

How long has low-level laser therapy been around?

Low-level laser therapy (LLLT) has been in use for more than 35 years and has experienced rapid growth over the last several as an alternative method in the fight against nicotine addiction.

"Though widely used in Europe and the United States, low-level laser therapy has only been used in Canada in recent years."

While Canada has been behind in the times, the progress in LLLT has advanced to the point where hospitals are utilizing laser treatments to combat a variety of ailments.

How does low-level laser therapy for smoking cessation work?

Low-level laser therapy utilizes principles similar to the ancient healing art of acupuncture – a technique of inserting and gently stimulating hair-thin needles into specific points of the body to trigger a natural healing response.

Laser Intervention's low-level lasers simulate a very similar response by emitting a fine-point "cold laser" into your skin which stimulates your body's endorphin production system.

Endorphins are natural chemicals in your body that signal your internal system to decrease stress and increase energy.

Consistent absorption of nicotine into your body through cigarette smoking soon allows nicotine to take over and control your body's endorphin reproduction system.

"By naturally restoring your body's endorphin levels through low-level laser therapy, we can then remove the hold that nicotine has on your system."

Why do I find **it so hard to quit smoking?**

To understand why you have trouble quitting smoking, you must first understand that when you desire a cigarette, you normally crave an "endorphin release" and not a "nicotine fix".

Endorphins, produced by various cells in your body, are "morphine-like" natural opiate substances that inhibit the sensation of pain, and signal your internal system to decrease stress and increase energy.

"In essence, the release of endorphins in your body makes you feel good."

Normally, your body releases endorphins and energy naturally throughout the day. However, after an extended period of smoking, nicotine alters your body's normal endorphin cycle, forcing it to rely on nicotine to release endorphins.

When you smoke, nicotine supplies your body with endorphins in "conditioned releases", which wear off rather quickly – usually in one to two hours.

When you stop smoking, you slow down the production of endorphins, and without a normal balance, your body will soon reach the primary deprivation stage.

This is when you feel symptoms of "withdrawal syndrome", which are the effects of being trapped in an "endorphin denial cycle".

Because endorphins are not being produced while you continue to deprive your body of nicotine by not smoking, endorphin levels in your body drop far below normal. This lack thereof causes you to feel extremely irritable, stressed-out, fatigued, and to start craving nicotine.

When you finally cannot stand the "withdrawal symptoms" anymore, and light up a cigarette for relief, nicotine rewards you with the endorphin release you are craving.

This is your addiction, and why it is so difficult for you to quit!

The good news is that there are many ways to reprogram and restore your endorphin production cycle, and get you through ALL the stages of nicotine / endorphin withdrawal!

What does the low-level “laser” do inside my body?

The laser light source is placed in contact with your skin, allowing the photon (light) energy to penetrate your tissue.

Your body then converts the photon energy into biochemical energy (endorphins) by interacting with your cellular structures; the result is the restoration of normal cell function and enhancement of tissue reproduction.

Is low-level laser therapy only used for smoking cessation?

No.

Because low-level laser therapy stimulates the body's natural endorphins, it has many other uses such as helping with [stress relief](#), [appetite suppression](#), [pain relief](#), hair growth, dental repair and surgery, arthritic pain, lesions, muscle and tissue tears, joint problems, burns, psoriasis, herpes, sciatica, and carpal tunnel syndrome.

Many professional sports teams use low-level laser therapy as part of their rehabilitation programs for healing common injuries incurred during sports games.

For what uses does Laser Intervention utilize low-level laser therapy?

At [Laser Intervention](#), we concentrate on utilizing LLLT for three separate programs: Smoking Cessation, Weight Loss, and Stress and Relaxation - and we combine each one with cognitive behaviour modification to produce long-lasting results.

While laser stimulation of endorphins is a natural combatant against nicotine addiction and encouragement of appetite suppression, it can also be used to reduce tension, increase circulation, and enable the body to enter into a more deeply relaxed state.

Does laser therapy require the use of any drugs or chemicals?

No.

By using laser therapy to stimulate your own natural endorphins, you are allowing your body to rely on its own defence system rather than having it depend on yet another chemical or drug.

Laser Intervention uses only "Natural Therapy" to cure you of your addiction. This allows your body to positively respond to your nicotine withdrawal and appetite suppression much faster than if using pills or patches.

What "side effects" will I experience during or after my low-level laser therapy session?

There are NO KNOWN negative side effects to participating in low-level laser therapy.

You will however, experience positive side effects such as feeling relaxed or being in an elevated mood due to the internal stimulation of endorphin production.

During your session, the reproduction of endorphins can also cause a "tingling sensation" underneath your skin, but most clients say they feel no stimulation at all.

Is it possible to be burned by the laser?

No, it is NOT possible.

At Laser Intervention, we use a cold low-level "non-thermal" laser that will NOT cause any damage to your tissue or skin's dermal layers.

What physical contact will I have with the laser?

Our low-level laser probe is held two to five centimeters away from your body and never comes in physical contact with you.

The non-thermal laser (cold photon light) emitted from the probe itself will come into contact with specific points of your face, ears, wrists and hands.

This "photon light" contact is required in order to stimulate the trigger points of your body's endorphin production system.

Is low-level laser therapy safe? Is it painless?

Yes.

The low-level laser therapy provided at Laser Intervention is safe and painless as we use non-thermal (cold) low-level lasers to treat your condition.

"No heat is applied to your body tissue or to your skin's dermal layers."

Our sessions are non-invasive, non-toxic, and our cold laser is easily applied, with no negative side effects to be experienced.

During your session, the reproduction of endorphins can also cause a "tingling sensation" underneath your skin, but most clients say they feel no stimulation at all.

What is the difference between nicotine endorphin-production and laser therapy endorphin-production?

The difference is that low-level laser therapy “naturally” stimulates your cells, allowing the release of endorphins over a much longer period of time: three to five days versus one to two hours for a cigarette.

The timeframe of three to five days is also equal to the normal amount of time required to purge nicotine from your system.

After a few days, with your endorphin levels rebalanced, your nicotine cravings should subside, and you will be able to quit smoking, naturally.

How does low-level laser therapy alter the nicotine addiction / withdrawal syndrome cycle?

By stimulating specific trigger points inside your body with a low-level laser, we can rejuvenate your body’s natural endorphin reproduction system.

Once your endorphin levels are restored to their natural state, you eliminate the need for nicotine in your body while also avoiding the cravings, stress, and irritability most commonly associated with nicotine withdrawal syndrome.

Why do I need behaviour modification?

While you may not realize it, as a smoker, your body is addicted to the effects of nicotine. Not only does your body require nicotine to feel relaxed and stress-free, but your mind is conditioned to not live without it.

Utilizing cognitive behavioural techniques and smoking cessation advice, we can recondition your mind to once again believe that you do not need nicotine and that you can easily live without it.

Without behaviour modification, it will be more difficult for you to resist the urge to smoke in situations that promote or trigger your “learned” smoking habit.

How long before I see results?

Low-level laser therapy treatment results are immediate with natural endorphin production beginning within an hour of starting your program.

Directly following your appointment you should feel relaxed and be in an elevated mood due to the stimulation of endorphins in your system.

You will also notice that your cravings for cigarettes will subside. After your endorphin levels have been rebalanced, you will not feel many of the physical symptoms associated with nicotine withdrawal.

What is the success rate of low-level laser therapy?

Worldwide, low-level laser therapy has shown a general success rate ranging between 40%-90% in defeating nicotine addiction, whereas nicotine replacement therapy (patches, gum, and inhalers) has shown a dismal success rate in clinical trials that hovers around 7%.

What is the success rate of Laser Intervention's smoking cessation program?

Our client reports allow us to boast a smoking cessation success rate of more than 80%, and we are constantly striving to make it 100%!

We attribute our high success rate to our diligence in ensuring that our clients have all the necessary tools to enable them to quit - such as personalized treatment programs, cognitive behaviour modification advice and our highly celebrated, "[Quit Smoking Handbook](#)"!

We also communicate closely with our clients in the weeks following their laser therapy session to ensure they are achieving lasting results.

By offering extended encouragement and support, we strive to help our clients overcome any trouble spots they may encounter.

What can I expect from my low-level laser smoking cessation session?

At Laser Intervention, your smoking cessation session will consist of a combination of low-level laser therapy, behaviour modification and smoking cessation advice.

"Our program is result-oriented and boasts a success rate of over 80% - far beyond the dismal 7% success rate that nicotine replacement therapy (patches, gum, inhalers) has shown in clinical trials."

Low-level laser therapy helps rebalance your body's natural endorphin levels, allowing you to avoid the stress and irritability most commonly associated with nicotine withdrawal.

Unlike other methods, low-level laser therapy has no known side effects, and you even will experience "positive side effects" - such as increased personal relaxation levels and decreased nicotine cravings.

During your session, we also help you balance your psychological mindset by utilizing cognitive behavioural counseling techniques and offering you personalized smoking cessation advice.

These tools will aid in identifying and changing behaviour associated with your addiction, and also help you reduce the psychological cravings you may experience while your body adjusts to living without nicotine.

"At Laser Intervention, we strive to ensure our clients achieve their personal goals! Therefore, we work closely with you by designing a personalized treatment plan, and offering an ongoing support program that will help you attain long-lasting results."

What trouble **spots** may I encounter after my smoking cessation session?

After your laser therapy session at Laser Intervention, you may experience a feeling of missing out on something, of losing a "friend", or panic concerning your "big change".

You may even experience a feeling that you can't quit smoking because you have been doing it for so many years.

"All these feelings are perfectly normal, but do NOT give in to them!"

During your initial deprivation stage (of three to five days), your desire to smoke will decrease as your mind becomes conditioned to "tell" your body that it doesn't need nicotine to "feel good".

"Stay focused on your goals and commitment, and these thoughts and feelings will soon pass."

What do I do when these trouble spots occur?

"Remember that we've prepared you for them."

Although laser therapy is a great tool to help you quit smoking, it is not a magic wand that can make you forget that cigarettes exist. It will also not remove any lifestyle habits you have that may place you in an environment that encourages you to keep smoking.

"While it will take time to heal your body and mind, YOU must also make the necessary lifestyle and habitual changes required to alleviate stressful situations that may cause you to start smoking again."

Laser Intervention will offer you as much guidance and support as we can, but you have to realize that it is YOU who has to decide that you want to quit, and YOU who must seek all the help you can get when you are at the mercy of your addiction.

In times of need, remember to refer to your [Quit Smoking Handbook](#), and also your personal support group.

In cases where the people in your support group cannot be reached, we suggest you use one of several online support groups, such as [The Smoker's Helpline](#).

These sites maintain message boards where ex-smokers and non-smokers alike will be more than willing to offer you smoking cessation help on the fly.

Don't be shy!

Visit these support sites whenever necessary as they are chock full of quit-smoking advice!

<http://smokershelpline.ca>

<http://quitsmokinghandbook.com/groups/>