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Let’s start our discussion of the best of the bunch with some of my favorite healing gadgets: cold lasers!

There’s a lot of different kinds of healing lasers out there, but the ones we’ll cover here are known as “class 3a” or “cold” lasers. (FYI, the most powerful medical lasers are known as “class 4” or “hot” lasers found primarily at hospitals. Class 4 lasers tend to be extremely expensive and often require a medical license and significant training, as the hot laser can be quite dangerous and burn or otherwise harm the body if used improperly. By contrast, cold lasers have a power level equivalent to a supermarket laser scanner.)

I’ve owned over a half dozen different cold lasers over the years, and in my experience, they are (in my humble opinion) the easiest, safest, fastest, and most effective gadgets for temporary pain relief. Simple use of a cold laser is really easy: just turn it on, point it at where the pain is, and (usually within minutes) you’ll feel better!

My first cold laser was the Q1000, which I purchased around 2006 at a health expo; I tried a demo and found that after just 6 minutes with the laser, the most painful area in my back actually felt a little bit better! The gadget was rather expensive, but I put it on my credit
card because the sales person convinced me that, with enough treatment time, all my chronic pain spots would be completely and totally healed.

My experience has been that a cold laser really can provide powerful and almost immediate pain relief, and is usually extremely easy to use. However, I did not feel that any cold laser I've tried provided any long-lasting or permanent improvement in my level of pain or for any specific conditions or injuries. Plus, there are a few annoying limitations with most cold lasers:

- Most cold lasers tend to heat up quickly, which means you can use them for at most 20-30 minutes at a time before you have to shut it off and let it cool down.
- The body learns to adapt to the frequencies used, and so the more you use a certain frequency, the less powerful effect it has.
- Some cold lasers (like my original Q1000) have very limited options for sequence times; for example, the Q1000 can only run a 3 minute treatment, so I'd have to run several treatment cycles to get any relief.

Despite these drawbacks, that first cold laser really was a big benefit to me, as it finally gave me a tool that was always available and that I could use any time I needed some temporary pain relief. Having a portable battery powered laser helped me tremendously in situations where I had to sit still for long periods of time, such as when attending a seminar or on a long flight; without the laser, I had to avoid taking seminars or going on airplanes unless it was absolutely necessary, because it just hurt too much.

Years later I went back to the same people to purchase another Q1000, but I was told they were no longer manufactured, and were replaced by what was called a Scalar Wave laser. I eventually purchased two Scalar Wave lasers; I found them to be more or less equivalent to the Q1000, except the newer lasers had more options for the treatment cycles and times. My favorite change was that, with a little bit of programming, you could get them to run for up to 20 minutes at a time. However, they had the same problems with frequency adaptation and heat, and it was annoying that I had to reprogram the cycle time every time I turned it on (there was no way to save the changes.)

The next time I was considering purchasing another Scalar Wave laser, the price had been jacked up significantly. This price hike motivated me to look around and try a few other lasers. One laser I tried was called the M2000, but I didn’t like it because it was awkwardly shaped and so you had to hold it in your hand over the treatment area, and it only ran very short cycles (a couple minutes at a time.)