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Whitaker Wellness Institute Offers Breakthrough High-Intensity Laser Therapy for Acute and Chronic Pain Relief

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January 4, 2012 - Newport Beach, CA

Julian Whitaker, M.D., a pioneer leader in the practice of integrated medicine and founder of one of the most popular alternative medical clinics in America, today announced the addition of high-intensity laser therapy (HILT) to its proven regimen of pain management treatments.

The Whitaker Wellness Institute (www.whitakerwellness.com) Medical Clinic at 4321 Birch St., Newport Beach, Calif. is one of the first facilities in Orange County to offer the latest breakthrough for treating chronic and acute pain associated with the back, knees, neck, muscle sprains and strains, tennis elbow, osteoarthritis, sciatica, carpal tunnel syndrome, sports injuries and other disorders.

Unlike most "low level" lasers used for pain, the HILT method delivers high-energy wavelengths of light that penetrate the skin and tissues, reaching deep into the affected areas where therapeutic effects are most needed. As injured and ailing cells absorb this light, their energy production and metabolism increase to stimulate tissue repair, according to Italian manufacturer ASAlaser (www.asalaser.com).

As the therapy's photochemical effects trigger the lymphatic system, swelling, inflammation and pain are reduced, while tissues receive much-needed oxygen and nutrients that facilitate healing, the company added.

Is it safe?

"If you're like me," says Dr. Whitaker, "lasers conjure up the scene from <u>Goldfinger</u> where <u>James Bond</u> was about to be sliced in half by a white-hot beam of light that perilously inched closer and closer. High-intensity laser therapy does involve substantial amounts of energy, far more than most lasers that treat musculoskeletal pain. But because it is pulsed in microseconds, rather than a continuous flow, there's no danger of burning or tissue damage."

Suffering from chronic back pain himself for nearly 15 years, Dr. Whitaker has experienced relief by using all of the treatments offered at his clinic, including massage, infrared light, chiropractic manipulations, spinal decompression, acupuncture and others.

"When I tried the therapy, I noticed immediate improvement, and more importantly, relief lasted longer between sessions, allowing me to get out of bed without pain," Whitaker added. "My experience and subsequent research convinced me that this laser could help our patients, so I purchased the laser for our clinic."

Teri Hayman of Yorba Linda, Calif. stated, "I used to be very active and walk miles every morning. After a yoga injury, it was difficult for me to even walk. For five years I suffered with no relief. After one painless treatment of high-intensity laser, I could put pressure on my knee again. After four treatments, I have my life back!"

Relief from chronic pain without the dangers of drug side effects and addiction or the risks of surgery can seem like an unattainable dream to many sufferers. The Whitaker Wellness Institute employs alternative medical therapies such as the new high-intensity laser along with prolotherapy, hyperbaric oxygenation, and infrared therapy, in combination with alternative therapies such as acupuncture and chiropractic to provide dramatic relief from pain in harmony with the patient's overall health.

Dr. Whitaker concluded, "Under direction of the clinic's physicians, this therapy is a viable alternative for those with chronic or acute pain."

More information about the new high-intensity laser therapy is available by calling the Whitaker

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About The Whitaker Wellness Institute

Established in 1979 by Julian Whitaker, M.D., the Whitaker Wellness Institute, an integrative medical center providing an optimal and personalized combination of the latest medical and alternative therapies, is the patient's "best of both worlds" in the treatment of serious illness. Nearly 60,000 patients have benefitted from the Institute's personalized, highly effective noninvasive therapies. In most cases, patients are able to reduce or discontinue their prescription drugs, and avoid surgeries and other invasive procedures. Dr. Whitaker employs a staff of physicians and medical technicians in the Newport Beach, Calif. campus that includes diagnostics, laboratories and therapies not found in most other wellness clinics. Among the medical and alternative therapies are high-intensity laser, hyperbaric oxygen, enhanced external counter-pulsation (EECP), chelation and IV, bone scans, echocardiogram, reflexology, spa services, acupuncture and a nutritional supplement store. Patients who come for the Institute's renowned "Back to Health Program" receive a one-, two- or three-week personalized program practiced in a small group setting designed to launch a return to wellness.

About Dr. Whitaker

Dr. Whitaker, best known throughout the medical communities as a pioneer of alternative and integrated medicine and champion of patients' freedom of choice, is a graduate of Dartmouth College and the prestigious Emory University School of Medicine. A member of the American Medical Association, he is a popular speaker, lecturer and author of 13 books and a widely read monthly newsletter, "Health & Healing." Dr. Whitaker has led the profession in his passionate and wellresearched beliefs that noninvasive therapies are effective alternatives to many conventional medical practices for a large number of patients.

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