

Dr. M.Messmer,  
Switzerland, 2009

## **Low Level Laser Therapy using RIKTA family devices A preliminary study**

### **1. Abstract**

**Background:** The effect LLLT has on curing diseases is of high interest due to the need to use less and less classical medications and to avoid more pain to the patient. The aim of this study was to assess the effects LLLT has on some acute or chronic diseases.

**Methods:** Data were collected with the help of medicine doctors and specialists not knowing why I was asking for so much tests for my clients. So that results could be realistic and honest. Controls were made and recorded in both technical conditions, one using my ordinary manual technics and the other exclusively LLLT.

For the moment, I treated with LLLT about twenty persons. Most of them were treated using both LLLT and, at the same time, my own non-invasive technics.

I will speak only about LLLT results from my own experience.

Used devices for LLLT were RIKTA-04/4T(2D) and RIKTA-ESMIL(2)

**Principal results:** The use of LLLT -at least with RIKTA devices but I never seriously tried other devices- results in an estimated 80% global efficiency. Some acute diseases like acute otitis or muscle acute or chronic pain have 100% very fast and positive results. Efficiency of LLLT in these kind of cases is all simply amazing. Some other conditions like regeneration of the skin -anti wrinkle treatments- are only 10 to 15% positive. It seems it would be necessary to change the whole process to obtain a better result. I was thinking to try with a session or two per week during three months rather than each day or each every day.

But, globally speaking, one can say that LLLT RIKTA devices are fantastic curing tools for therapists concerned about real efficiency in curing people. But one must say that these therapists have to feel not so concerned in the time they spend with their patients, too, because treatments will take twenty to forty minutes each -and, ordinary, a quarter of an hour more at the first appointment dedicated to the analysis of client's conditions-. The question of time can be a real problem for a lot of therapists. Most of the time, it is impossible to act in minutes with LLLT technic and it seems necessary that the practitioner stays with the client and holds the emitters at the right place.

After using both RIKTA-04/4T(2D) and RIKTA-ESMIL(2), I can make a great difference between them and the use of each but I need to experiment more. Maybe that all practitioner interested in LLLT RIKTA devices would be better to purchase both.

Other results I would like to analyse further are side effects. For example, I could notice with some clients anguish and/or excessive nervousity or even agressivity, particularly in case of URP treatment when given as recommended by RIKTA. I think I will adapt it.

For all cases, I first strictly applied RIKTA technics then I worked in a little different way. I will precise when I changed something.

Anyway and to resume before more results: From now on, Low Level Laser Therapy seems to me to be the Medicine of the Future.

## **2. A short talk about some cases**

**a. / Acute otitis -** Five cases in a very few time (because of a rainy and cold summer). RIKTA-04/4T(2D) rounded emitter.

For the first case, a female teenager and my client since two years for other problems, I first used RIKTA's methodology (50Hertz 2 minutes the zone of the tragus; 50Hertz 3 minutes mastoid bone; 1000 Hertz 2 minutes directly into the ear with light-guide nozzle N°2). Left ear.

I asked the young girl to come again the day after. She was always feeling pain. I manually massaged some trigger points on the neck and she immediately felt much better (that's ordinary my way to help when otitis). I decided to add to the treatment and before other zones 50Hertz 2 minutes to left and right carotid pulses. I asked too she comes back in the evening. She came with her mother. She was feeling no pain. I did again the complete treatment (carotid sinus, tragus, mastoid bone, auditory meatus) but without trigger points massaging. As her mother was feeling the same pain but at the right side, I applied to her the treatment including action on trigger points. She immediately felt better. I was thinking it was thank of trigger points massaging but the day after in the morning she was only feeling a few of pain and temporomandibular joint was much less sensible...

To resume, for each of acute otitis case, I applied the same methodology during three days, twice a day, using of trigger points technic only the first time. I worked only on the most affected and sensible side, even when the ache was felt in both ears.

In each case, a relief was felt after the first session and a regular medicine doctor was thinking he gave fantastic ear drops.

As an interesting secondary effect, each time the cold or flu was nearly over after the three days treatment.

**b. / Muscle chronic -and acute- pain -** My everyday "job". Since I had my first RIKTA laser (RIKTA-04/4T(2D)), maybe I added laser therapy to my own technics fifty to sixty times, something like that.

But I must say that results were not at all extraordinary before I bought RIKTA-ESMIL(2).

With RIKTA-ESMIL(2), it is possible to make a muscle ache to disappear, really to disappear, in a few minutes.

I always use Electric therapy and, most of the time, I work with scanning. The goal being to ease pain as soon as possible, I can say that with RIKTA-ESMIL(2) results are more than remarkable.

I ordinary work as follow: 50 Hertz or 5 Hertz quantum therapy, minimal regimen at the beginning (yes ! scanning, sorry :-)) with electric therapy then increasing this level up to it becomes uncomfortable for the client then decreasing to an optimal and comfortable (like little spins on the skins) level.

RIKTA-ESMIL(2) is a very efficient but a little "strange" apparatus. You must take care of sounds (something like "creeee" with different levels) and also of lights (green and red and alternating red and green...) showing to the user "what and where to do". To tell the truth, I never needed to use RIKTA-ESMIL(2) more than three minutes (on an arm, for example, most of my clients feel pain in their arms because they are farmers or informatician :-)) to make a pain to disappear, even if the pain was a chronic one. Much more efficient than anti-inflammatory pills. Relief of the pain ordinary runs during two days after the first session then increases. Two months without pain is "my" actual record but, to speak frankly, some of my clients (particularly working with computers and driving each day) are coming to me each week for doing again and again. Maybe it is not my goal but, after all, they can feel much better than with pills and free from side effects.

**c. / Tinnitus and hearing diseases.** Three cases for the moment. No one is totally cured for me even if one client is thinking that "the dis-ease is finished for ever"...

But a 10% improvement (verified by a very specialized clinic) in hearing in one case. The work was

done in six days, one session a day, including a little modified URP, using both RIKTA-ESMIL(2) and RIKTA-04/4T(2D).

I think it would be interesting to write a complete article about this subject because this female client was also feeling confusion and acute memory problems and these two conditions totally disappeared after the six days treatment. A fascinating case.

**d. / Erectile dysfunction.** Another one of my "everyday job". Six cases.

Each cured in a few time. In fact, in one effective session after five days of "General somatic biostimulation by Korepanov".

*Etc...*

The deep work for a therapist is to cure using the less possible aggressive means for curing. It is not always easy to do. Sometimes, the surgeon is the best solution. Sometimes, antibiotics or anti-inflammatory are the best solution. I know it looks strange from a naturopath to write such things but that's the truth. Naturopathy cannot do all. But the spirit of naturopathy is good. To treat the whole person - including, if possible, not only the medical history of a patient but also her/his actual way of life and personal environment- stays for me the only way to cure with efficiency. Ideally speaking - and I agree on this point with Chinese Medicine- the best would be to "cure" a patient before that illness appears. I was trying to do that since years but it is not so simple to convince people to go to the "doctor" once or twice a year, for example, when they don't really feel unhealthy. Despite of that, I was looking for meanings able to help therapists to do their true job: A healthy humanity! From this point of view, LLLT principles and results are fascinating.