epidermis, Subcutis, Ligaments, Joints, Vessels, Nerves	2-8	40 mW/0:50-200 mW/0:40	80 mW/0:50-200 mW/1:20
Paraspinal point	Muscles, Nerves	4-8	50 mW/1:20-200 mW/0:40	100 mW/1:20-200 mW/1:20

LASER ACUPUNCTURE: LASER NEEDLE – dose and treatment time

Tab. 4 Laser needle – dose and treatment times (min:sec) for cw mode

Power Dose	5 mW	10 mW	15 mW	20 mW	25 mW	30 mW	40 mW	50 mW
0,5 Joule	3:20	1:40	1:07	0:50	0:40	0:33	0:25	0:20
1,0 Joule	6:40	3:20	2:13	1:40	1:20	1:07	0:50	0:40
2,0 Joule	13:20	6:40	4:27	3:20	2:40	2:13	1:40	1:20
3,0 Joule	20:00	10:00	6:40	5:00	4:00	3:20	2:30	2:00
4,0 Joule	26:40	13:20	8:53	6:40	5:20	4:27	3:20	2:40
5,0 Joule	33:20	16:40	11:07	8:20	6:40	5:33	4:10	3:20
6,0 Joule	40:00	20:00	13:20	10:00	8:00	6:40	5:00	4:00
7,0 Joule	46:40	23:20	15:33	11:40	9:20	7:47	5:50	4:40
8,0 Joule	53:20	26:40	17:47	13:20	10:40	8:53	6:40	5:20

 = Standard setting

Tab. 5 Laser needle – dose and treatment times (min:sec) for resonance mode

Power Dose	5 mW	10 mW	15 mW	20 mW	25 mW	30 mW	40 mW	50 mW
0,5 Joule	6:40	3:20	2:13	1:40	1:20	1:07	0:50	0:40
1,0 Joule	13:20	6:40	4:27	3:20	2:40	2:13	1:40	1:20
2,0 Joule	26:40	13:20	8:53	6:40	5:20	4:27	3:20	2:40
3,0 Joule	40:00	20:00	13:20	10:00	8:00	6:40	5:00	4:00
4,0 Joule	53:20	26:40	17:47	13:20	10:40	8:53	6:40	5:20
5,0 Joule	1:06:40	33:20	22:13	16:40	13:20	11:07	8:20	6:40
6,0 Joule	1:20:00	40:00	26:40	20:00	16:00	13:20	10:00	8:00
7,0 Joule	1:33:00	46:40	31:07	23:20	18:40	15:33	11:40	9:20
8,0 Joule	1:46:40	53:20	35:33	26:40	21:20	17:47	13:20	10:40

 = Standard setting

Tab. 6 Laser needle – standard treatment times (min:sec)

	Tissue	Joule	cw standard	Resonance standard
Classic session of acupuncture	Epidermis and Subcutis	3-8	5 mW/20:00-15 mW/17:47	10 mW/20:00-25 mW/21:20
Shorter session of acupuncture			10 mW/10:00-25 mW/10:40	20 mW/10:00-50 mW/10:40
Stimulation of single acupuncture points		1-8	50 mW/0:40-5:20	50 mW/1:20-10:40
Trigger point	Muscle layer	4-8	50 mW/2:40-5:20	50 mW/5:20-10:40
Tender point	Epidermis, Subcutis, Ligaments, Joints, Vessels, Nerves	2-8	40 mW/1:40-50 mW/5:20	50 mW/2:40-10:40
Paraspinal point	Muscles, Nerves	4-8	50 mW/2:40-5:20	50 mW/5:20-10:40

Fibromyalgia

CHARACTERISTICS

Fibromyalgia is a generalized chronic condition with jumping pains in the muscles, in the connective tissue, the bones, and joints. Its etiology is still unclear. Diagnosis is difficult and is based on 18 tender points which, when painful on pressure, make fibromyalgia likely. In addition to pain, swelling may occur on the hands, feet, and on the face. This is often accompanied by vegetative symptoms, such as sleep disorders, tiredness, poor concentration, and motivation, sensitivity to the weather, irritable bowel syndrome, and depressive moods. In addition to medication (analgesics, antidepressants, anti-epileptics), the treatment includes physiotherapeutic measures as well as sport and compensation therapy.

TCM diagnosis: Bi syndrome with blocking of Qi and Blood due to Kidney Yin, Liver Blood and/or Spleen Qi deficiency, symptoms of Wind.

TREATMENT PLAN



Laser acupuncture

Body: Lu 1 (Zhongfu), LI 4 (Hegu), ST 36 (Zusanli), ST 40 (Fenglong), SP 6 (Sanjiao), SP 9 (Yinlingquan), SP 10 (Xuehai), HT 7 (Shenmen), SI 3 (Houxi), BL 15 (Xinshu), BL 17 (Geshu), BL 20 (Pishu), BL 24 (Qihai), BL 40 (Wiezhang), KI 3 (Taixi), KI 4 (Dazhong), GB 34 (Yanglingquan), DU 20 (Baihui), REN 3 (Zhonggji), REN 6 (Qihai), REN 14 (Jiuque)

Ear: Local points, Prostaglandin E1, Interferon, Thalamus, Thymus, Temporal bone point, Polster, Cortisone, ACTH, Master Omega point, Anti-depression, Anti-aggression, Bourdiol, Valium



Resonance therapy

Nogier B, C, E, F, G / Bahr pain frequencies (963.5 Hz, 1152 Hz) /
Bahr frequencies for the locomotor system / Bahr Hyperacidification (3790 Hz) /
Bahr MoQi (7695 Hz) / Self Heal according to Bahr (4625 Hz) /
organ frequencies (SP, KI, LIV)

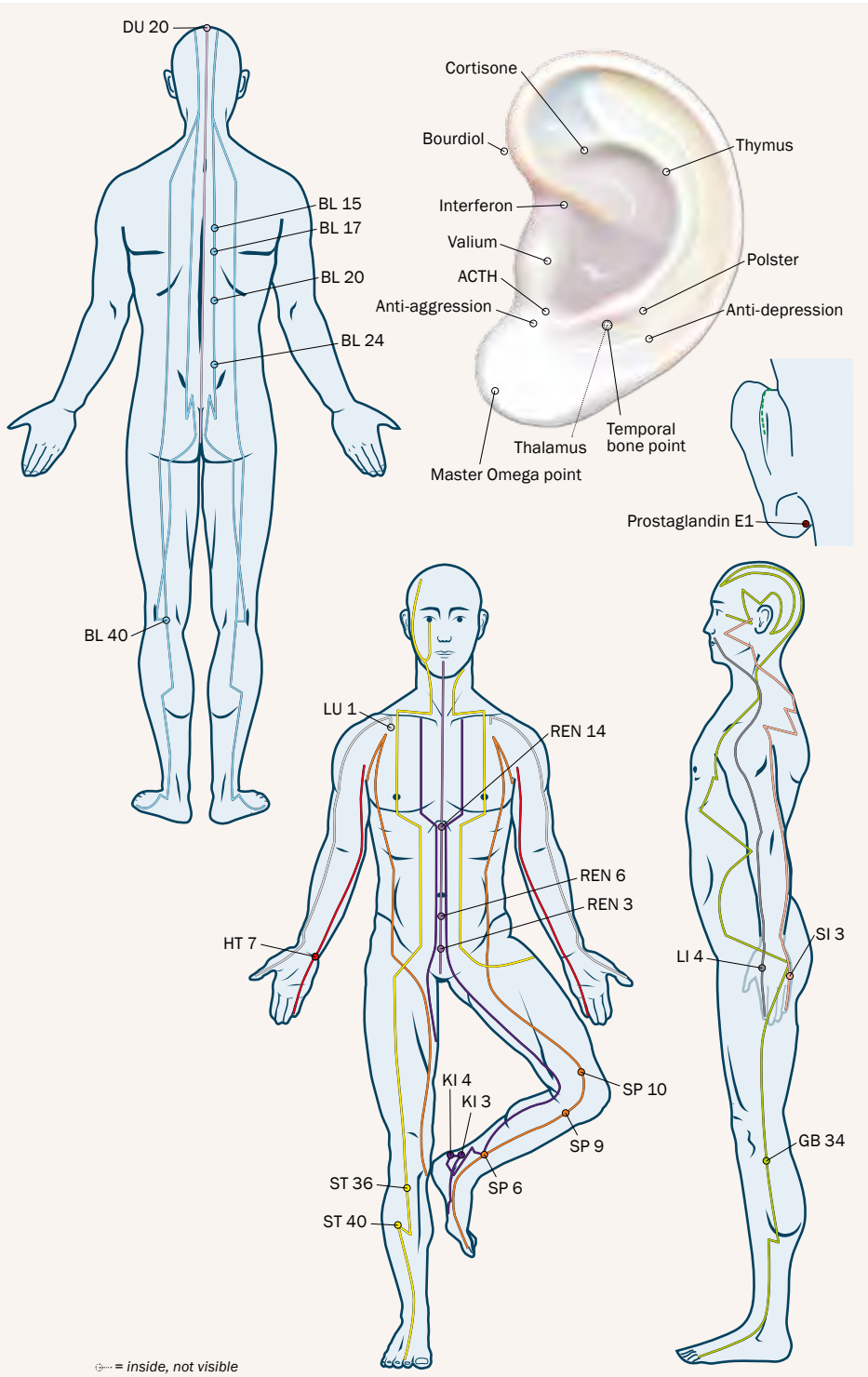
Treatment interval: 1–2x weekly until the pain improves, then 1–2x monthly

Treatment duration (total): long-term treatment

DISCUSSION

The disorder affects the entire body and is not curable as yet. At the forefront of TCM treatment are strengthening of the Kidney, Spleen, and Liver as well as stimulation of the Qi, loosening Blood stagnation, and driving out Wind. With this the pain and psychological symptoms can often be alleviated very well. Laser acupuncture increases these effects massively. It calms the irritated tender points through its anti-inflammatory, anti-edematous effect and increases the nociceptor stimulus threshold. Its immunomodulating effects improve the patient's energetic state, and the neurovegetative imbalance is harmonized. As a rule the treatment requires several months, and regular refresher treatments should take place.

Further recommendations: neural therapy; micronutrients: coenzyme Q10, magnesium, vitamin B; herbs: Bu Zhong Yi Qi Tang, Shi Quan Ta Bu Tang.



Central serous chorioretinopathy (central serous retinitis)

CHARACTERISTICS

Local retinal detachment is brought about by a sub-retinal edema (macular or perimacular edema) with hypotension and increased cortisone and adrenaline levels being under discussion as possible causes. Mostly affected are middle-aged men who are under severe physical or emotional stress. The symptoms include scotoma (gray spot), blurred or distorted vision, farsightedness and disturbed color vision. There is no known specific treatment. If the symptoms stop within three months, anti-inflammatory/anti-edematous eye drops are administered. In severe forms, laser coagulation or photodynamic therapy (PDT) may be considered.

TCM diagnosis: Qi stagnation and Blood stasis in Spleen and Liver weakness, to some extent Phlegm and Wind Heat.

TREATMENT PLAN



Laser acupuncture

Body: LI 4 (Hegu), ST 2 (Sibai), ST 40 (Fenglong), SP 9 (Yinglingquan), BL 2 (Cuanzui), PC 6 (Neiguan), TW 23 (Sizukong), GB 1 (Tongziliao), GB 20 (Fengchi), LIV 3 (Taichong), DU 20 (Baihui), REN 8 (Shenque), Ex-HN 3 (Yintang)

Ear: Eye, ACTH, Thymus, Interferon, Occipital lobe, Gallbladder, Anger point, Anti-aggression, Point zero, Shenmen, Master Omega point, Anti-depression, Frustration point

Acunova (Boel): hand: Dahlgren point, Point zero, Optic nerve according to Scharf-Meyweg, ECIWO head, ECIWO liver; knee: A/B point NPSO according to Siener; Foot: A/B point, AP 2000 point; head: Cortisone point, Exit point, YNSA eye



Resonance therapy

Nogier B, E, F, G / Bahr 5 / MoQi according to Bahr (7695 Hz) / organ frequencies (SP, KI, LIV)

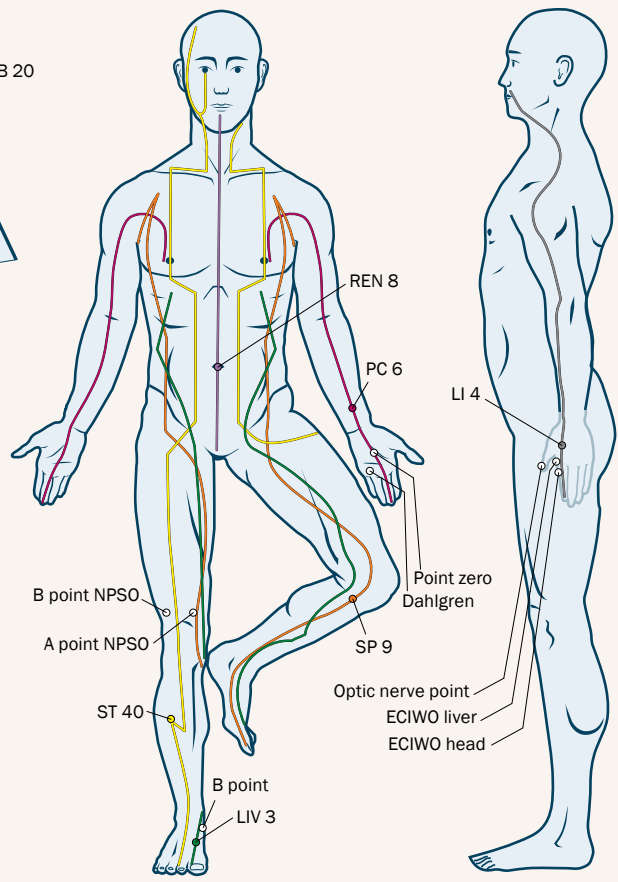
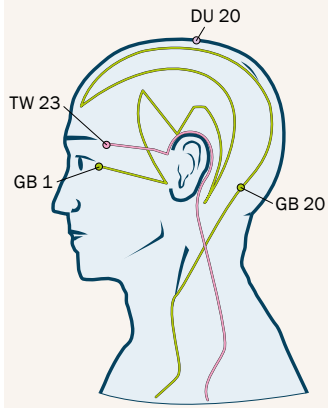
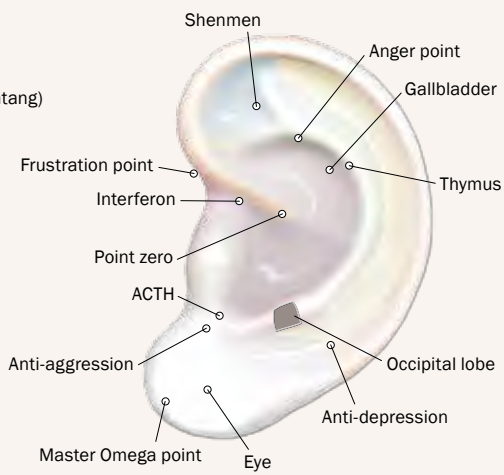
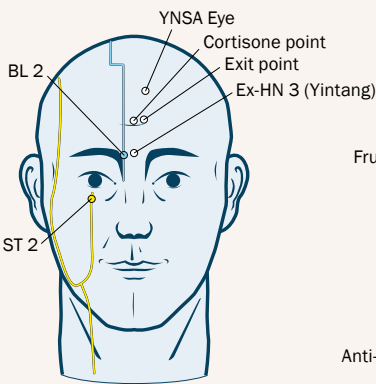
Treatment interval: 1–2x weekly until the symptoms recede

Treatment duration (total): 10–20 treatments

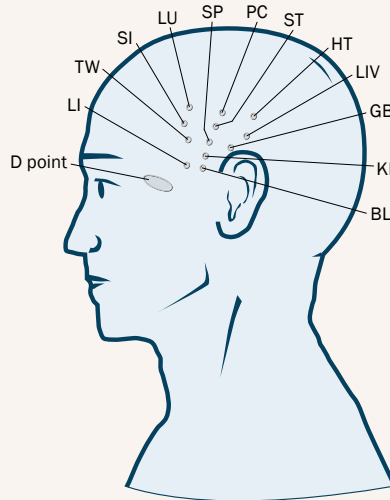
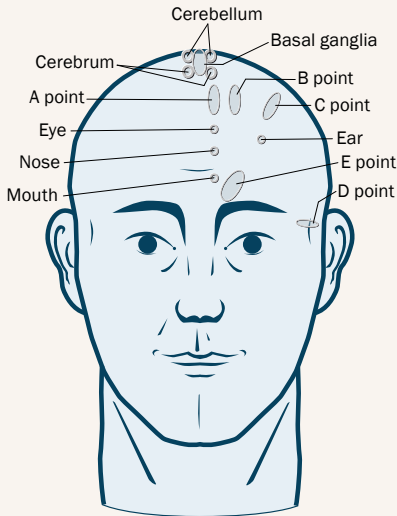
DISCUSSION

In accordance with TCM, the Liver and Spleen must be strengthened, Blood stagnation cleared, Moisture and Heat driven out, and the Qi flow stimulated. Remarkably good results can be achieved here with Acunova by Boel. To stimulate the Acunova points, we recommend using the laser needle system, as the acupuncture points should be stimulated simultaneously and intensively, and needle acupuncture is usually painful. In addition, the laser-specific tissue effects supplement the acupuncture. The microcirculation is improved, which also optimizes the supply of oxygen and nutrients to the retinal cells. At the same time low-level laser therapy helps to reduce the retinal edema and local inflammatory reactions. Vegetative imbalances can be compensated so that the clinical picture often responds very well to laser acupuncture and subsides.

Further recommendations: magnetic field therapy, relaxation therapy (e. g., Qi Gong), micro-nutrients: coenzyme Q10; herbs: Tao Hong Si Wu Tang



YNSA – Points and zones



YNSA (Yin points)

A point (heat, cervical spine): on both sides approx. 1 cm laterally of the midline in area of the hairline

B point (cervical spine, shoulder): on both sides approx. 2 cm laterally of the midline in the area of the hairline

C point (shoulder, arm): on both sides approx. 5 cm laterally in the area of the receding hairline

D point (lumbar spine, pelvis, leg): on both sides approx. 1 cm above the zygomatic bone in the area of the hairline

E point (thorax, thoracic spine, abdomen): on both sides approx. 1.5 cm above the eyebrows, parallel to the eyebrows from the middle of the eyebrow towards the lateral part of the root of the nose

Eye point: approx. 1 cm below the A point

Nose point: approx. 2 cm below the A point

Mouth point: approx. 3 cm below the A point

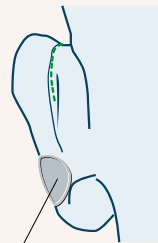
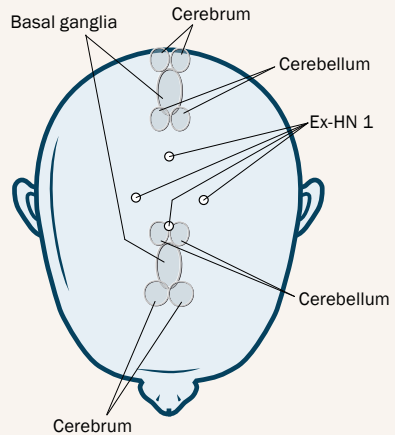
Ear point: approx. 1.5 cm from the C point, on a line from the C point to the root of the nose

Cerebrum point: both sides of the midline, approx. 1 cm above the A point

Cerebellum point: adjoins the Cerebrum point to posterior

Basal ganglia point: approx. 4–5 cm long zone on the midline between the Cerebrum and Cerebellum point

Y points: 12 points in the temple regions over the temporal fossa each of which is assigned to a meridian



Cranial nerves III, IV, V, VI, VII, IX, X, XI, XII