



# The Spinal Column

from CHIROPRACTIC CARE CLINIC  
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## MEET THE “TOO GOOD TO BE TRUE” MACHINE!



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There is an old saying that “if it’s too good to be true, it probably is.” Many times there is an element of truth in that statement, but I have found one exception to that rule. It is the PL5000 Erchonia Laser. The best word I can use to describe this machine is “amazing.”

I think back to the days when we watched the Star Trek series, and “Bones” the Enterprise doctor could scan a machine over a body and determine what the problem was and how to fix it. We would think to ourselves, “wouldn’t

that be cool if we could do that?” And it’s almost a reality. The Erchonia Laser does not tell us what the problem is, but it sure does help correct a lot of the problem. The neat thing about it is that it’s simply *light*. I began studying low level laser a few years ago when I was having problems with carpal tunnel, which came after more than a decade of adjusting patients and taking a pounding on my joints. I was looking for ways to improve my condition without surgery and was introduced to low level laser.

After about a year of study on this topic, I was ready to dive into a laser machine. Why did it take me a year? They don’t give these machines away – that’s all I can tell you. I was attracted to the Erchonia Laser because it was the first FDA

approved low level laser for the treatment of neck and shoulder pain. It was backed by well known leaders in the chiropractic profession that I recognized and so it gave me instant credibility. But, I was more interested in how it could benefit me and my patients. I can say that it has truly been a blessing to the many patients that have benefitted from this simple concept of using light to heal and reduce pain.

I have since learned that I am in good company with over 100 cosmetics and plastic surgeons using the Erchonia Laser. It is the laser that is used on Lance Armstrong, the six-time Tour de France champion, as well as the athletic trainer David Price of the New York Jets. The list of Who’s Who could go on regarding hospitals and rehabilitative groups that are finding the benefits of low level laser and the many uses in healing. We are living in a wonderful age when technology allows us to do things that just a few years ago could not be achieved. I invite you to read the following information regarding laser and how it works. Feel free to contact our office if you would like to have more information on the benefits of laser and the treatment of your pain.



**DR. KRISTY WARD**

*Timothy R. Kamerman,  
D.C., P.A.*

### Low Level Laser Therapy

Helps reduce pain and speeds healing

#### How Does Low Level Laser Therapy (LLLT) Work?

Low-level lasers supply energy to the body in the form of non-thermal photons of light. Light is transmitted through the skins’ layers at all wavelengths in the visible range.

When low level laser light waves penetrate deeply into the skin, they optimize the immune responses of our blood. It is a scientific fact that light transmitted to the blood in this way has positive effectiveness throughout the whole body, supplying vital oxygen and energy to every cell.

#### How Does LLLT Benefit Users?

- Relieves acute and chronic pain
- Increases the speed, quality and tensile strength of tissue repair
- Increases blood supply
- Stimulates the immune system
- Stimulates nerve function
- Develops collagen and muscle tissue

- Helps generate new, healthy cells and tissue
- Promotes faster wound healing
- Reduces inflammation

Many acute and chronic conditions may be improved or eliminated with laser use including:

- Pain relief
- Wound healing
- Arthritis
- Migraine headaches
- Lower back pain
- Repetitive Stress Injuries (RSI)
- Carpal Tunnel Syndrome (CTS)
- Tendonitis
- Fibromyalgia
- Sprains & Strains
- Post-operative wounds
- Swelling



*Need Relief from pain?  
Meet the PL5000  
Erchonia Laser*

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## **MISSION STATEMENT**

The purpose of Chiropractic Care Clinic is to provide the ultimate in natural health care. Our objective is to help each individual reach their health goals with caring and enthusiasm in a Christian atmosphere. We promote, educate and train our patients in health principles for inner healing. We strive for excellence and above all to treat the patient as #1.

### **Low Level Laser Therapy**

*(con't from page 1)*

- Burns
- Pressure sores
- Herpes simplex
- Acne

Let's talk about LLLT's main uses. The first feature is its ability to reduce or eliminate pain and swelling in the body. The second feature is its ability to increase the rate of healing of diseased or damaged tissue. The first light uses the continuous beam, while the second light utilizes the pulse beam. The light itself is not doing the healing, rather, it is providing the necessary energy to the cells, and the cells perform their own healing.

**If your house goes bad  
you can move out.  
If your body goes bad  
you still have to live in it  
the rest of your life.  
What this means  
to you is ...**

This is like natural sunlight entering the body and providing energy to every cell in the body. This energy must pass through pathways in order to complete the distribution of energy to the DNA molecule in each cell. These pathways are referred to as the acupuncture, acupressure or the meridian system. The DNA in turn directs the energy to the cell membrane. When the energy is cutoff or overloaded to an area of the body, the cells in that area cease to function normally. The cutoff or overload of energy may be caused by injury, disease, infection, tension, stress, fear, guilt, or any number of sources. One way of helping to alleviate this adverse condition is to use the light to provide an energy transfusion to the distressed cell.

**Nature heals.  
Doctors  
assist nature.**

**Pain killers block the pain  
but the underlying cause  
of the pain remains  
untreated.**

The light can be applied by two methods. Either directly to the problem area or indirectly via those acupressure points that are connected with the problem area.

The light's wavelength, plus its brightness allows it to penetrate quite deeply into the body's tissue. In addition, the light rays bounce off the water contained in the body tissue. This scatters the rays even deeper, as well as affecting the surrounding cells.

The continuous light beam setting is used for pain and swelling, and the pulse beam for the healing of diseased or damaged tissue. When there is pain, the cell walls can be pictured in a state of extreme tension, the continuous beam provides a vibrating signal to the DNA in the cell. The DNA, in turn, instructs the walls or membranes of the cell to relax. As the cells relax, the tissue made up of those cells also relaxes. This is followed by the relaxing of the muscles, and the pain subsides. In addition the light increases the blood circulation in the area that it penetrates.

When there is disease or damage the cell walls can be pictured as shrunken, deformed, and transparent or fading. The pulse light beam provides a stimulating, rejuvenating energy to the DNA in the cell. The DNA transmits this energy, via a protein or calcium transfer to the cell walls, and the cells transform to healthy looking solid shapes as the treatment progresses. The energy supply which had been blocked from these cells has been replaced with the energy of the light unit. The DNA molecule now has the energy to do its normal functions.

The wavelength emitted by healthy cells averages between 600 and 725 nanometers, whereas unhealthy cells emit a shorter wavelength. The 635 nanometer red light is in the middle of the healthy cell wavelength range and therefore appears to be in close harmony with the cell.

The use of the red light has produced no known side effects. It does not cause any tissue damage and it cannot be over applied. At times, a temporary increase in discomfort occurs with chronic conditions. This has been noted as an indicator of tissue reactivation, or detoxification, and precedes improvement.

**Chiropractic doctors  
restore health  
rather than  
treat disease.**



**Have you had  
your Catalyn®  
today?**