

## The Macdonald Centre for Natural Medicine Ltd.

448-10<sup>th</sup> Street  
Courtenay, BC V9N 1P6

Dr. Deidre Macdonald  
Naturopathic physician

Phone 250-897-0235  
Fax 250-897-1797

### LASER THERAPY FOR PAIN RELIEF

Naturopathic physician, Dr. Deidre Macdonald is pleased to announce the arrival to the Comox Valley of a high tech solution for people suffering from spinal, joint and muscle pain. Low level laser therapy is the technology that caught her attention when it healed a back problem she had suffered with for 6 years. Dr. Macdonald said, "The results I got after a few treatments were better than I had received from the 13 practitioners from whom I had sought treatment previously." The good news for pain sufferers is that with the painless approach of laser light, rapid healing occurs. Dramatic healing can be seen when laser light is applied to wounds such as diabetic leg ulcers, large bruises, burns and other stubborn wounds. The same tissue healing can be felt for people suffering from tendonitis, back pain, carpal tunnel syndrome, ligament issues, disc herniation, bursitis, plantar fasciitis, osteo and rheumatoid arthritis and post surgical recovery. Dr. Macdonald notes that "when I started looking into this technology I was impressed that there have been 1,200 scientific studies done on it over 50 years. Excellent results are being achieved particularly with new breakthroughs in the technology. The laser machine I settled on is truly state of the art. Unlike most laser machines, it has 2 large wrap-around treatment heads with 120 laser diodes each, enabling fast and powerful treatment of larger areas than the traditional older single laser units."

This technology uses superluminous and laser diodes to bathe abnormal tissue with photons. Photons are particles of energy that are absorbed by a variety of components within the cell, a process which initiates a number of positive physiological responses. In essence, light energy is converted into biochemical energy. The therapeutic light beam permits penetration of deep tissues without adversely affecting normal cells. The body's natural healing processes are enhanced and tissues heal. The process is curative and as logic dictates, symptoms disappear.

The Meditech laser device used in Dr. Deidre Macdonald's naturopathic medical clinic is Health Canada approved and is used in hospital physiotherapy clinics and burn units around the world. The Toronto Raptors have their own Meditech laser for treating their injured basketball players. The therapy is non-invasive, painless, non-toxic, highly effective and there are no known side effects. Numerous scientific studies have pinpointed the mechanism by which it speeds healing. The specific frequencies of laser light used cause an:

- ATP production is increased resulting in improved cellular energy and metabolism
- Mitochondrial activity is stimulated resulting in cell replication etc. (ie replacement, regeneration and repair of abnormal cells)
- DNA production; protein building block of tissue is substantially increased
- Neurotransmission is facilitated due to elevated levels of serotonin and acetylcholine
- Modulation of macrophages, fibroblasts and other cells
- Angiogenesis (formation of new blood vessels) improves blood supply to healing tissue
- Regulates cell membrane potential, essential in Na, Cl, and K ion transfer (electrolyte balance)
- Cytokines and other chemicals enhancing cellular communications are released

To find out more about this state of the art laser device click on [www.meditech-bioflex.com](http://www.meditech-bioflex.com) and call for a complimentary 15 minute introductory evaluation with Dr. Macdonald at 897-0235.

*Dr. Deidre Macdonald is a naturopathic physician with a natural family medical practice in downtown Courtenay. Her office can be reached at 897-0235 or [www.getwellhere.com](http://www.getwellhere.com)*