

Freedom from Pain – At any age

If you are retired, these are *your* years and you should enjoy them without unnecessary nagging pain. For many people, old injuries, arthritis or back pain can get in the way of fully enjoying this stage of life. Thousands of people world wide have enjoyed pain relief and improved quality of life thanks to new advances in laser therapy. The latest technology in low level laser therapy is now available in Courtenay at the Macdonald Centre for Natural Medicine.

Dr. Deidre Macdonald is the naturopathic physician who has brought this revolutionary therapy to the Comox Valley. 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, “I had sought help from 13 different practitioners, but the laser therapy was the one that finally worked for me.”

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, nerve pain, bursitis, plantar fasciitis, osteo and rheumatoid arthritis, post surgical recovery and more. Dr. Macdonald notes that “when I started looking into this technology I was impressed that there have been over 2,500 scientific studies done on it over 50 years.” For example, General Motors did a study on carpal tunnel syndrome showing a quicker return to work when laser therapy was used. Studies comparing the effect of various physiotherapy machines on osteoarthritis of the knee showed that laser therapy had the greatest short and long term pain relieving effect. Excellent results are being achieved particularly with new breakthroughs in the technology. The laser machine used in Dr. Macdonald’s clinic is truly state of the art. Unlike most laser machines, it has 2 large wrap-around treatment heads with 120 laser diodes each, enabling faster and more powerful treatment of larger areas than the traditional older single laser units.

This technology uses 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 healing 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. Laser therapy doesn’t just mask the pain, it accelerates the healing process and treats the injured tissue in a lasting fashion. Numerous scientific studies have pinpointed the mechanism by which it speeds healing, such as increasing the fuel within the cell (ATP) by 300%, improving blood supply, and enhancing cell replication.

The Meditech laser device used in Dr. Deidre Macdonald’s naturopathic medical clinic is Health Canada approved and is used in Canadian hospital physiotherapy clinics and burn units around the world. The Toronto Raptors have their own Meditech laser for treating their injured basketball players. Athlete Lance Armstrong used this laser therapy to speed recuperation during the Tour de France. This type of cold laser therapy is painless, highly effective and there are no known side effects.

So if you are looking forward to a retirement filled with traveling, golf, gardening and more, make sure that your body gets all the help it needs to let you live life to the fullest. To find out more about this state of the art laser device click on www.meditech-bioflex.com and call for a complimentary 15 minute introductory evaluation with Dr. Macdonald at 897-0235 or click on www.getwellhere.com

Dr. Deidre Macdonald is a naturopathic physician with a natural family medical practice in downtown Courtenay.

