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Can laser therapy bring weight loss?

11:00 PM CST on Wednesday, February 9, 2005

By [JANET ST. JAMES](#) / WFAA-TV

Trying to lose weight this year?

It's not even Valentine's Day, and already lots of dieters are giving up - but there's a new weight-loss technique utilizing cold lasers that some say will help eliminate food cravings.

The therapy evolved from a therapy originally designed for smokers. News 8 sent a long-time smoker to see if it works, and he said for the first time in 34 years, his desire to smoke is gone. So, the developers of that quit-smoking program decided to adapt it and help dieters overcome their urges for fatty foods.

Eileen Platt has tried diet pills, potions, low-carb plans and high exercise - and all have failed.

"I have no willpower," Platt said.

She's hoping to gain self-control

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and lose 50 pounds with the low-energy light treatment, which is new to North Texas.

"This is our first spot, so the laser is activated right now," said cold laser technician Georgia Trentadue. "It will not cut, it's non-invasive, it's painless."

Cold lasers are commonly used for pain management, and FDA-approved for treating carpal tunnel syndrome. Now, the Anne Penman Laser Therapy Center in Plano is trying the treatment for weight loss.

Here's how it works: laser light penetrates the skin, and stimulates the cells.

"It creates a cell metabolism, which then triggers the energy point to raise their natural level of endorphins in their system," said Trentadue.

Think of it as acupuncture, without the needles. The cold laser is pressed against 38 energy points all over the body, on the face, arms, feet and ears.

"This is one of our appetite suppressant points," Trentadue said, pointing to a spot just behind the ear.

Patients, who wear goggles to protect their eyes from danger of looking at the laser, undergo cold laser treatments once a week for four weeks.



WFAA-TV

Backers say the treatment helps end food cravings.












Three weeks after her first laser treatment, Becky Thompson is 12 pounds lighter and 11 inches skinnier.

"If nothing else, this has killed my cravings," Thompson said. "It's been easy ... it's been really easy, and I've been really surprised."

Even after her treatments end, laser therapists said her increased willpower and weight loss should remain.

Costs for cold laser weight loss therapy start at \$300 for a month of treatments. Although the therapy won't hurt anyone, right now there aren't any clinical studies to guarantee it can help people lose weight.































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