



A new approach to treating pain with **coMra** *therapy*



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"In general, I am in a better mood, happier and my quality of life has improved a lot."

*Lifetime migraine sufferer after **coMra** therapy*

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A new approach

If you want to have lasting relief from pain and a sustained increase in quality of life, you don't just stop the pain signal, you treat the source of the pain, whilst giving support to the whole body.

This booklet is an introduction to treating and healing pain not only by targeting the pain signal itself, but also by taking into account and addressing other aspects that are involved with pain, such as the regeneration of tissue or organs, the regeneration of nerves, reducing stress in the body, and other important areas that seek to address the effects of pain.

So what is pain?

"Acute Pain as we encounter it in daily life informs us about damage that is happening to the body. Specialized sensory nerves send signals from areas of damage in the skin or inside the body to the brain to inform us that something is going wrong. In other words, pain has a clear life-preserving function, since once we become aware of pain and its cause we can take corrective action to avoid that which is quite literally destroying the body." [1]

However, much of the pain people experience today is long-term chronic pain and there is for them no hope of a way out. Given this, many people rely, for the most part, on drugs to alleviate suffering.

In spite of this, the incidence of pain is becoming worse, not better. A report in 2011 stated:

"The predicted "epidemic" of chronic pain is recognized as one of the major medical challenges for governments and individuals. The cost of work-related injury alone, in the United States, the United Kingdom, and elsewhere in Europe is counted in billions, and the costs of increasing pain in the aging populations are of the same magnitude." [2]

Consider this. A report on pain management in Europe found that the average doctor receives between 4-12 hours of formal schooling on pain in Medical School. [3] Not surprisingly, this just reinforces the limitations of the current view on pain. And the effects of that view? The incidence of pain is increasing, whilst at the same time, as the report noted;

"Drugs for pain are expensive, have multiple serious side effects, must be taken long term, and are not particularly effective." [2]



Is there another way of treating pain?

coMra therapy provides you with a way not only to treat your pain, but also to invest in your overall health, so as to achieve a better quality of life. At the same time, through regeneration of damaged nerves and tissues we can heal pain by restoring functionality in damaged tissues.

Treatments for pain include:

- ▶ **Neck pain**
- ▶ **Back pain**
- ▶ **Arthritic pain**
- ▶ **Headaches**
- ▶ **Stomach pain**
- ▶ **Inflammatory pain**
- ▶ **Swelling**
- ▶ **Muscles, tendons, joints, injury-caused pain, neural pain, toothache**

- ▶ **Cold sores** (*Kerry, U.S.A.*)

"I usually get an outbreak every 2 to 3 months. After an outbreak, the sores last an average of 7 days. They are big, painful, and itchy. After 2 courses of the UNI 6 treatment, I didn't experience another outbreak until 6 months later with smaller and less painful sores that left quicker."

- ▶ **Sensitive teeth** (*Robert Scott, Edmonton, Canada*)

"I had oversensitive teeth that were terribly susceptible to pain from hot and cold liquids. I can now drink hot and cold beverages with ease. I am just amazed at the healing results I got."

- ▶ **Tennis elbow** (*Dr Brom, Stellenbosch, South Africa*)

"The pain disappeared during the course of one treatment."

- ▶ **Knee pain** (*Gabor Wald, Toronto, Canada*)

"I had lots of pain in my knee especially going up and down the stairs. After three weeks it is good now. And it is months later I am reporting this and still it is good."

- ▶ **Severe bruising** (*E, Greece*)

"I stubbed my toe on the steel leg of a bed. It was very painful so I quickly got the Delta and started scanning it with the medical terminal at 5Hz for a couple of minutes, then variable for a couple of minutes, and the pain immediately receded. I could not go to yoga class as we use our toes for every movement, so I lasered along those same lines twice a day for the next three days, went back into a full 90 minute class with no pain or discomfort on day 3; and then same process and results again on day 5. By day 6 all was back to normal."





► **Fractured ribs** (Debbie, U.S.A.)

"I broke my ribs during the last week of February, 2012. My doctor said that there was nothing that they could give me to help heal my ribs, other than rest and that, on average, it would take about 4 to 6 weeks of excruciating pain for them to heal. I used the Delta Laser and the pictures speak for themselves. After just one week of three treatment sessions a day my ribs started to feel much better and the bruising decreased significantly. And after just two weeks all appearance of a bruise left completely. I highly recommend using this therapy."



► **Joint Pain** (Denise, Canada)

"About two months ago I noticed my large toe was enlarged and hurting. I tried icing it, working on the calluses, being sure to wear comfortable shoes when I went walking etc., basically I just put up with the hurt. I used the Delta and now have JOY and RELIEF! No more pain or soreness."

► **Ear Ache** (Julio, U.S.A.)

"We used the Delta for my son's ear infection. During the course of treatments his fever, and all other symptoms, cleared up. We are eternally grateful for the Delta treating and alleviating his sufferings, it's probably the best thing anyone can invest in."

And many more types of pain....



Low-level lasers in pain relief

Light has been used in healing for many years. Back in 1903, for example, Niels Ryberg Finsen was awarded the Nobel Prize for his invention of light therapy for skin tuberculosis. Low-level laser therapy was developed in the 1960s, and research since then has shown that it has been effective in treating a wide range of conditions. The selection of a specific frequency or range has been found to be important in creating a positive stimulus in the body.

The American Chiropractor, in a recent survey, stated: *“One of the newest trends is the overwhelming number of studies proving the value of laser therapy. There are over 2,000 positive studies and more than 250 randomized double-blind clinical trials that document the value of laser therapy with pain management, reduction of inflammation, and improved rate of healing.”* [4]

LLLT has proved effective in the management both of acute pain: *“LLLT is useful in treating swelling and edema in acute-phase injury and in accelerating healing of surgical wounds.”* [5]. As well as for chronic pain: *“...it is the capacity of phototherapy to modulate chronic pain by initiating a cascade of effects from peripheral nerve endings to the central nervous system, which is unique. Phenomena such as “windup”, central sensitization, and long-term potentiation associated with persistent pain, can be suppressed, and long-term depression of persistent pain be achieved by repetitive application of phototherapy, through modulation of the “pain matrix”. Diseases such as fibromyalgia and diabetic neuropathy, which present some of the most difficult of pain challenges, can be addressed by understanding how phototherapy affects the PNS [peripheral nervous system] and, importantly what are the optimal parameters and techniques of application.”* [2]

Low-Level Laser Therapy is actively studied to treat a wide range of other conditions: *“Low level laser therapy with the suggested dose range significantly reduces pain and improves health status in chronic joint disorders,”* [6]

“We can conclude that LLLT is able to modulate inflammatory response both in early as well as in late progression stages of RA.” [7]

► Spinal Cord Injury

Research also documents that laser can stimulate spinal cord regeneration. It was found that when the laser was applied to the spine, it significantly improved the average length of axonal re-growth and increased the total number of axons after spinal cord injury. [4]

► Neck pain

In 2009 a report on treating neck pain was published in The Lancet. It was noted that: *“Neck pain is a common and costly condition for which pharmacological management has limited evidence of efficacy and side-effects.”* The report concluded that *“LLLT [Low-Level Laser Therapy] reduces pain immediately after treatment in acute neck pain and up to 22 weeks after completion of treatment in patients with chronic neck pain.”* [8]



Beyond low-level laser therapy – coherent modulation of radiances

The discovery and subsequent experience of Magnetic Infrared Laser Therapy (MIL-Therapy) in Russia in the 1990s has shown that the combination of more than one radiance has a greater therapeutic effect than when each is applied separately.

The radiances employed in MIL-Therapy are infra-red laser light, red LED light and magnetism.

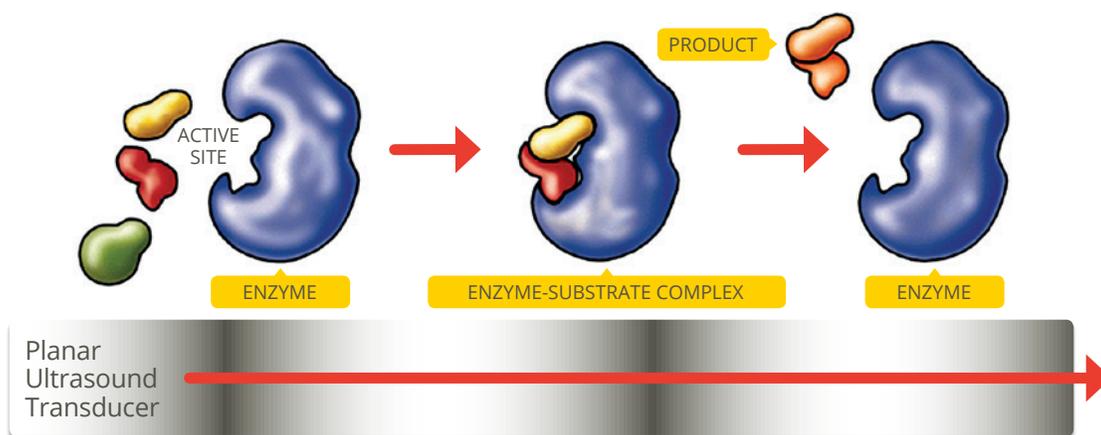
coMra therapy also incorporates infra-red laser light, together with magnetism, whilst these are added to by low-intensity ultrasound, as well as sequenced coloured LED lights in a patented geometric arrangement. The radiances additionally operate in a fully coherent manner – hence the name, coMra, which stands for coherent modulation of radiances.

Low-Level Laser light is the central component of **coMra therapy**. It provides energetic stimulus for the whole healing process.

The magnetic field enhances the effects of the laser, making the commonly used higher doses of irradiation in LLLT unnecessary.

The light from the colour Light Emitting Diodes (LEDs) is fully absorbed by the skin, and provides a healing message to skin-embedded sensory nerves. Since our skin represents the body's largest organ, possessing vital immune and endocrine functions, LED irradiation of skin also initiates both local and systemic responses to disease and pain through chemical messengers. One of the other reasons why our sequenced LEDs play an important role is because syntononic therapy has demonstrated for over 70 years that the sequencing of coloured light on the body re-balances the autonomic nervous system, and this is vital for distributing the body's energies and signals. [9]

The main role of the ultrasound is to accelerate the processes of restoring damaged cellular structures and tissues. It works on a microscopic scale as a mechanical catalyst of enzymatic reactions.



It is this synergistic combination of radiances that has led to **coMra therapy** becoming such a breakthrough in the evolution of non-invasive medicine.



One of the effects of the combination is that the higher intensities used in monotherapies are not necessary. Another effect is that the recommended doses of **coMra therapy** (times of application) are much lower than in monotherapies. There is also no risk of any overdose of **coMra therapy**. LLLT practitioners are well aware of the need for an exact dosage, because of the strong reductions in therapeutic effects in the event of overdosing. But for a **coMra therapy** user it is not uncommon to treat a headache after a long day in the office, a newly-appeared back pain, chronic pain in the knees and an allergy during one evening, without any negative effects.

coMra therapy and pain relief

We know that low-level laser therapy as well as LED light have proven abilities in relieving pain over numerous conditions, and also in different ways. Take, for example, the actions of these just on the peripheral nervous system.

“Both pain and inflammation are mediated by unmyelinated peripheral nerve terminals of small diameter Ad and C fibers, the nociceptors, which lie a few microns below the surface of the skin in the epidermis. The superficial nature of these fibers means that these important somatosensory nerves are within the penetration depths of all laser and LED wavelengths. These afferent nerve endings connect the outside world via second order neurons to the midbrain, subcortical, and cortical centers of the brain.” [2]

coMra therapy's use of coherent multiple radiances extend this effectiveness in pain relief even further.

Pain relief that is free of side-effects cannot be separated from the need to regenerate damaged tissue and nerves. **coMra therapy** promotes regeneration of damaged tissues and assists in restoring normal functionality. The effects on cells and tissues are important factors in understanding why the Delta has such powerful pain-relieving and anti-inflammatory effects by providing energetic support to cells and organs. You are not only stopping the pain, you are regenerating the damaged or depleted cells and systems from which the pain originates.

Most of our problems are caused by damaged cells, so if we are able to cause the cells to repair themselves, then we can change our health. **coMra therapy** helps regenerate many different types of cells, e.g. in connective, muscle, nerve and epithelial tissues.

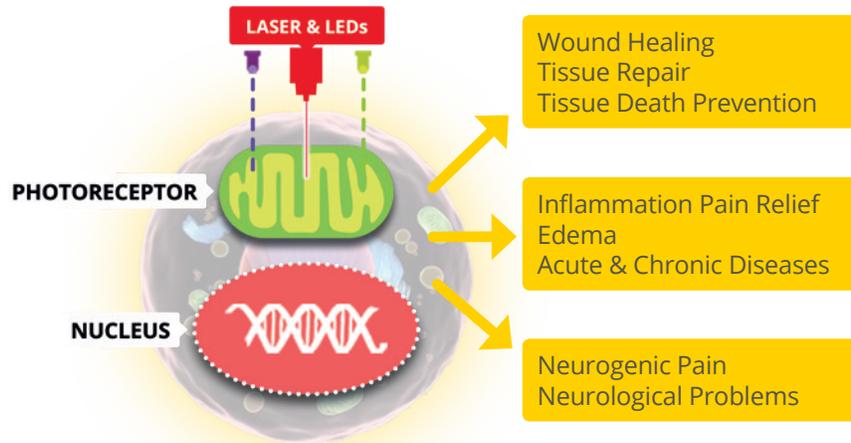
coMra therapy's effects also trigger a variety of healing responses within the body, including:

Relief from many different types of pain, inflammation reduction, regeneration of nerve tissue, muscle, bone and skin, growth of new blood vessels, repair of neurons and stimulation of immune, and other cells,

Effects have been shown to continue long after treatments have stopped. [8]



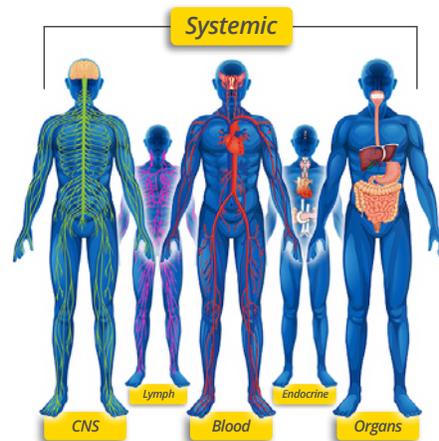
“Clinically, phototherapy will affect all the cells and tissues in the irradiated area in addition to having effects on the nerve alone, and this multiplicity of concurrent effects contributes to the overall recovery of the patient.” [2]



Comprehensive treatments and pain relief with **coMra therapy**

In treating many types of acute injuries, such as cuts and sports injuries, it is often only necessary to treat the injured body part itself. This is a local approach and it works well for simple injuries. But if we want to treat more serious injuries, especially chronic conditions and illnesses, a more comprehensive approach is required.

When it comes to serious diseases a wide variety of different metabolic processes within our cells, and throughout the body, become disrupted and impaired. Therefore, in treating longstanding or chronic conditions and ailments, greater benefits are provided by a combination of a systemic approach with a local approach.



Your body's overall state of health is not only dependent on the health of all its parts, but also on how all those parts are functioning correctly, and are therefore able to interact in the way they were meant to. With **coMra therapy**, we activate and stimulate a combination of up to 5 areas of primary functionality in the body that impact upon overall health and vitality.

A systemic approach has far wider health benefits than when the sole focus of any healing technology is confined to one area of treatment alone. Through its actions over different areas **coMra therapy** provides support for the regeneration of cells and tissue, and assists in normalising metabolic functions.

coMra therapy's systemic treatments are designed to target one or more of the following interconnected metabolic processes within the body;

1. Cellular Regeneration
2. The Immune System
3. The Central Nervous System
4. The Blood
5. The Organs

Practical examples of treating pain & people's real life experiences



► Multiple Sclerosis (Cheryl, South Africa)

The case study participant, a 50 year old female, was diagnosed with Multiple Sclerosis in 1999. She experienced 1-2 attacks per year that led to permanent neurological damage. Starting in September 2010, daily **coMra therapy** treatments resulted in a very significant reduction in a wide variety of different types of pain, and an improvement across a wider variety of symptoms, including greater vitality, increased coordination and balance, mobility and physical function. Her use of medication for symptom management and especially for pain, has substantially reduced. In her own words:

"... whilst all of my MS symptoms have not disappeared and although pain often makes its presence felt in a strong manner, the use of the Delta has allowed these symptoms to be short lived and be managed. The Delta allows me to continue with a very good quality of life – working, gardening, going for long walks, shopping, cooking, dressing, bathing – activities that many MS sufferers do not have the luxury of doing."

In this case study **coMra therapy** demonstrated remarkable healing effects across a wide range of MS symptoms in the participant. Already during the first week of therapy the short term benefits of **coMra therapy** for acute pain relief, restoring sleep and digestion were very pronounced. Although the damaged to hearing and vision sustained during previous MS attacks has not been remedied, longer term improvements in walking, fatigue levels and muscle tone achieved after 2-3 months of **coMra therapy** and continuing improvements during the next two years suggest a drastic change in the course of the disease.

To our knowledge use of non-invasive biostimulatory therapies for treating MS symptoms is not widespread. In 2003 a team of doctors and scientists from the Laser Diagnostics and Therapy Center of the Technical University of Łódź reported various therapeutic benefits of Low Level Laser Therapy for MS patients. [10] They reported pain relief effects and improvement of physical function. A variety of other studies supports the therapeutic

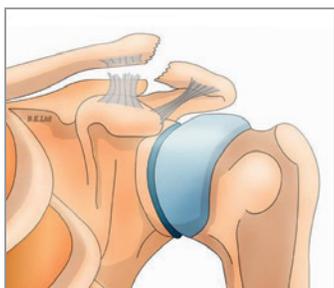


potential of low level lasers for various neurodegenerative conditions. Photobiomodulation has been shown to decrease inflammatory messengers in MS models.



► **Torn ACL and slipped disc** (Sarika, South Africa)

"I have been using for 2 and a half months. I started off with a torn ACL in my knee and a slip disc in my lower vertebrae. On the 25th May 2014 I left for a holiday in Mauritius, which I would not have been able to do prior to using coMra therapy. I was able to regain full health and mobility without any pain which was quite amazing for me, as my orthopaedic was scheduling me for an operation, which I chose not to do but rather try the Delta. I have no regrets in purchasing this product, it has given me back my vitality of life."



► **Torn ligaments – post-surgery recovery** (Colin, South Africa)

"I had a Acromioclavicular Joint Reconstruction as a result of a Horse Jumping accident. I initially used the machine on 1000 for 1 min over sections of the area so that the entire area had a full 1 min treatment daily for the first 2 weeks. I then changed to variable for 5 mins over the entire shoulder and under arm. Im still using this daily at night before I sleep."

It's incredible and after my first physio session yesterday the Physio could not believe that I have the range of movement that I do. I think the product is amazing!"



Day 1



Day 4



Week 2



Week 6

Day 1: After Surgery. **Day 4:** Already showing tissue growth. **Week 2:** This was the day they took my staples out. At my 1st week checkup the doc was already prepared to remove the staples and I had to remind him that it had only been a week since the surgery. **Week 6:** Not only have the surgical cuts healed so well but after a sonar on my shoulder the ligaments and tendons have progressed to what would have normally been 3 months' worth of normal healing.



► **Golfers' Elbow and Tennis Elbow** (Mandy, South Africa)

"Injury to the elbows was sustained through repetitive over-exertion whilst moving heavy wheelbarrow loads of crushed stone and laying heavy concrete terracing blocks in 2011.

Treatment by means of very painful cortisone injections to both elbows brought relief for a period of time, but had to be repeated. Pain relief periods became shorter and elbow mobility became impaired. Eventually, when I was no longer able to engage my car gear into reverse, I was referred to an Orthopaedic Specialist in 2012 for "release surgery" to repair the "Golfers' Elbow" injury to the left arm with good results.

Five months later, and in considerable pain, I underwent surgery on the right elbow. It was not possible to perform surgery for both injuries on the right arm at the same time as this would destabilise the elbow, so only the more severe Golfers' Elbow injury was repaired whilst the Tennis Elbow injury was once again treated with cortisone.

Healing was proceeding well until I suffered a setback in straining the elbow, trying to sit up after an emergency appendectomy, one month after the elbow surgery and, at a critical stage of the re-attachment of the tendon to the bone. This was again treated with cortisone however the right arm never healed as well as the left arm and the Tennis Elbow injury flared up again. It now seemed that I would simply have to live with the pain in the right elbow.

On meeting fellow travellers, John and Tina Botton, I was afforded the opportunity of using their coMra Laser. Strangely, the first time I used it I actually dropped off to sleep, however I did not experience rapid results and felt that it was not really bringing me relief. They allowed me to take their coMra Laser with me on my travels and urged me to continue using it at least 2-3 times daily until we were to meet up again later.

After 4 weeks of regular use I began to notice definite pain relief to the surgical intervention setback on the right elbow, and realised I was indeed starting to feel some improvement to the Tennis Elbow injury that had not been surgically corrected. I am now of the belief that longer-term therapy with the coMra Laser Therapy might well heal the Tennis Elbow injury that was not surgically corrected. If this indeed does happen, I would certainly not advise anyone to undergo the surgery I underwent but rather to use the non-invasive treatment of the coMra Laser."

► **Trigeminal neuralgia** (Nedka Petrova, Bulgaria)

In 2011 Mrs Nedka Petrova, 63, was diagnosed with trigeminal neuralgia. Her symptoms were splashes of acute pain in all three branches of the right side trigeminal nerve, but of different intensity. The pain was the strongest in mandibular branch and relatively weakest in the upper branch of the nerve. She also had the constant dull pain in her right hemiface and the numbness of the latter. Because of the disease Mrs Petrova could hardly sleep at nights having to reach for pills and she could hardly function in her daily life.

Mrs Petrova was treated by various medication programs. She has been hospitalised few



times for observation and treatment specification. However, no noticeable improvement was achieved up to August 2012 when Dr Zlatev started applying coMra therapy.

It is important to note that during **coMra therapy** all medications were suspended.

Treatment: Dr Zlatev applied the 905 nm Delta Laser, following strictly Neurology 4 from the User Guide. As suggested in the User Guide, he did 3 courses of 15 treatments each (3 weeks except weekends) with rest periods of 3 weeks between the courses.

Results: First reliefs were felt after the 4th treatment. After the first course of treatments 80% recovery was achieved, in particular Mrs Petrova fully restored her night sleep. After the second course the recovery was 100%. The third course was done merely because of the severity of the condition.

Three months after no huge relapses occurred. When occasionally slight pain reappears, Mrs Petrova applies her own 980 nm Delta Laser (purchased for other purposes) to the root of right trigeminal nerve at 50 Hz for short-while and the pain is overcome. She uses no other supporting therapy.



► **Hip pain & inflammation** (*Štěpán Janáček, Czech Olympic Pole Vaulter*)

“During summer vacation, my body temperature suddenly increased and I felt an unbearable pain in the area of the left hip. Doctors diagnosed me with Staphylococcus aureus in the blood and inflammation of the hip joint. A week of hospitalization followed, relieving the joint and applying an antibiotic treatment, which removed the Staphylococcus from the blood. Approximately 14 days after the onset of symptoms, I began applying the Delta Laser every day (using a program for vitality and relieving the inflammation of the hip joint). After three weeks of treatment my hip joint range restored to 90% and hip pain subsided. It allowed me to avoid taking medications to control the pain and energy kept restoring throughout my whole body. My personal experience with the Delta Laser is currently the most positive and most intense of all the resources that I had the opportunity to use for rehabilitation and regeneration during my professional athletic career.”

► **Knee Joint Pain** (*Blanca, U.S.A.*)

“After I was diagnosed with Tendinitis and told that my last resort was going to be surgery, I opted not to pursue surgical intervention as this would keep me bed ridden beyond a time possible, considering my line of work. After this decision, I lived with the pain, swelling and overall discomfort on a daily basis. I gained more weight not being able to exercise and even the most mundane activities were difficult. Fortunately, I heard about coMra therapy and the Delta Laser and decided it was worth a try, knowing that I could still work while going through treatment courses. I immediately noticed a difference in my knee during the first course as my swelling decreased and the pain started to diminish. In total, it took me four courses for my knee to completely heal, and I am eternally grateful for the Delta Laser as now I can exercise again as well as live my life totally devoid of any knee pain.”



► **Arthritis in Hand** (Maria Cecilia, Colombia)

"I have arthritis of the hands and it pains me in more ways than one as I love to play the piano. I wasn't able to play due to the pain and stiffness of my hands and fingers. Ever since my son introduced me to the Delta Laser I decided to use it to alleviate my discomfort. I began with Traumatology 8 back in December, 2010. My hands are feeling much better now. The pain in my hands and fingers is gone and I have much better movement."

► **Carpal Tunnel Syndrome** (Anna, Italy)

"Some time ago I started waking up at night with a feeling of numbness in my right hand. In the following weeks this occurred more frequently, also in the daytime, and the sensation went from tingling to actual pain in the hand and wrist, sometimes extending to the elbow, to a point that I had to stay off work. My doctor prescribed anti-inflammatory medications, but as that did not solve the problem, I was told that only surgery could. Luckily my friend had bought a Laser Delta a few weeks earlier for family use, and she showed me that in the User Guide there's a treatment exactly for painful wrist. I decided to give it a try, after all I had nothing to lose, since there are no side-effects with this device, and I wasn't looking forward to having surgery! I followed very seriously the recommended course, twice daily for 10 days, without missing one single treatment, and by the end of the 10 days my wrist was in perfect condition, all the pain had disappeared! Although it was recommended to follow with further courses after 3 weeks rest, there was no need, because the condition did not come back, and still hasn't after several months."

► **Osteoarthritis** (Shari, Edmonton, Canada)

"I have been diagnosed with mild generalized osteoarthritis and have experienced pain, swelling and discomfort in my joints for twenty years. Over the past few years, my right knee has become more painful and I was noticing a significant decrease in my range of motion and ability to do simple tasks. I treated my right knee with the Delta Laser for two weeks and I am amazed at the results. Within the first few days, I noticed an increase in my energy level and a decrease in the discomfort and swelling. I also had less stiffness first thing in the morning and after sitting for long periods of time. After a week of treatment, ascending and descending stairs became easier and I was able to straighten my leg fully without pain. I do realize that this is not a cure for my arthritis, but it definitely has improved my quality of life and ability to stay active. I am purchasing my own Delta Laser so that I can treat my other arthritic joints and also share it with my family. I am very grateful for the opportunity to trial this valuable technology and look forward to continued good health."

► **Radial head bone** (Scotland, United Kingdom)

"I fell on August 4th [2012], during a game of football with my 12 year old grandson, and broke the radial head bone in my left arm. Treatment from A & E [accident and emergency department] at the local hospital was initially a cloth sling for 4 days, followed by a plaster cast, with strong painkillers for 4 days and then removal of plaster cast after 5 days with cuff and collar sling"



provided and advised to try and move my arm but not “overuse” it. At this stage my arm was very painful and I had very limited movement. After a conversation with [my therapist], she suggested I try a course of coMra therapy. I had never heard of this but was willing to try anything to speed up the healing process. I had four treatments in total and am pleased to report that the speed at which my arm appears to be healing is amazing. I now have almost full movement of my left arm, with only a small amount of discomfort. I support coMra therapy and would encourage anyone with broken bones to try this wonderful therapy. 27th August 2012”

► **Chronic migraine** (Hawa, Switzerland)

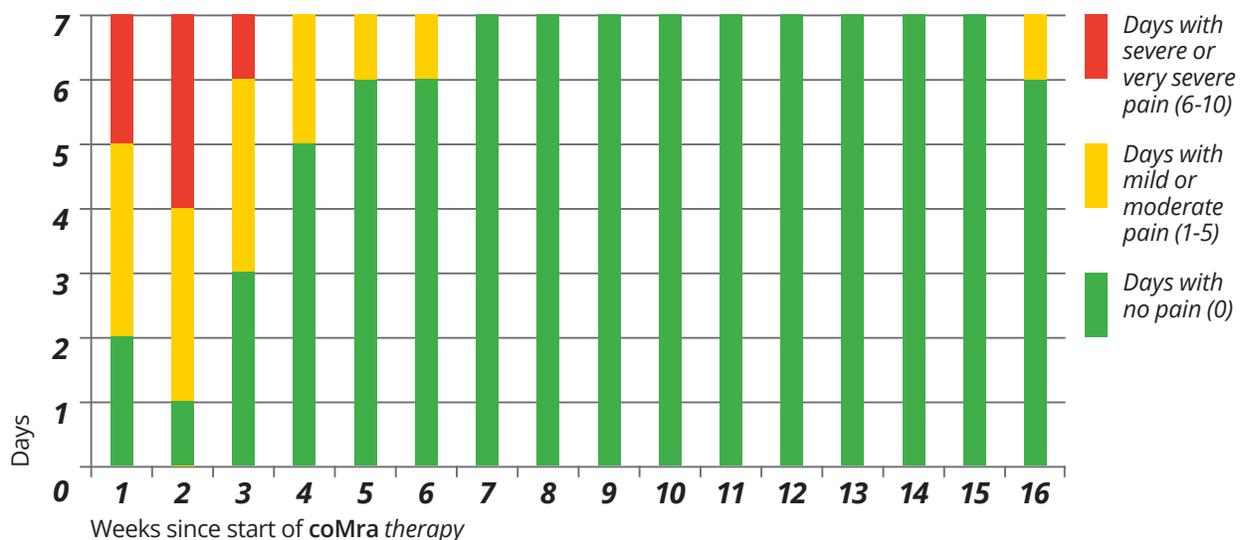
The 42-year-old female had migraine for about 20 years. Before starting coMra therapy she was in a very bad state and was on the point of being hospitalized for addiction to medication (triptans) which she took nearly every other day. She had 1 to 2 attacks a week with very severe pain, each lasting 1-3 days but also moderate to severe pain on most other week days. Pain free days were scarce.

She reported nearly all the typical symptoms of migraine: sensitive to lights and sound, nausea, vomiting, headache on one side (but also often headache on both sides since one year), pulsating headache, steady headache, worsening with movement, visual aura, neurological aura and attacks sometimes were associated with menstrual periods.

The female used the 980nm Delta Laser for daily treatments and kept daily records of her condition for 4,5 month (June 14 – October 30, 2013) as well as recorded different aspects of her health and well-being with monthly questionnaires.

Already at the end of the first two weeks of daily coMra therapy the female started to notice improvements in her daily pain levels. From the 7th week onward she was essentially pain free. She stopped taking abortive headache medication (triptans) and there was no need any more to go to hospital for medication addiction. At the end of November, 4 months after she stopped treating herself, she still was pain free.

Changes in maximum level of headaches as recorded by the female in daily diary:



► **Barotitis Media** (Matthew, Honolulu, U.S.A.)

"Since I am a certified scuba diver, I spend a lot of time in the water. On one of my outings I noticed tremendous pain in my left ear after the scuba dive. After the first treatment, the condition worsened. Upon waking up the next day, I noticed less pain in the ear. By the third day and third treatment the pain had significantly weakened. And by day four I had fully recovered."

► **ACL Reconstruction** (Luis, U.S.A.)

"After the allograft ACL reconstruction, my knee was very stiff and swollen prior to the Delta Laser treatments. I noticed accelerated rehabilitation gains and decreased pain and tightness of the joint complex shortly after commencing the treatments."

► **Hip Pain** (G. Beasley, U.S.A.)

"Since using the Delta for my Hip Pain due to arthritic changes, I have found immediate relief following just 3 days of use. I tend to stop using it when the pain goes away. But alas, the pain does return, so I go back to using it again. It is rather quick just 15 minutes per side. I can feel the healing occurring when I use the Delta. There is no discomfort when using it."

► **Joint Pain** (Denise, Canada)

"About two months ago I noticed my large toe was enlarged and hurting. I tried icing it, working on the calluses, being sure to wear comfortable shoes when I went walking etc., basically I just put up with the hurt. I used the Delta and now have JOY and RELIEF! No more pain or soreness."

► **Toenail Abscess** (Sebastian, U.S.A.)

"My toe was really painful, swollen, and purple for one week. After 3 treatments, the pain and swelling were greatly diminished."

Further information

Please contact us to find out more about the treatments that **coMra therapy** can offer for your pain or condition, and also how **coMra therapy** can enhance your general well-being and vitality. Visit comra-therapy.com



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