

LOUISA WILLIAMS, ND

CANADIAN LASER TREATMENT SUGGESTIONS

GENERAL DIRECTIONS

The end of the black glass fiber optic light tube should be placed **just over** (1/4 inch out) **or on** the skin needing treatment, or just over (1/4 inch out) or on the skin over the organ or tissue needing treatment, for approximately **10 to 20 seconds** (a faint red light will appear on the skin). In many cases, #10 Remedy (anti-inflammatory and antimicrobial) or #11 Remedy (tissue healing) should be dropped on first, so that these therapeutic remedies can be "photophoretically" driven into the tissue along with the laser light.

If you have touched the skin or gums, then after treatment you can clean the end of the tube for the next patient with a cotton ball moistened with food grade hydrogen peroxide or other non-toxic disinfectant. Be careful cleaning the end of the tube though since it is glass and it can break easily. Therefore be **very gentle** wiping the end of this fiber optic tube by simultaneously holding and stabilizing the place where the tube attaches to the laser securely so that it does not break off at the stem.

Of course, never shine the laser light directly into your eyes.

TEETH

General Directions

Hold the laser light tube over the cheek that is over the tooth or socket needing treatment for approximately 10 to 20 seconds. If you feel it is necessary, the light tube can also be placed directly on (or just above) the tooth or gum or socket that needs treatment. Usually #10 Remedy and #11 Remedy drops are also beneficial when administered in an alternating dosage schedule (at least 10 minutes apart from each other), by dropping them on the tooth, gums, or socket before lasering the site.

POST-CAVITATION (EXTRACTION) SURGERY OR ROOT CANAL OR IMPLANT PLACEMENT

Dental Appointment

Bring the laser and the #10 Remedy and #11 Remedy drops to the dental office and keep them in your lap. Whenever your dentist takes a break, drop one of the remedies onto the tooth or socket being treated, and then place the laser tube on the cheek over the tooth or socket being treated, and treat for 10 to 20 seconds. Do this as many times as you can during your appointment to “nip the inflammation in the bud” right away, and therefore greatly reduce your healing time at home. You can also treat your TMJ (jaw) joints in the same way to decrease the jaw muscle strain and any associated pain from this long period of keeping your mouth wide open.

Home

At home laser the site for 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other), 6 to 10 times the first 3 days after surgery, and then 3 to 4 times the next 2 days or so after that. The first 2 or 3 days also treat the ipsilateral ganglia points with the drops and laser light (see the [The 5 Post Cavitation Surgery Days](#) for that information).

POST-DENTAL DRILLING: (FILLING, INLAY, ONLAY, CROWN PLACEMENT OR CLEANING)

Dental Appointment

Bring the laser and the #10 Remedy and #11 Remedy drops to the dental office and keep them in your lap. Whenever your dentist takes a break, drop one of the remedies onto the tooth or socket being treated, and then place the laser tube on the cheek over the tooth or socket and treat for 10 to 20 seconds. Do this as many times as you can during your appointment to “nip the inflammation in the bud” right away to reduce your healing time at home. You can also treat your TMJ (jaw) joints in the same way to decrease the jaw muscle strain and any associated pain from this long period of keeping your mouth wide open.

Home

At home laser the site for 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other), 3 or 4 times a day for 2 to 3 days or more, until the soreness is gone.

DENTAL CLEANING

Although dental cleaning is not generally considered a very traumatic event, it does liberate a lot of bacteria into the bloodstream and surrounding lymphatics, and generates inflammation in the teeth and gums. Therefore, again bring the laser and the #10 Remedy and #11 Remedy drops to the dental office and keep them in your lap. Whenever your hygienist takes a break, drop one of the remedies onto the 4 quadrants in your mouth, and then place the laser tube on the cheek over each of these 4 quadrants and treat each one for 5-10 seconds. Do this as many times as you can during your appointment to “nip the inflammation in the bud” right away, and then treat 1 to 2 times a day for 1 to 2 days at home, or as needed. You can also treat your TMJ (jaw) joints in the same way to decrease the jaw muscle strain and any associated pain resulting from keeping your mouth wide open.

INTERMITTENT TOOTH OR GUM PAIN AND REDNESS

Place the laser tube on the cheek over the tooth or socket and treat for ~ 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other), 3 or 4 times a day for 2 to 3 days, until the soreness is gone. (See your local biological DDS or holistic doctor/practitioner if the pain does not reduce.)

ACUTE DENTAL PAIN OR LOOSE TOOTH

If you are hit in the mouth and a tooth is loose, try to see your biological DDS as soon as possible. In the meantime, try to hold the loose tooth stable with your tongue or a rolled-up piece of gauze. Additionally, place the fiber optic laser light tube on the cheek over the damaged tooth and treat for ~ 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other), 3 to 6 times a day or more as needed. Bring the drops and laser with you to the dentist, and keep treating to try and save the tooth. The same directions apply even if a tooth is not loose, but you have been hit in the mouth and have bleeding or sore gums, or jaw pain.

CHRONIC GINGIVITIS OR PERIODONTITIS

Place the laser tube on the cheek over the worst gum area and treat for ~ 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other). Treat all the areas of gum inflammation/infection 2 times a day for 3 weeks. Take a 1-week break and repeat if needed. (See your local biological DDS or holistic doctor/practitioner if this treatment protocol does not help.)

More information on how to treat dental focal infections or how to mitigate inflammation after dental drilling with the infrared laser is in my two eBooks that can be downloaded as PDF's, [The 5 Dental Detox Days](#) and [The 5 Post Cavitation Surgery Days](#).

INJURY

ACUTE LIGAMENTOUS SPRAINS AND MUSCLE STRAINS POST-EXERCISE OR FROM INJURY

Wave the laser tube over the skin (or place on the skin directly) over the muscle or joint area needing treatment for ~ 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other), 3 or 4 times a day—or 6 to 10 times a day for severe injuries, for 2 to 3 days or more, until the soreness is reduced or (hopefully) gone.

CHRONIC LIGAMENTOUS SPRAINS, MUSCLE STRAINS, AND JOINT PAIN

Wave the laser light tube over the skin or on the skin directly over the sore muscle or arthritic joint for ~ 10 to 20 seconds alternating with #10 Remedy and #11 Remedy drops (at least 10 minutes apart from each other). do this 2 to 3 a day, for 3 to 4 weeks, until the soreness is reduced or (hopefully) gone.

Please note: If the laser treatment does not help, go back to your holistic physician/practitioner; most likely you are missing something. Commonly the root of chronic back pain, joint, or muscle pain is an undiagnosed and untreated dental, tonsil, or sinus focal infection, or an undiagnosed and untreated food allergy (dairy, gluten/wheat, eggs, chocolate, etc.) or too much toxic sugar or vegetable oils in the diet causing a chronic viscerosomatic (gut-joint reflex) pain syndrome. For more information go to [Allergy Elimination-Challenge Test](#).

ACUTE SCARS

Do not interfere with the body's laying down of needed scar tissue just after surgery or after injuries (cuts, tears, and other lacerations). **Gently** rub #10 Remedy alternating with #11 Remedy drops (at least 10 minutes apart from each other) near the scar area or vigorously (for a more systemic effect) rub into the elbow crease or inguinal ligament area (the crease made when you lift your leg that is between the lateral edge of your pubic bone and the hip joint at the top of your thigh). Then wave the light tube over the scar for ~ 10 to 20 seconds, from 3 to 7 times a day for a few days to 1 week or more—depending on the severity and depth of the injury or surgical incision.

CHRONIC SCARS

Rub #10 Remedy into the old scar, and then rub in coconut oil, in the AM; and then #11 Remedy drops into the old scar, and then coconut oil, in the afternoon or PM. Wave the light tube over the scar afterwards for ~ 10 to 20 seconds. Do this 2 times a day protocol for 3 to 4 weeks. If you are particularly busy you can treat 1 or 2 major scars per day, or if you have enough time, treat all your scars daily. For more information go to [Scar Interference Protocol](#).

SINUSES

To treat the most common chronic sinus focal infection—the maxillary sinuses on either side of your nose above your upper teeth—first snort 1 to 2 drops of #10 Remedy up both nostrils. (#11 Remedy may also be helpful in an alternating dose.) Then place the end of the light tube on the maxillary sinus area just lateral to your nostril and treat for ~ 10 to 20 seconds. Then do the other side. Do this 1 to 2 times a day (more for acute infections), for 1 to 3 weeks. Then take a break and repeat if it helped. Treat the frontal and ethmoid sinuses carefully, wearing the glasses included in the case and never shining the light directly into the eyes. More information on chronic sinus focal infections is in my book [Radical Medicine](#).

TONSILS

To treat a chronic tonsil focal infection—whether you have had a tonsillectomy or not, rub #10 Remedy drops on either side of your outer throat where the tonsils and other lymph glands usually swell, and then place the end of the light tube over both these areas and treat each one for ~ 10 to 20 seconds. (#11 Remedy may also be helpful in an alternating dose.) Do this 1 to 2 times a day for 1 to 3 weeks. Then take a break and repeat if it helped. More information on treating chronic tonsil focal infections is in [Radical Medicine](#).

ORGAN OR TISSUE DYSFUNCTION/PAIN

To treat chronic intermittent pain or dysfunction in organs (gallbladder, liver, stomach, ovaries, kidneys, lungs, etc.), hold the end of the light tube over the skin over the organ for ~ 10 to 20 seconds. Do this 1 to 2 times a day for a week. If not better then consult a holistic physician/practitioner. Consider also dropping on #10 Remedy to reduce inflammation in the area, or #11 Remedy for chronic intractable focal areas (lung and bronchial infections, rheumatic joint disease, stomach and G.I. ulcers, benign soft-tissue tumors and cystic breasts, lymphatic and liver congestion, and urogenital disease).

Acute pain such as food poisoning (gastroenteritis with diarrhea) may also be treated more frequently from 2 to 7 or more times a day, but always be in close touch with your holistic physician/practitioner to make sure that laser therapy is appropriate and that you have been accurately diagnosed as to the cause of the pain. Additionally, activated charcoal can help reduce the pain and toxicity tremendously. This [ABC](#) remedy is available on my website.

SKIN DISEASE

Acute

To treat sunburns, other types of burns, or acute abrasions or pimples, wave the end of the light tube over the affected skin for ~ 10 to 20 seconds, from 2 to 6 times a day for one to three days, or as needed. #10 Remedy may be helpful in reducing the inflammation (especially when quickly applied over a burn or injury every 10 minutes for 30 minutes or an hour, or more).

Chronic

To treat chronic skin diseases (eczema, warts, cysts, etc.) drop #10 Remedy or #11 Remedy over the affected area, and then wave the end of the light tube over the skin for ~ 10 to 20 seconds. Do this from 1 to 3 times a day for 1 to 3 weeks. Take a break and then repeat if it helped.

ACUPUNCTURE AND TRIGGER POINTS

If you are knowledgeable in acupuncture (or acupressure) or trigger point therapy, then you can also treat these points very effectively with the infrared laser. Just hold the end of the light tube over the acupuncture point for ~ 3 to 5 seconds, or over the trigger point for 10 to 20 seconds (depending on the depth of the trigger point and the size of the area of chronic pain). #10 Remedy or #11 Remedy drops can also be rubbed into the point before laser treatment, and will definitely enhance treatment results.

Caution: To repeat, never shine the infrared laser tube into your eye.

DISCLAIMER

Infrared low level lasers (Class 3b) have been approved for use by the FDA and are widely used both in doctors' offices as well as at home by knowledgeable patients. This handout should be used as an informational guide to home healing with laser light, but is not intended to replace the advice and recommendations from your holistic physician/practitioner or your biological dentist. Individuals experiencing significant symptoms or who are chronically ill should always check with their holistic physician/practitioner or biological dentist to make sure that infrared light therapy is appropriate for them.