

Preface	5
Intro	6
Basics	9
1. Science	11
1.1 Studies	12
1.1.1 Comparative studies of laser acupuncture and needle acupuncture	12
1.1.2 Studies on disorders of the musculoskeletal system	15
1.1.3 Studies on disorders of the nervous system	17
1.1.4 Studies of disorders of the internal organs	19
1.1.5 Studies on disorders of the urinary system	21
1.1.6 Studies on mental disorders	22
1.1.7 Studies on disorders of the dental apparatus	22
1.2 Photobiomodulation	24
1.2.1 What is photobiomodulatory therapy (PBMT)?	24
1.2.2 Low-energy lasers	31
2. Practice	36
2.1 Advantages of laser acupuncture	36
2.2 Dosage, techniques and instructions of use	38
2.2.1 Dosage	38
2.2.2 Techniques	42
2.2.3 Laser safety	45
2.2.4 Laser pen checklist	45
2.2.5 Notes	46
3. Frequency therapy	49
3.1 Background	49
3.2 The most important frequency series and programs	52
3.2.1 The Nogier frequencies	52
3.2.2 The Reininger frequencies	59
3.2.3 The SOL frequencies	59
3.2.4 The sweeps	62
Therapy protocols	65
Intro	67
1. System-related basic protocols	70
1.1 Musculoskeletal system	70
1.1.1 Bones, cartilage, joints	70
1.1.2 Muscles	73
1.2 Skin	77
1.3. Nervous system	80
1.3.1 Central nervous system (CNS)	80
1.3.2 Peripheral nervous system	86
1.4 Cardiovascular system	90
1.5 Inner organs	96
1.5.1 Respiratory system	96

1.5.2 Digestive system	101
1.5.3 Urinary system	104
1.5.4 Reproductive system	108
1.6 Lymphatic system.....	111
1.7 Endocrine system	115
1.8 Eyes.....	118
1.9 Ear, nose, throat (ENT)	121
1.10 Dental apparatus and jaw	125
2. Basic protocols	128
2.1 Vagus therapy	128
2.2 Constitution.....	131
2.3 Detox	135
2.4 Healthy microbiome	139
2.5 Cranio-sacral continuum	142
2.6 Mental harmonization	145
2.7 Pain.....	147
Appendix	151
Footnotes.....	153
Legal and organisational regulations.....	156
Bibliography	158
Authors.....	159