

COMBINING FORCES

Laser Therapy, Strength and Rehabilitation & Diet
Revamp
for a Healthy and Pain Free Body



CERVICAL
PAIN

MIGRAINE
HEADACHES

ELBOW &
JOINT PAIN

WRIST &
HAND PAIN

KNEE &
JOINT PAIN

LUMBAR &
SCIATIC PAIN

MUSCLE
SPASMS

LOWER
EXTREMITY PAIN

FOOT &
ANKLE PAIN

lightforce[®]
therapy lasers

by Dr. Benjamin Kleinbrodt

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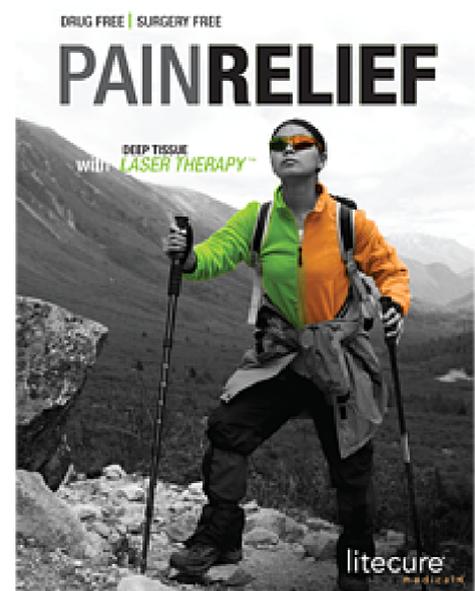
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LASER THERAPY

BY DR. BENJAMIN KLEINBRODT

Laser light, deep tissue therapy is a powerful modality that is revolutionizing the way Alternative Care practitioners treat pain.

As a Chiropractor, I too often see patients who have been through the allopathic ringer, tired of taking medications that merely mask the pain. The relief is only temporary; therefore, patients need more sustainable solutions than taking pain medications and NSAIDs (Non Steroidal Anti Inflammatory Drugs) the rest of their lives.

Manual Deep Tissue therapies such as Active Release Technique and Graston are exceptional modalities that offer my patients great relief. But they also require patience and compliance (like taking a break from the activities causing the pain or doing therapeutic homework to facilitate quicker healing).

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Laser Light Therapy is revolutionizing the way I care for my patients because it offers the quick relief that allopathic medications offer, without the damaging side effects.

If it sounds too good to be true, it is. Just like anything in life, anything worth investing in requires continued investments. You know what I'm talking about. It's like your gym membership, you don't get six pack abs by sitting on the couch at home while your credit card is charged the monthly gym dues. You have to show up; you have to do the work; you have to eat healthy; and then you get the rewards you're after.

It's no different with any kind of alternative treatment, laser light therapy included. Will you begin to experience some pain relief within one visit? Yes! Will it last! No!

You have to commit and invest in a treatment plan that suits your injury. And if you don't want to experience the same injury, you have to Combine Forces.

What do I mean by Combine Forces?

**Laser Therapy + Strength and Rehabilitation
+ Diet Revamp
= A Healthy and Pain free body**

Let's break this equation down.

Laser Therapy

In simple terms, Light Therapy utilizes the energy of light, called photobiomodulation. Light moves in a wave pattern, characterized by wavelength in the electromagnetic spectrum allowing the light to penetrate deep into the tissue and ligaments to target the source of injury and repair the damaged cells to eliminate pain. The cells absorb the light energy and increases the metabolism of the damaged cells. Light Therapy creates an ideal environment for healing the damaged tissue by increasing blood flow to the damaged tissue.

The Light Therapy is not only efficacious, but it is a safe, nonsurgical procedure that rehabilitates through reducing inflammation to help the tissue and ligaments to heal more quickly.

During the procedure, the patient feels a slight warming of the tissue. The procedure is an out-patient procedure with no hospital stay, no long recovery period and no exorbitant medical costs necessary! It is a safe and effective nonsurgical procedure that will aid in immediate pain relief.

Light Therapy has been used to help suppress inflammation, and allow muscle tissue and ligament cells to heal more quickly.

What else contributes to quick and sustained healing?

Strength and Rehabilitation

Sure some of us experience the effects of 'wear and tear' as our bodies mature, but often this can be prevented or improved with the proper techniques and strengthening exercises. While I am very confident that the Laser Light Therapy repairs damaged cells to eliminate pain, I am quick to warn my patients that I would be doing them a disservice if I didn't offer them an opportunity to complete my [Strength and Rehabilitation Program](#).

Why?

Because pain is quick to recur when we don't take proper care to improve form and strength in the supporting and antagonist muscles.

I've been practicing for over 15 years, so I have thousands of examples to pull from, but one of the many examples that comes to mind about the importance of complementary strength and rehabilitation comes from one of my patients who is a marathon runner. After months of training she came to see me with a stress fracture in her hip. After proper assessment, I could identify the structural weaknesses that led to her injury. Despite her hardcore weight workout routine and endurance training, she didn't properly support the small supporting muscles and ligaments, nor did she engage in any myofascial release of her very tight, overworked muscles. So as not to bore you with all the technical and clinical jargon, the long-story-short is that with the proper rehabilitative exercises and strengthening routine, the stress fracture healed and my patient went on to run more marathons without additional injury to her hip.

Diet Revamp

The last piece to the healing puzzle is Diet. And I'm not talking about the kind of diet where you restrict and count calories consumed versus calories burned. I'm referring to a diet that consists of whole, real foods and ample amounts of it. In fact a diet rich in macronutrients (fats, proteins, and carbohydrates) and micronutrients (vitamins and minerals) supports the reduction of inflammation in the body - helping the body heal faster (and the added bonus is a real food diet can even help you maintain a healthy weight, without the yo-yo'ing).

The Standard American Diet (SAD) consists primarily of processed foods that undergo a process that removes the natural fibers, micronutrients, and phytochemicals that are known to prevent disease.¹ Often times the removed nutrients are replaced with synthetic vitamins and minerals as a means of preserving and 'improving their flavor'.² This engineering process is actually meticulously designed to make the foods addictive³ and irresistible to increase sales. And the effects are proving detrimental to our health.⁴

¹ Technology, Diet, and the Burden of Chronic Disease

² Flavours and Fragrances

³ The Addiction Potential of Hyperpalatable Foods

⁴ Increasing consumption of ultra-processed foods and likely impact on human health: evidence from Brazil

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Fortunately, many people are becoming savvy in their understanding of the problems with our food. So if you're careful not to eat the highly processed SAD foods, you're definitely doing better than most. But there are still mind boggling ingredients lurking in our foods. Labels can be so deceptive - it may say organic, all natural, blah, blah, blah... but then there are gut irritating emulsifiers or preservatives or the only inorganic ingredients are GMO's (genetically modified organism) or...the list of problems goes on. The problem with food manufacturing, besides the deceptive labels is that the refined grains, flours, sugars, emulsifiers, preservatives, GMO's and hydrogenated oils are wreaking havoc on the health of our gut by instigating inflammation, which just so happens to be the common denominator in most chronic DisEases.⁵

A high allergen, highly processed, SAD diet causes damage to the digestive system and over time can lead to inflammation, digestive discomforts, leaky gut, dysbiosis, and a myriad of Dis-Eases. It can take years or even decades before the damage from these foods can affect our health, but it's likely you're already noticing some of their ill effects and discomforts if you experience gas, bloating, fatigue, food sensitivities, skin problems, allergies, food sensitivities, hormone imbalances, sleeping problems, and of course joint and muscle pains.

⁵ A brief evidence-based review of two gastrointestinal illnesses: Irritable bowel and leaky gut syndromes Technology, Diet, and the Burden of Chronic Disease

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BY DR. BENJAMIN KLEINBRODT

Here are the Diet Rules of thumb me and my family follow to stay healthy:

Foods To Eat Liberally

Meat and poultry. Beef and lamb, but also pork, chicken, turkey, duck and wild game like venison, ostrich, etc. Whenever possible, 100% grassfed, pasture raised / free-range, humanely raised, and organic is always preferable.

Organ meats (especially liver). Liver is the most nutrient-dense food on the planet. If you don't like the taste of liver, freeze liver in ice cube trays and when you're making a meat dish you can sneak it into the sauce or seasonings.

Bone broth soups. It's essential to balance your intake of muscle meats and organ meats with homemade bone broths. Bone broths are rich in glycine, and amino acid found in collagen, which is a protein important in maintaining a healthy gut lining.

Fish. Especially fatty fish like salmon, mackerel and herring. Wild is best, and small fish have the lowest mercury content. Frozen fish is a great choice because it is flash frozen upon freezing, and usually fresher than market bought 'fresh' fish.

Eggs. Free-range and organic.

Starchy vegetables, tubers, and roots. beets, butternut squash, jicama, plantains, spaghetti squash, sweet potatoes, yams, yucca/manioc, taro, lotus root, etc.

Foods To Eat Liberally (continued)

Non-starchy vegetables. Cooked and raw. Organic, local, seasonal. This includes all the greens, asparagus, broccoli, brussel sprouts, cabbage, cucumbers, cauliflower, green beans, peppers, snap peas, summer squash, zucchini, etc.

Fermented vegetables and fruits. Sauerkraut, kim chi, beet kvaas, coconut kefir, etc. These are excellent for gut health.

Traditional fats. Coconut oil, palm oil, lard, duck fat, beef tallow and olive oil. Olives, avocados and coconuts (including coconut milk).

Sea salt and spices. Avoid sugar or artificial flavorings or 'natural flavors' (labels that state natural flavors are usually derived from a petroleum product).

COMBINING FORCES

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Foods to Eat in Moderation

Processed meat. Sausage, bacon and jerky. Make sure they are gluten, sugar and soy free, nitrate free, and organic/free-range/grassfed meat is preferable.

Whole fruit. Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries and peaches over tropical fruits, apples & pears.

Nuts and seeds. A maximum of a handful per day, preferably soaked overnight and dehydrated or roasted at low temperature (150 degrees) to improve digestibility. Favor nuts lower in omega-6, like hazelnuts and macadamias, and minimize nuts high in omega-6, like brazil nuts and almonds.

Coffee and black tea. Black, or with coconut milk. Only if you don't suffer from fatigue, insomnia or hypoglycemia, and only before 12:00 p.m. Limit to one cup (not one triple espresso - one cup).

Dark chocolate. 80% or higher in small amounts (about the size of a silver dollar per serving) is permitted.

Vinegar. Apple cider vinegar is especially well tolerated and aids in healthy digestion.

Restaurant food. The main problem with eating out is that restaurants cook with industrial seed oils, which wreak havoc on the body and cause serious inflammation. You don't need to become a cave dweller, but it's best to limit eating out as much as possible while you're working on healing inflammation.

Foods to Avoid Completely

It is best to avoid the foods in this list if you are trying to heal chronic inflammation (whether it's in the body, like muscles and joint issues; or other chronic health issues, like digestive discomforts, fatigue, food sensitivities/allergies, skin problems, hormone imbalances, sleeping problems, cardiovascular problems, etc.

Dairy. Including butter, cheese, yogurt, milk, cream & any dairy product that comes from a cow, goat or sheep.

Grains. Including bread, rice, cereal, oats, or any gluten-free pseudo grains like sorghum, teff, quinoa, amaranth, buckwheat, etc.

Once your inflammation has healed, soaking grains in water for a minimum of 6 hours before cooking makes them easier to digest and their nutrients more bioavailable.

Legumes. Including beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts.

Once your inflammation has healed, soaking grains in water for a minimum of 6 hours before cooking makes them easier to digest and their nutrients more bioavailable.

Concentrated sweeteners, real or artificial. Including sugar, high fructose corn syrup, maple syrup, honey, agave, brown rice syrup, concentrated fruit juice, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.

Foods to Avoid Completely

Processed or refined foods. As a general rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like most protein powders, energy bars, dairy-free creamers, etc.

Industrial seed oils. Soybean, corn, safflower, sunflower, cottonseed, canola, etc. Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway).

Sodas and diet sodas. All forms.

Alcohol. In any form. (Don't freak out. Just until your inflammation has healed.)

Processed sauces and seasonings. Soy sauce, tamari, and other processed seasonings and sauces (which often have sugar, soy, gluten, msg, or all of the above).

Daily Health Routine

And when it comes to our health, there are certain daily habits that we follow to encourage a happy and healthy body.

Here is what my wife and I do each morning as part of our Daily Health Routine:

Oil Pulling with coconut oil. Taking a tablespoon of coconut oil and swishing it in your mouth for 2-10 minutes is called Oil Pulling. This technique is known to detoxify teeth and gums, with the added bonus of having a whitening effect on teeth. It is beneficial in improving gums and removing harmful bacteria! A healthy mouth makes way for a healthy body.

Lemon Water in a warm glass of warm water squeeze half a lemon for a great immunity booster, as well as digestive and energy booster.

Probiotics taking a probiotic capsule each morning on an empty stomach helps maintain healthy gut flora, which is central to all our health and wellness. We rotate the probiotics we take every month to introduce a diverse variety of healthy bacteria strains. High Protein and High Antioxidant breakfast - for those mornings on-the-go I make a high protein shake with a scoop of greens and a scoop of high quality, pasture raised, grass fed whey protein powder. If you're going to drink your breakfast (on occasion) make it high quality without trace metals and fillers.

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High Protein and High Antioxidant breakfast. For those mornings on-the-go I make a high protein shake with a scoop of greens and a scoop of high quality, pasture raised, grass fed whey protein powder. If you're going to drink your breakfast (on occasion) make it high quality without trace metals and fillers.

Fish Oil and Vitamin D (and vitamin K for absorption) EPA and DHA support cardiovascular health and decreases inflammation (an inflamed body is susceptible to sickness), while vitamin D plays a tremendous role in bone and immune health.

Magnesium is a nutrient that is increasingly sparse with the nutrient deficient soil our foods is grown in. Magnesium supports bone development, and is required for hundreds of enzymatic reactions that generate energy for cells and control critical neurotransmitters. A magnesium deficiency can disrupt sleep, digestion, mental clarity, recovery, and a number of other symptoms.

You can find our Daily Health Routine Supplements in our [Store here](#).

Favorite Morning Recipe

And while I'm sharing from our home life, I thought you might like a few of our easiest and most delicious meals.

Our morning is always a treat with our "Pancakes." I put them in quotations because they don't look like your typical pancake, but my kiddos prefer them to the traditional kind because they're sweet (from the bananas) and filling, so you won't be hungry after an hour of eating them (as you would with the traditional pancake.) And for ease, we mash up the ingredients and bake it in a large baking dish.

"Pancakes"

Ingredients:

- 2 bananas
- 1 large sweet potato
- 4 eggs
- 2 tbl chia seeds (optional)
- 2 tbl cinnamon
- 1 tsp vanilla



Smash, mush, do whatever you need to do to combine the ingredients. For the smoothest batter you can blend it (but that's too much extra clean up for our busy home.)

Coat your baking dish with a thin layer of coconut oil.

Bake at 350 for 25-30 minutes.

For more recipe ideas check out our [Nutritionist's website](#), which just so happens to be my amazing wife Allyson.

Easy & Delicious Dinner

When it comes to meals, we don't like to skimp on taste, but we don't like it to be too time consuming to prepare. This Green Curry Baked Cod will not disappoint (and the sauce is versatile, so it is great on chicken or any other wild fish you prefer). We also make large batches for our family of 4 so that we'll have left overs for lunch.

Green Curry Baked Cod

Ingredients:

- 2 lbs Cod fillets
- 1 can coconut milk (Natural Value)
- 1 tbl Green Curry Paste (Thai Kitchen)
- 2 tbl Coconut Aminos (Coconut Secret)
- 1/8 tsp sea salt (Redmond)



Stir ingredients together, pour over the fish and bake for 25-30 minutes at 350. Add a little basil garnish if you're feeling fancy.

Versatile Salad

We eat a veggie, protein, fat, and starchy carb (veggie) with every meal. So the more we can pack into a single dish, the better. This salad packs a pungent punch and is packed full of anti-inflammatory ingredients like ginger and garlic (great for healing). Add chicken for some protein, and jicama for a starchy root vegetable, and you have a complete meal.

Tangy Cole Slaw

Ingredients:

- 1/4 head green cabbage
- 1/4 head red cabbage
- 3 carrots
- 1 small leek
- 1 tbl Apple Cider Vinegar (Braggs)
- 2 tbl Coconut Oil (Nutiva)
- 2 tbl Coconut Aminos (Coconut Secret)
- 1/8 tsp sea salt (Redmond)
- 1/2 tsp garlic
- 1 tbl ginger root
- 1 tbl cilantro



Dice the cabbage, carrots, and green onion and place it in a large salad bowl.

Combine the apple cider vinegar, coconut oil, coconut aminos, sea salt, garlic, ginger root, and cilantro in blender until smooth. Pour over the salad (save any extra dressing for marinating chicken in).

Enjoy!

What the Research Says

I hope I've made a compelling argument for combining forces: laser, strength and rehabilitation, and diet. But if you're like me, you also want to know what the research says.

Dr. Richard Wurtman's work, Professor of Endocrinology at Massachusetts Institute of Technology (MIT), states that wavelengths of light are similar to vitamins and minerals, in that humans require a broad spectrum of frequencies for physical, emotional, and mental well-being.

Research by NASA, the U.S. Military, the Mayo Clinic, the National Cancer Institute and prominent national and international universities have also demonstrated the efficacy of laser light therapy.

When to Use Light Therapy

If you suffer from chronic pain or other illnesses, you owe it to your health to explore Light Therapy. Pain medications are used in many cases to mask the symptoms of an injury and offer little help in healing the injury. In contrast, Light Therapy can help one's body heal quicker and offers safe temporary pain relief.

Published international research for over 30 years upholds the benefits of Light Therapy for pain relief and for its anti-inflammatory effects for many conditions including:

- | | |
|---|---|
| Ankle Pain | Neck Pain (including disc problems and whiplash injuries) |
| Arm Pain | Neuropathy (nerve injury) |
| Arthritis | Orofacial Pain (including Temporomandibular Joint Disorders) |
| Back Pain | Peripheral Neuropathy (seen in diabetes) |
| Bursitis | Plantar Fasciitis (heel pain) |
| Carpal Tunnel Syndrome | Radiating Pain (Arm and Leg) |
| Coccydynia (tailbone pain) | Shoulder Pain (Frozen Shoulder, Rotator Cuff) |
| Fibromyalgia | Sore Muscles |
| Hip Pain | Sports Injuries |
| Headaches | Strains/Sprains |
| Ischemic Pain (including circulation problems) | Tendonitis, Tennis and Golfer's Elbow |
| Joint Pain | Upper Back Pain (Thoracic pain) |
| Knee Pain | Wrist Pain |
| Leg Pain | |
| Low Back Pain (including disc problems) | |
| Myofascial Pain (muscle pain) | |

Precautions

Light therapy has been researched world wide for decades and shown to be both safe and effective. Medical devices and lasers have a much higher intensity and therefore treatment times are shorter. The higher intensity can cause tissue damage and should only be used only by a licensed practitioner.

However advantageous light therapy may be, there are certain times when light therapy is not advisable. It should not be used by anyone prone to any types of seizures, Autism, or who have adverse reactions to blinking light frequencies. In some cases, where the patient suffers from phototoxicity (super sensitivity to light) or has a photosensitive skin or is taking certain medicines which can create such conditions, light therapy is not advised. Also if patients have a tendency towards manic behavior, light therapy is not advised.

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