

Preface .....	7
<b>High-Tech Acupuncture with Laser Light .....</b>	<b>9</b>
<b>1.1 An exquisite light therapy .....</b>	<b>10</b>
<b>1.2 Biostimulation .....</b>	<b>14</b>
1.2.1 Light can heal .....	14
1.2.2 Primary stimulation effects .....	15
1.2.3 Secondary stimulation effects .....	16
1.2.4 Is there optimum stimulation?.....	20
<b>1.3 Laser acupuncture.....</b>	<b>25</b>
1.3.1 High-tech and tradition.....	25
1.3.2 Laser ear acupuncture .....	29
1.3.2.1 Development of ear acupuncture.....	29
1.3.2.2 The ear somatotope .....	32
1.3.3 Is there an optimum dose?.....	33
<b>1.4 Resonance therapy .....</b>	<b>35</b>
1.4.1 What is resonance therapy?.....	35
1.4.2 Explanatory models .....	37
1.4.3 Laser frequencies and those who discovered them.....	38
1.4.4 Resonance therapy on the ear .....	40
<b>1.5 Additional methods and synergisms.....</b>	<b>42</b>
1.5.1 Supplementary acupuncture methods.....	42
1.5.2 Special applications .....	42
1.5.3 Synergisms .....	44
<b>1.6 Laser types.....</b>	<b>46</b>
1.6.1 Laser types by wavelength.....	46
1.6.2 Laser types by type of signal .....	46
1.6.3 Laser types by form of application.....	49
1.6.4 Laser classes.....	54
<b>Practical Guidelines .....</b>	<b>57</b>
<b>2.1 Point localization .....</b>	<b>58</b>
<b>2.2 Selecting the frequency.....</b>	<b>60</b>
<b>2.3 Recommended doses.....</b>	<b>63</b>
2.3.1 Laser acupuncture: Doses and treatment time with laser pen and laser needle .....	63
2.3.2 Area therapy: Dose and treatment time with laser shower and Dermaspot.....	68
<b>2.4 Important information regarding the therapy plans.....</b>	<b>69</b>
<b>2.5 Contraindications and side effects .....</b>	<b>71</b>
<b>Treatment Concepts .....</b>	<b>73</b>
<b>Orthopedics</b>	
Achillodynia .....	74
Arthritis, idiopathic juvenile (pediatric rheumatism) .....	76
Arthritis, rheumatoid (chronic polyarthritis) .....	78
Arthritis urica (gouty arthritis).....	80
Aseptic osteonecrosis.....	82
Baker's cyst (popliteal cyst).....	84
Slipped disc (spinal disc herniation).....	86
Bursitis .....	88
Chondroplathia patellae.....	90

Coxarthrosis (arthritis of the hip) .....	92
CRPS (Complex Regional Pain Syndrome, Sudeck's disease, reflex dystrophy) .....	94
Epicondylitis humeri.....	96
Exostosis (bony outgrowth) .....	98
Heel spur (calcaneal spur) .....	100
Fibromyalgia.....	102
Gonarthrosis (arthritis of the knee joint) .....	104
Hallux valgus (Hallux rigidus, bunion).....	106
Cervical spine syndrome .....	108
Sacroiliac joint blockage (SIJ blockage).....	110
Capsular ligament injury.....	112
Lumbosciatica (sciatica syndrome, irritation of the nerve root) .....	114
Lymphatic edema, postoperative .....	116
Metatarsalgia .....	118
Muscle fiber rupture (traumatic myopathy) .....	120
Myofascial pain syndrome.....	122
Shoulder-arm syndrome .....	124
Spinal canal stenosis.....	126
Wound healing disorder.....	128
<b>Neurology</b>	
Carpal tunnel syndrome CTS (median nerve compression syndrome) .....	130
Cephalgia .....	132
Facial paresis.....	134
Migraine .....	136
Multiple sclerosis MS (encephalomyelitis disseminata).....	138
Paresis (incomplete paralysis).....	140
Parkinson's syndrome (Parkinson's disease).....	142
Phantom pain.....	144
Polyneuropathy.....	146
Restless legs syndrome RLS.....	148
Transient ischemic attack TIA (stroke).....	150
<b>Psychosomatic disorders</b>	
Anorexia nervosa.....	152
Burnout syndrome.....	154
Depression.....	156
Jet lag (dysrhythmia) .....	158
Concentration disorders.....	160
Motion sickness (kinetosis) .....	162
Sleep disorders.....	164
Addictions – alcohol abuse .....	166
Addictions – nicotine abuse.....	168
<b>Throat, nose and ear</b>	
Otitis media (inflammation of the middle ear) .....	170
Parotitis .....	172
Acute sinusitis.....	174
Chronic sinusitis .....	176
Tinnitus.....	178
Tonsillitis (angina tonsillaris).....	180
<b>Internal medicine</b>	
Allergic disorders – basic laser desensitization .....	182
Allergic disorders – allergic exanthema.....	184
Allergic disorders – hay fever.....	186
Allergic disorders – food allergies .....	188
Angiopathies – chronic venous insufficiency CVI .....	190

Angiopathies – hemorrhoids.....	192
Angiopathies – Raynaud's disease.....	194
Angiopathies – thrombophlebitis .....	196
Gastrointestinal disorders – ulcerative colitis .....	198
Gastrointestinal disorders – gastritis .....	200
Gastrointestinal disorders – hepatitis .....	202
Gastrointestinal disorders – Crohn's disease.....	204
Lung disorders – bronchial asthma .....	206
Lung disorders – acute bronchitis.....	208
Lung disorders – chronic bronchitis.....	210
Lung disorders – COPD (chronic obstructive pulmonary disease).....	212
Metabolic disorders – diabetes mellitus .....	214
<b>Dermatology</b>	
Acne (Acne simplex) .....	216
Atopic eczema / neurodermatitis .....	218
Hyperhidrosis.....	220
Psoriasis.....	222
Seborrheic eczema .....	224
<b>Pediatrics</b>	
Adenoids (adenoid vegetations, polyps, palatine tonsil) .....	226
Attention deficit hyperactivity syndrome ADHS .....	228
Attention deficit syndrome ADS (concentration disorder).....	230
Abdominal pain, functional .....	232
Chronic bronchitis .....	234
Three months' colic (regulation disorder / infant crying).....	236
Enuresis nocturna (bedwetting) .....	238
Whooping cough (pertussis) .....	240
Tympanic effusion (tubal catarrh) .....	242
Obesity (adipositas) .....	244
Underweight (growth disorder) .....	246
Cerebral paresis (cerebral palsy).....	248
<b>Gynaecology</b>	
Mastitis (inflammation of the mammary glands).....	250
PMS (premenstrual syndrome) .....	252
Morning sickness (hyperemesis gravidarum) .....	254
<b>Dental medicine</b>	
Stomatitis/gingivitis/aphtea .....	256
Tooth extractions.....	258
Bleeding gums .....	260
Toothache.....	262
<b>Ophthalmology</b>	
Age-related macular degeneration AMD .....	264
Central serous chorioretinopathy (central serous retinitis) .....	266
Glaucoma .....	268
Conjunctivitis .....	270
Retinitis pigmentosa .....	272
Dry eyes (Sicca syndrome) .....	274
<b>Appendix.....</b>	
<b>Appendix.....</b>	<b>277</b>
<b>Charts</b>	
Body meridian chart – front view.....	278
Body meridian chart – rear view.....	279
Body meridian chart – side view.....	280

Meridian chart – head views.....	281
Overview of the Ex points.....	282
YNSA – Points and zones .....	283
Acunova points .....	284
Ear points used in the book .....	285
Reflex zones on the ear .....	286
French ear acupuncture table.....	287
Chinese ear acupuncture table .....	288
<b>Resonance frequencies</b>	
Nogier frequencies.....	290
List of resonance frequencies .....	291
Nogier frequencies.....	291
Bahr frequencies.....	291
<i>Bahr frequencies 1 to 7</i> .....	291
<i>Bahr frequencies for the locomotor system</i> .....	291
<i>Extraordinary meridian frequencies according to Bahr</i> .....	292
<i>Bahr special frequencies</i> .....	292
<i>Chakra frequencies</i> .....	292
Reininger frequencies.....	293
<i>Reininger meridian frequencies</i> .....	293
<i>Reininger R I bis III frequencies</i> .....	293
<i>Reininger anti-frequencies</i> .....	293
<i>Reininger conversion phase frequencies</i> .....	294
Further frequencies .....	294
<i>Wirz-Ridolfi insulin frequency</i> .....	294
<i>Elias frequencies</i> .....	294
“Starting” frequencies.....	295
Laser practice check.....	296
Legend and abbreviations.....	298
Literature references .....	299
Literature recommendations .....	302
Contact addresses .....	303
List of key words .....	304
Portraits of the authors .....	308
Further books by Füchtenbusch Verlag .....	310
Dosage plan for standard treatments (dose chart) .....	311