

LASER ACUPUNCTURE CENTRE

激光針灸醫術中心

We are a Complementary Healthcare Clinic with Painless Treatment.

"Laser Acupuncture Centre has set a New Singapore Record and received the Singapore Book of Records Awards in 2007 for being the First to use Lasers for Acupuncture"!

**A New Approach to Medical & Aesthetic Healthcare.
Redefine Traditional Acupuncture with Laser for Better Health.
What makes Laser Acupuncture Centre Different?
We focus on Wellness Management & Functional Medicine!
Restore Mind & Body with Cutting-edge Laser
Technology & Traditional Acupuncture Techniques.
Our priority is on Quality Services, Care and Wellness!
We use Traditional Chinese Medicine Theories & Electronic
Principles to troubleshoot Medical Disorders.
Natural Treatment without Pain & Bitter Herbs.**

Our Premium Services Include

Painless Laser Management For :

**Quit Smoking, Alcoholism, Addictions, Sports Injuries,
Chronic Neck, Prolapsed Disc/Back Pain, Frozen Shoulder,
Arthritis, Insomnia, Sinus, Migraine, Diabetes, Stroke, IBS,
Pre-menstrual Stress(PMS), Slimming & Weight Loss Management.**

**Advanced IPL Aesthetic & Cosmetic Acupuncture/Laser
Acupuncture for Acne, Scars, Pigmentation, Face Firming,
Eye Bags, Hair-growth, Men's Skin Care, Oxygen Therapy,
Men's & Ladies' Wellness etc.**

**Personal Laser, Slimming, Cosmetic Acupuncture,
Laser Quit Smoking Appreciation Courses Available.
Established since 1988.**

Consultation :

**Mr. Lim Choon Huat, Rodney M.I.E. & M.L.L.T.A. (UK)
Licensed Acupuncturist – TCM Practitioners Board (M O H) Singapore
Consultant Laser Acupuncturist
P/Member – Singapore Acupuncture Association
H/Auditor – Pain Association of Singapore 2001/02
International Professional Acupuncture (W H O) China 1997**

**Mon.-Fri. : 9:30 am – 6:30pm (Lunch) : 1:00 pm – 2:00 pm
Saturday : 09:30 am – 3:00 pm**

A New Singapore Record Awards!

**35 Selegie Road, #05-08 Parklane Shopping Mall, S188307
Tel : 6742 9883**

**Email : laser.biolase@gmail.com
Website : www.laser-biolase.blogspot.com**



Mediline Technology

From: "Mediline Technology" <mediline@biolase.com.sg>
To: <rodney@biolase.com.sg>
Sent: 12 February 2007 08:13
Subject: FW: Low Power Laser

-----Original Message-----

From: poh him fong [mailto:fongpohhim@yahoo.com.sg]
Sent: 2007年2月9日 15:26
To: Mediline Technology
Subject: Re: Low Power Laser

Dear Rodney

It is my pleasure to indeed recognise that you were the one to introduce the low power laser into clinical practice back in the 80s at SGH with the Italian range of low power lasers.

Regards

A/Prof Fong Poh Him
Institute of Plastic Surgery
Tan Tock Seng Hospital

Mediline Technology <mediline@biolase.com.sg> wrote:

5 Feb, 2007

Dear Prof Fong,

Greetings, the Singapore Book of Records would like to Highlite Mediline Technology and me in their book as being the 1st to introduce the use of Low Power Laser in Singapore and I need you to verify that we are indeed the pioneer for Low Power Laser and even till today and you had evaluated the Low Power Laser when you were in the Singapore General Hospital during 1986/87 onwards where you treated Bedsores & wounds. Today I had expanded it further by using the Low Power Laser in Acupuncture.

Your confirmation is highly appreciated.

Thank you.

Yours sincerely, Rodney Lim
MEDILINE TECHNOLOGY



Real people. Real questions. Real answers. Share what you know.

LASER ACUPUNCTURE CENTRE



激光針灸醫術中心

**Our Philosophy – the Total Wellness Concept of Life,
Good Health is your Wealth!**

Mission :

We believe that the Painless Laser Energy is the 21st Century Solution to synergise the Bio-energy of our Body Health. To extend, our services to people who suffer from chronic disorders to realize their recovery of not only their symptoms but also its root causes whenever possible.

Vision :

The evolution and advances in Medical Technology have enabled Lasers to be in the forefront of Bio-energetic medicine to meet our health challenges today. The wavelengths of Photonic energy are effectively used as 'vitamins' for cellular nourishment and accelerate microcirculation to stimulate Healing.

Goal :

Our objective is to provide our Clients with the highest quality Healthcare and to 'trouble-shoot' their shortcomings due to their own body abuses over the years. More importantly, we endeavor to offer our clients effective cutting-edge treatment with affordable healthcare services that would ensure rapid recovery.

Creed :

We regard service to humanity as the best work of life! Also, to provide clients with similar belief system as an avenue to appreciate Natural Healing and Chronic Pain Management without the side of chemical and drugs.

Awards - We have set a new Singapore Records, Mr. Lim had received the Singapore Book of Records Awards in May 2007 for being the 1st to use Lasers for Acupuncture.



Consultation Hours : Mon-Fri : 0930-6.30pm. Lunch : 1.00-2.00pm. Sat : 09.30-3.00pm
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Website: www.laser-biolase.blogspot.com Email : laser.biolase@gmail.com



**SINGAPORE
BOOK OF RECORDS**

In setting a new Singapore record, this
CERTIFICATE
is awarded to

Rodney Lim Choon Huat

of

Laser Acupuncture Centre

for being the

First To Use Laser For Acupuncture

5 May 2007



Official Record Keeper

Verified By





激光针灸艺术中心

We have set a new Singapore record, Laser Acupuncture Centre was Awarded by the Singapore Book of Records for being the First To Use Lasers For Acupuncture.

Founder Rodney Lim established laser Acupuncture Centre in the 1980s. He was the pioneer in Singapore for the use of low-power laser in clinical practice at the Singapore General Hospital, National University Hospital, Mount Elizabeth Hospital and major hospitals in Indonesia and Malaysia.

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The 21st Century Medication is here – A New Approach to Medical & Aesthetic Healthcare.
Redefine Classical Acupuncture with Laser for Better Health.
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Natural Treatment without Pain & Bitter Herbs.

The evolution and advances in technology have enabled Lasers to be at the forefront of Bio-energetic medicine to meet our health challenges today. We believe that the Painless Laser Energy is the 21st Century's answer to synergising the body's Bio-energy. The usage of Laser Acupuncture in our treatment represents a new philosophy of East meets West - where Traditional Chinese Medicine (TCM) meets technology as Arts integrate with the Sciences.



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Quit Smoking, Alcoholism, Addictions, Sports Injuries,
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Arthritis, Insomnia, Sinus, Migraine, Diabetes, Stroke, IBS,
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1st To Use Lasers For Acupuncture !





第四届国际传统医药大会
The 4th International Congress
of Traditional Medicine 2007

论文集

**共同推进传统医药的继承、创新与发展，
为人类健康事业作出更大的贡献**

**Encouraging Creativity and Development
of Traditional Chinese Medicine
to Improve the Health of Mankind**

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Chinese Medicine Societies

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Singapore Chinese
Physicians' Association

2007年11月17至19日 • 新加坡新达
17 - 19 November 2007 • Suntec Singapore

How Laser Acupuncture Redefines Classical Acupuncture?

SG ■ Lim Choon Huat

Objective : To Find out the Difference between Laser and Classical Acupuncture Energy Effects on Papaya, Banana, Vegetable Seeds.

Materials : Reimers & Janssen GmbH, Model Poly laser Trion, 60 mW, 655/785, 1 & 2 inches Needles, Papaya Tree, Banana, Green Beans & Vegetable seeds.

Introduction : As we know the use of the Laser Modality in Traditional Chinese Medical Practice is not New.

Many Practitioners reckon that it is just simply replacing the classical needle with Light Energy of the Laser. However, the Effects between Laser Energy and the Classical Needle and the Moxa Roll are different and had not yet been Explored.

The evolution and advances in Technology have enable Lasers to be at the forefront of Medicine fields today. The various type of Laser and its various wavelengths have provided Doctors with unique tools for different subspecialty field of medicine.

Figure 1

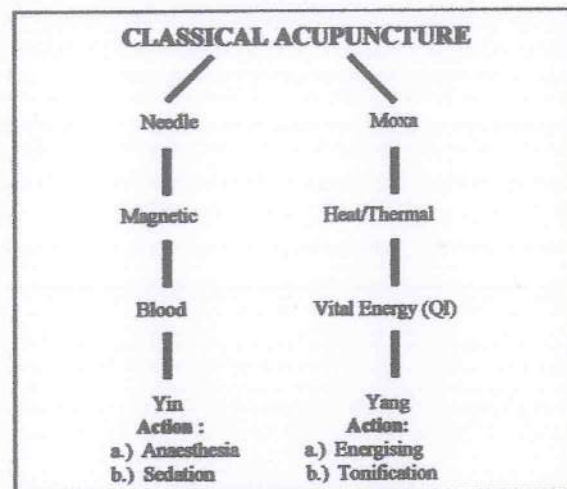
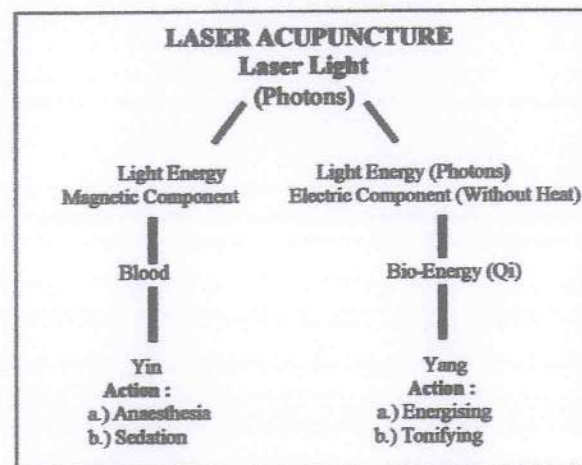


Figure 2



Why Classical Acupuncture Works?

Please see Figure 1.

The main principle of Classical Acupuncture is to promote Qi and Blood Circulation to restore the Body of any imbalance due to Cold, Heat, Dampness, Dryness and Phlegm as its etiology.



What is Laser Acupuncture? Please see Figure 2.

Similarly, in Laser Acupuncture we are introducing Two(2) very powerful systems of Healing to achieve the effects of the Classical Acupuncture without the use of the Needles and Moxa Roll with painless treatment for patient's comfort.

It balances the Vital Bio-Energy (Qi), and increase Blood Micro-circulation through the Cells absorption of the Laser light (Photons) Energy as its mechanism of action. Laser Acupuncture is a relatively new modality where special Laser Light (Photons) Energy is used to apply on specific Acupoints to achieve the effects of Classical Acupuncture to treat different ailments and balance the Body system

Broadly speaking, there are Two (2) categories of Lasers consisting of a) High Power Lasers b) Low Power Lasers.

a) High Power Surgical Lasers and its Applications are :

- a.) 10,000 nm – Carbon Dioxide (Co2) Laser for Surgery
- b.) 2,940 nm – Er: Yag Laser for Skin Resurfacing/ wrinkles
- c.) 1,064 nm – Nd: Yag Laser for PDT Treatment
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- f.) 694 nm – Ruby Laser for Port wine Stain/Tattoo Removal.
- g.) 532 nm – KTP Laser for Vascular, Melasma/ Pigmentation

b) Low Level Lasers and its Applications are for Pain Management in Acupuncture, Physiotherapy/ Rehab & aesthetics.

- a.) 632.8 nm Helium Neon Laser for Superficial Acupuncture
- b.) 670.0 nm Near Visible Laser for Acupuncture/Aesthetic
- c.) 810.0 nm Near Infrared Diode Laser for Acupuncture,
- d.) 830.0 nm Infrared Diode for Laser Therapy, Pain Management & Lymphatic Therapy
- e.) 904.0 nm Infrared Laser for Pain Management/Edema, Inflammation & Cellulite Therapy

Tissue Effects of High Power Lasers are:

- a.) Excision
- b.) Coagulation
- c.) Vaporization
- d.) No Biological Effects

Tissue Effects of Low Level Lasers Therapy (LLLT) are:

- a.) Increase of Blood Flow
- b.) Increase of Lymphatic
- c.) Increase of Pain Treshold
- d.) Enable Neurotransmitters to Release Endorphin Naturally
- e.) Promote Wound Healing
- f.) Strengthen the Immune System

Type of Lasers used for Acupuncture are:

The range of Lasers suitable for Acupuncture are called Low Level Laser Therapy (LLLT) range in the class 3b Category. The Laser Output Power will not exceed 500 mwatts/Diode.

How Laser Acupuncture redefines Classical Acupuncture?

In Classical Traditional Acupuncture – There are 2 Modalities used:

- a.) Needle
- b.) Moxa

The Needle produced Magnetic Energy which is of the "YIN" type whereas the Moxa Roll generated Heat which gives the Thermal Energy which of the "Yang" Type. The Heat Energy causes Blood vessels Dilation thus increase Blood Flow. This is the Phenomenon of Classical or Traditional Acupuncture where it revitalizes The Body's imbalances of "YIN" & "YANG" to restore the body to Good Health.

Principle of Laser Physics, $E=mc^2$

Light is electromagnetic field and when it is emitted, it has 2 components namely:

- a) Magnetic (Yin) component perpendicular to the
- b) Electric (Yang) component

In Laser Acupuncture – It is thought that by replacing the Needles with Light Energy we are doing Laser Acupuncture. This is too simplistic and not totally correct, due to Laser special characteristics and properties of Laser Light, the



Photons emitted by the Laser are "Vitamins" to the cells. Also the wavelengths of the Low Level Laser used in Laser Acupuncture also correspond to the Food Vitality chart which corresponding to body wavelength Of 650 nm. Thus, the Laser Photons provide the purest Nutrition for our body.

What is the Different between Classical Acupuncture and Laser Acupuncture?

In Classical Acupuncture - In theory, the Needle (Yin) Energy acts on Blood whereas the Modality of Moxa Roll (Yang) generated Heat to cause blood vessels Dilation which improved the Qi Flow thus Blood and Qi flow.

In Laser Acupuncture - The Laser Light emits Photons Which consists of 2 components of Magnetic (Yin) and Electric (Yang) component of Light. The Magnetic acts On Blood where the electric acts on the Vital Energy (Qi), however it does not generate Heat/Thermal Energy like the Moxa Roll.

The photons are absorbed by the cells which gain Kinetic Energy and Qi microcirculation thus Blood and Qi flow. This Phenomenon of the Laser is very comforting for Children and Elderly as there is no heat or smoke as in the Case of using the Moxa Roll. With advances in Cancer Research, it has found that second hand Smoke is bad For Health thus most Acupuncture Clinics do not use much Of the Moxa Roll. Without using the Moxa in Classical Acupuncture, we no longer can call it Acupuncture as Defined in Classical Acupuncture but rather it should be Called Needle puncture.

Method:

When we use Classical Acupuncture on the papaya while It is still on the papaya tree it has an "Anti-Ripening" Effects so that the papaya stay Ripe on the tree until it is Fully ripen. Also, it had been observed that the Papayas Were not attacked by Insects or Birds as it had a strong Aural of protection around the tree. Although this Anti-Aging effect had not been proven but it was hypothesized To have an effects on the Papaya to keep it ripen on the Tree. In the case of harvested fruits like the Bananas, it Showed its Natural Ripening effects when Acupunctured With Needles.

When the banana were Lasered for 5 minutes of Dosage Of 18 J/cm², the next day the Skin of the Banana turned 'Black'.

The Green Beans & Vegetables Seeds were Lasered for 5

minutes with a dosage of 18 J/cm². The green Beans in the Bowl were then fill with some water and left if to germinate for 3 days and it had been observed that the Bowl which was Lasered germinate first and eventually grow faster and Longer.

Similarly, some vegetable seeds were Lasered and some Did not and both were buried in a container of soils and after less than a week, the Lasered seeds grow first and as seen on the photographs.

Observation :

In Classical Acupuncture, the Needle with its Magnetic Energy activates on Blood flow & micro-circulation Whereas, the Moxa Roll due to its Heat Energy causes vasodilation of the Blood vessels thus promotes Qi flow

In Laser Acupuncture - the electric Energy (Yang) of the Laser generates Thermal /Photons but do not produce Heat to the extend of 'Burn' like the Moxa Roll on the Skin The main Difference is that the Electric Energy of the Laser is Photons, different from the Moxa Roll Energy which is Heat (Burning). Also, the Moxa Roll produces Smoke like the cigarette which found that second hand smoke is bad for Health and leave a strong smell in the Clinic. It had been observed that most Clinics do not use the Moxa Roll these days.

Moxa Roll generates Heat/Thermal (Yang) - If we were to use the Moxa Roll on the Papaya, it would "Cook" the Papaya, Beans or Vegetables Seeds.

The Laser/Photons (Yang) - which had no Thermal/Heat unlike the Moxa Roll would enhance the ripening process and accelerate the growth of Beans and Vegetable Seeds.

The Seeds will absorb the Laser Photons thus it accelerate Its growth and blossom. You can see the Photons effect as observed in the experiments results.

Conclusion :

It had been observed that in Classical Needles and Laseres When used in Acupuncture created different effects, However each has its own unique characteristics. Further research in this area and more clinical study are required in the meantime, these Two (2) unique modalities are able to be used independently or in complement as the case may be but not just replace Needles with the Light Energy completely.

However, it had been observed that the effects of the Moxa



Roll is Thermal/Heat which is the Yang component of Classical Acupuncture but its effects is different form the Laser which does not produce Heat to achieve the Yang Effects. Since it has no Heat as compared to the Moxa Roll thus it has good Tissue effects if used on the Human Body especially if its etiology is not of the 'Yang' type In Classical Acupuncture, the Needle Energy source is of Magnetic thus it is of the "Yin" type. Whereas the Moxa Roll Energy source is Heat (Thermal) of Electric, thus it is Of the "Yang" type.

This is observed in the experiment on Banana & Papaya Using Needle (Yin) Acupuncture where the Fruits ripen Naturally but the Moxa Roll cannot be used as the Heat (Yang) will "cook" or damage the Fruits.

In Laser Acupuncture, the energy source is of the Electric Type thus it is of the "Yang" type.

This is observed in my experiment on Banana & Vegetable Seeds using the Laser (Yang) although the Banana ripen till The outer Banana skin turned Black in color but the Banana Still can be eaten. Similarly, when Lasered the Vegetable Seeds, it absorbs the Laser Energy and comparing to the Non-lasered seeds the growth was lesser. Although the Laser Energy is "Yang" but it has no Heat as compared to The Moxa Roll thus it has good Tissue Effects if used on the Body especially its Etiology is not of "Yang" Type.

Treatment Dosage :

The beauty of Laser Acupuncture is that the Treatment Dosage of every Acupoint could be quantify to prevent Any over treatment and achieve the Bio-stimulating effects Of the Laser Therapy. In the case of Classical Acupuncture, We are unable of about 20-30 minutes for the whole treatment and not each individual Acupoint was used.

Experimental Results : Please 'Before & After' Photographs attached in the Extracts.

Submitted by :
Lim Choon Huat, Rodney M.I.E, M.I.L.T.A (U.K)
Licensed Acupuncturist – TCM Practitioners Board (MOH)
Singapore
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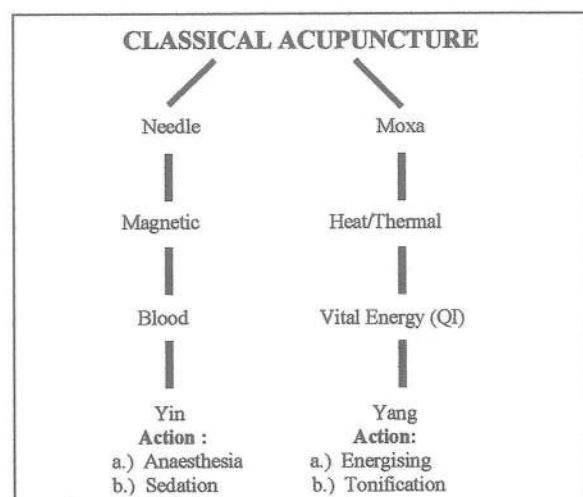
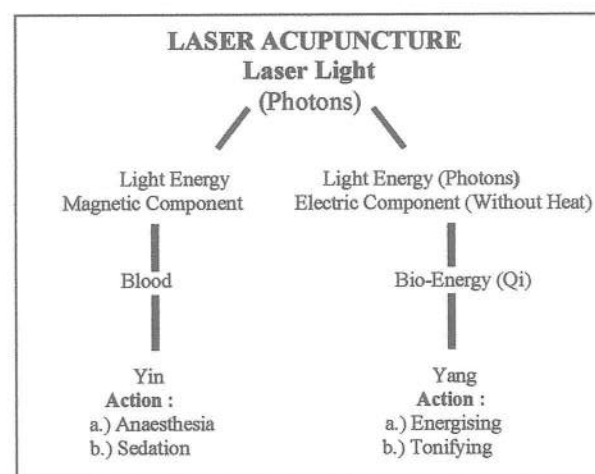


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This is observed in my experiment on Banana & Vegetable Seeds using the Laser (Yang) although the Banana ripen till The outer Banana skin turned Black in color but the Banana Still can be eaten. Similarly, when Lasered the Vegetable Seeds, it absorbs the Laser Energy and comparing to the Non-lasered seeds the growth was lesser. Although the Laser Energy is "Yang" but it has no Heat as compared to The Moxa Roll thus it has good Tissue Effects if used on the Body especially its Etiology is not of "Yang" Type.

Treatment Dosage :

The beauty of Laser Acupuncture is that the Treatment Dosage of every Acupoint could be quantify to prevent Any over treatment and achieve the Bio-stimulating effects Of the Laser Therapy. In the case of Classical Acupuncture, We are unable of about 20-30 minutes for the whole treatment and not each individual Acupoint was used.

Experimental Results : Please 'Before & After' Photographs attached in the Extracts.

Submitted by :
Lim Choon Huat, Rodney M.L.E, M.L.L.T.A (U.K)
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Singapore
LASER ACUPUNCTURE CENTRE – TEL : 65-6742 9883

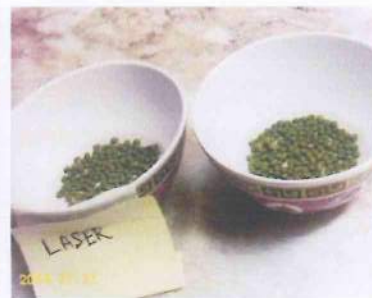
Laser Treated Vegetables

Laser Treated Bean Sprouts

06 April 2002
With Laser W/o Laser



Before - 21 Nov. 2004
With Laser W/o Laser



After - 27 Nov. 2004
With Laser W/o Laser



Needle Punctured Papaya

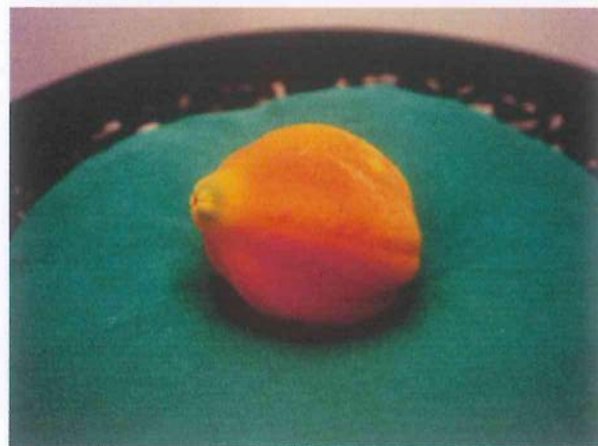
Before - 18 May 1997

After - 27 May 1997



Needle Punctured Ripen Papaya

Sweet & Juicy Papaya



Laser Treated Vegetables

Laser Treated Bean Sprouts

06 April 2002
With Laser W/o Laser



Before - 21 Nov. 2004
With Laser W/o Laser



After - 27 Nov. 2004
With Laser W/o Laser



Needle Punctured Papaya

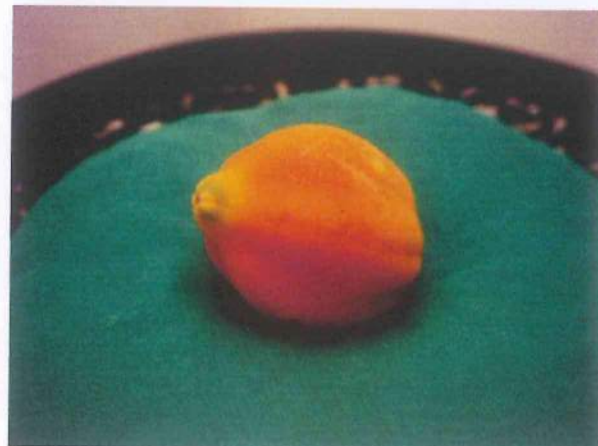
Before - 18 May 1997



After - 27 May 1997



Needle Punctured Ripen Papaya



Sweet & Juicy Papaya



Banana Effects with Needle – Puncture

Before – 16/07/05



After – 17/07/05



Lasered Banana Effects

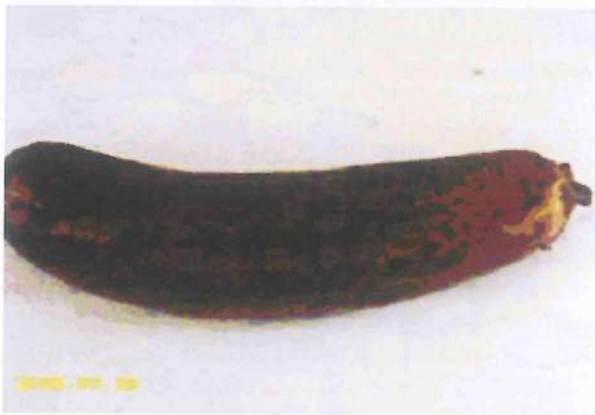
Before – 19/03/2007



After – 20/03/2007



Ripening Effect on 2nd Day After Laser Treatment - 20 March 2005



LASER ACUPUNCTURE CENTRE

Mr. Lim Choon Huat, Rodney M.I.E. & M.I.L.L.T.A. (UK)

Licensed Acupuncturist – TCM Practitioners Board (MOH) Singapore

Consultant Laser Acupuncturist

A NEW REVOLUTIONARY BREAKTHROUGH: HOW ACUPUNCTURE EFFECT DEFIES THE LAWS OF GRAVITY ?



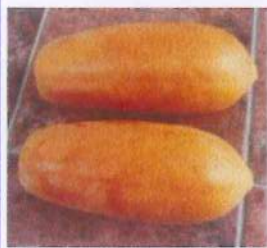
Acupuncture Treatment was commenced as the Papayas were beginning to ripen. No harmful pesticides used & papayas were exposed to the Elements.



Although Papayas were Ripen, which was intentionally not plucked to prove that Acupuncture Effect could Delay Ripening/Ageing.



Ripen Papayas did not fall to the ground which shown that it equals if not exceed the Gravitational Force of 9.81m/s² as hypothesized.



Papayas Ripen Beautifully on the tree without Insects & Pests attack and exposed to the Elements for 18 days



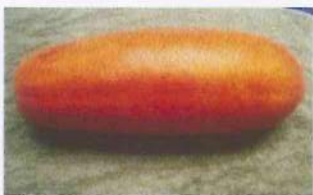
Observe inside Core remains Green, indicates anti-ageing Effect. Can Stay longer if unplucked.



The Papaya Ripen from inside out and cannot stay longer on Tree if unplucked.

Comparison of Acupuncture Treatment Effects

With Treatment



Papaya Ripen Beautifully on the Tree without Birds or Insects attack and exposed to the Elements for 15 days

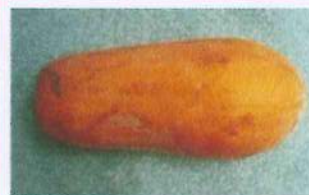


Observe Core remains Green, indicates Delay Ripening or Anti-Ageing Effect. Papayas can Stay longer if unplucked



The Papaya Ripen evenly, with good Texture, Sweet and Juicy!

Without Treatment



Papaya ripened with an unnatural yellow skin



Papaya Ripened from inside out, skin unripe and cannot be eaten, has to be kept for 1 to 2 days more.



The Texture of Papaya was over-ripen and does not look Fresh.



The above Research paper was published in the 18th & 8th International Conference on Homeopathy & Complementary Medicine on 3rd October 2009 in K.L, Malaysia.
by LASER ACUPUNCTURE CENTRE - Tel : (+65) 6742 9883 www.lasertcm.sg

THIS PAPER WAS PUBLISHED IN THE 18TH & 8TH INTERNATIONAL CONFERENCE ON
HOMEOPATHY & COMPLEMENTARY MEDICINE ON
3-5 OCT 2009 AT GENTING HIGHLAND, MALAYSIA

HOW ACUPUNCTURE EFFECT DEFIES THE LAWS OF GRAVITY ?

OBJECTIVE : To find out the Effects of the Acupuncture Needles on full grown Papaya Tree.

Materials : A Blossom Papaya Tree with Six (6) papayas, Two (2) almost fully grown unripe papayas, 5 Nos. 1" Needles and 3 Nos. 1.5" Needles.

Introduction : The use of Acupuncture in Farming is a relatively new subject although we may have heard of some Farmers in Taiwan experimenting on some Fruit trees but to date there is no scientific papers.

Earlier in my paper, "How Laser Acupuncture Redefines Classical Acupuncture", which was presented in the 4th International Congress of Traditional Medicine from 17 – 19 November 2007, organize by World Federation of Chinese Medicine Societies and hosted by Singapore Chinese Physicians' Association. I have shown that the Needle Energy being Magnetic with its Yin action could ripe a bunch of harvested unripe (Green) Bananas to ripe naturally.

With this principle in mind, the research was carried out on the 16 December 2008 where 5 Nos. 1" Needles used in normal Acupuncture Treatment was inserted on the Papaya Tree with Six (6) Papayas on it.

Method : Initially the Papaya Tree with its Fruits was wrapped with Black Plastic Bag to prevent insects and birds from attacking the Papayas.

The treatment started on December 16; once the Papaya Tree was acupunctured, all the Black Plastic Bags were removed and the Papayas were exposed to the Elements. Initially, the 5 Nos. 1" Needles were used on the Papaya Tree. After Two (2) days, the Needles were manipulated and the ripening effects observed were very slow.

Each day passed, the Papayas eventually turned 'Yellow' and it was until December 31 when observed that the Papayas were fully ripen and could be plucked and eaten. However, for the purpose of this Research the Papayas were not harvested but another 3 Nos. 1.5" Needles were added to strengthen the Acupuncture Effects.

However, by 3rd January 2009, it was observed that Two (2) of the Papayas were extremely ripen thus it would be a waste if the Papayas were to drop and cannot be eaten. Thus, the extremely ripen Papayas were plucked.

Observation :

- a) Upon cutting the ripen Papaya, it was observed that the Anterior core was still fresh and Green which indicate its Anti-ageing effects and it could stay on the Tree at least another 2 days longer if unplucked.

There were few vital effects occurred on the Papaya with the Acupuncture Treatment as below :

- b) It was observed that the 'Peel' of the Papaya was very thin and the Ripening effect was from 'Outside' Peel into the 'Flesh' texture of the Papaya.
- c) It was so thin and mature that the 'Peel' could be eaten if desired.



Asian Homeopathic Medical League (AHML)

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- d) The 'Flesh' of the Papaya with good texture was still firmed, fresh, sweet and juicy.
- e) When eaten, the whole Papaya was sweet; normally with untreated Papaya the Anterior core section will not be sweet and more challenging to eat it compare to the Posterior Section.
- f) It had shown that the Acupuncture effects managed to overcome the Gravitational (G) Force or even exceed the 'G' Force of 9.81m/S^2 .
- g) Also, my hypothesis is that the Acupuncture effects had created a magnetic field around the Papaya Tree which prevents the Birds & Insects from attacking the fruits.
- h) It seems that the Magnetic effects around the tree could also reflect the UV components of the Sunlight thus it delays the Papayas from ripening.

Comparison : In order to ascertain the Acupuncture Effects, a comparison was made to check out if there was a difference before the Treatment and without Treatment. A reasonable sign and partially ripe Papaya was bought at a local supermarket and was left for about 3 days; and on the 4th day it was shown to be already ripened!

Observation :

When the Papaya was cut on the 4th day, the following were observed :

- a) When the Papaya was cut, it was found that the 'Peel' was still not ripened.
- b) The inside Texture of the Papaya was totally ripened.
- c) It could be seen that the process of Ripening was different from the Acupunctured Papaya. The untreated Papaya ripen from inside to the outside.
- d) It would not be possible to eat the Peel as it was still 'Raw'.
- e) The Anterior Core was different from the Acupunctured Papaya Core which was already mature.
- f) Although the Peel was still not totally ripen but if it was to be kept for another 3 days, it would not be possible to eat the Papaya.

Conclusion :

It was observed that the Acupuncture Needles Effects had a very powerful influence on the Papaya Tree as below :

- a) It built up a powerful Magnetic Field or Aural around the Tree and the Papayas when exposed to the Elements.
- b) This could be the reason why the Birds and Insects did not attack the Papayas.
- c) The Needles Effects enables to Papayas to delay its Ripening due to the deflection of the UV reduction of the Sunlight. Thus, the Papaya could be ripening naturally from the external Peel to the Inside Texture of the Papaya.
- d) The Needle Effects had a strong influence on the Papaya as it overcome or exceed the Gravitational (G) Force, although the Papayas were fully ripen but it did not drop to the ground. It does delay the Ageing process of the Papaya.



e) Therefore, there is a possibility of delay Ageing of our Human Body when one receives Acupuncture treatment.

f) As compared to an untreated Papaya, the effects are totally different.

I called upon more Practitioners and Clinicians to look into this subject and propose more research to be carried out to discover the remarkable Acupuncture Effects on Anti-Ageing as shown on the Papayas.

A Research done by :

LASER ACUPUNCTURE CENTRE

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P/Member - Singapore Acupuncturist

H/Auditor – Pain Association of Singapore 2001/02

International Professional Acupuncturist (W.H.O) China - 1997



Asian Homeopathic Medical League (AHML)

USE OF LOW POWER LASER IN ACUPUNCTURE

LIM Choon Huat Rodney (SINGAPORE)

The history of Low Power in Acupuncture and Medicine is relatively short of less than 50 years compare to the use of Herbs and Antibiotic. One of the reasons for lack of use of Laser in Acupuncture is the understanding of its mechanism is not fully understood.

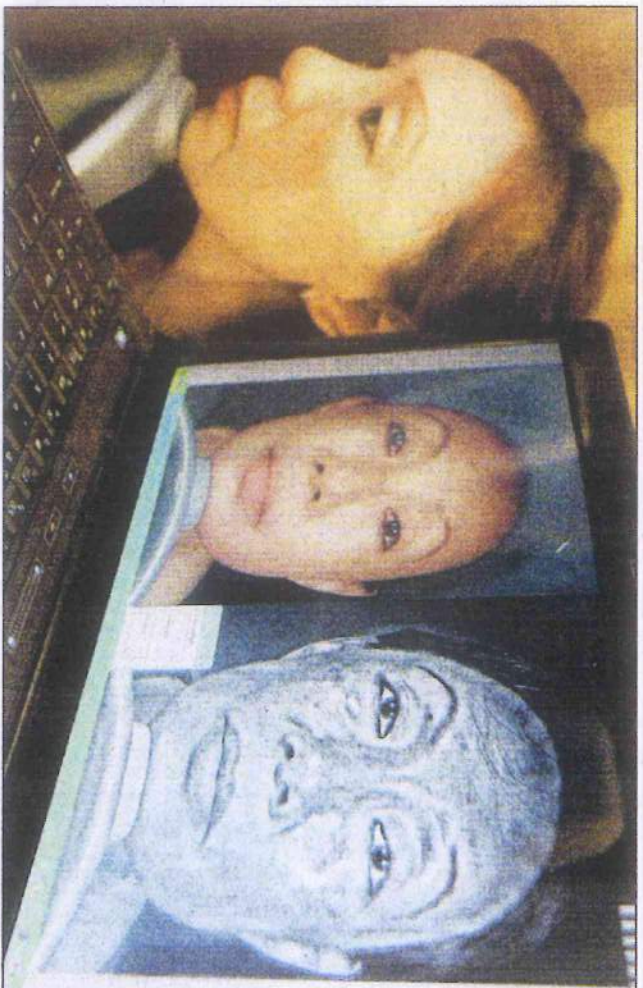
This wonderful modality will be put on the shelf if none of our Physicians and Acupuncturists are interested to use the Laser and research it. It is in this respect that I would like to share my knowledge and experience with you regarding the action of Laser in Tissue. I had been using the Low Power Laser since 1985 and had been trained in Italy, UK and Germany regarding the Laser mechanism and how it works.

To fully understand how does the Laser work, one had to understand 2 aspects:

1. Principle and Laser Physics- which had been proven by Albert Einstein's Quantum Theory of Relativity which we will not discuss in this paper.
2. The Photobiological Effects – ie the Biostimulating Effects demonstrated by Prof Emdre Mester from Hungary in his Clinical Research.

For the purpose of this paper, I will concentration the Biostimulating Effect of Laser Light – Biostimulation.

- A. What is the difference of normal light compared to Laser Light?
- B. What are the Low Power Laser Tissue Effect?
- C. What are Physiological Effects of Laser Light?
- D. Benefits of Laser Energy in Acupuncture.
- E. Indications of Laser Therapy.
- F. Contraindications
- G. Acknowledgement.



NG SOR LUAN

See how smoking harms skin

For some smokers, appealing to their vanity might help. Tobacco ages the skin, but sometimes there is nothing like seeing proof of it.

At the Sloane Clinic, an Omnia Ultraviolet Imaging System can show up the damage which has been done to the skin, for example by age, the sun, and yes, tobacco smoking.

The system uses X-ray imaging to look beneath the skin and see the real damage, said the medical director of the clinic, Dr Low Chai Ling.

"This is a good way to show them the effects of smoking, especially young girls who do not believe that they can age terribly," said Dr Low.

A free skin analysis, using the system, is done upon the first consultation at the clinic, which costs \$50.

This method is most effective for young women who are just starting to smoke and see the effect the habit has on their skin, said Dr Low.

She said she has definitely seen more damage to smokers' skin.

But most do not quit smoking immediately even after they see the pictures.

"I would think that people would drop their cigarettes once they see these images, but they don't as it is a habit which is hard to kick," said Dr Low.

Acupuncture

Acupuncture has long been a popular method of quitting smoking and now you can do it without having needles stuck into you, with laser acupuncture.

A therapist applies a cold laser beam to specific energy points on the body. The idea is to stimulate the release of endorphins to help relieve stress and thereby reduce the cravings

for nicotine.

A 30-minute session costs \$75 at Laser Acupuncture Centre in Selegie Road.

Six sessions over two weeks are required for the method to be effective, said acupuncturist Rodney Lim.

The centre, which sees about 10-15 smokers monthly, uses a combination of laser and traditional Chinese medicine.

Drugs and patches

Medication and nicotine replacement treatments are a tried and tested method. Zyban, also known as bupropion, comes in tablet form and works like an anti-depressant. It helps to reduce the urge to smoke.

The prescription-only tablet has to be consumed strictly according to instructions as an overdose could lead to fits, said Dr Chng Shih Kiat, senior family physician at Raffles Medical Clinics.

Other side effects include a raised heart rate, giddy spells, dry mouth and indigestion problems.

Nicotine replacement treatment comes in various forms such as patches, chewing gum and inhalers. They release nicotine into the bloodstream to help counter cravings and reduce other physical withdrawal symptoms when weaning off tobacco. All forms come in different strengths that are decreased over time.

When combined with counselling sessions, nicotine replacements and medication provide up to a 35 per cent success rate, said Dr Chng.

Rodney Lim Choon Huat Singapore



Electronic Engineer, with his Diploma in Electronics and Communication, Member of the International Laser Therapy Association, specialised in Medical Laser Therapy, Acupuncture and Laser Biotherapy.
General Manager of Medicine Trading Company, Singapore.

One of the greatest discoveries for mankind this century in the field of Medical sciences, is the LASER.

An oriental viewpoint on laser hair treatment

Laser is today a common name, known from use in grocery stores for labelling and pricing up to the recent bad memory of the Gulf-war, and all fields of technology.

The use of light energy in healing and treatment of diseases is not new. Due to the observation that the sun's ultraviolet rays caused skin cancer, the research on sunlight from a medical point of view goes back to the early 1920s.

Light energy of different wavelengths produced different results. However, the use of Laser energy to treat and cure diseases is relatively new (about 30 years), compared to the use of antibiotics.

The use of Low Power Laser today would not have been possible without the foresight of the "Father of Laser Biotimulation" - Professor Endre Mester from Budapest, Hungary.

I have had the fortune to meet and visit his sons, Professor Adam and Andrew Mester, who are continuing the research started by their father. Professor Mester started his experiments with Lasers in 1964 and noticed that the Low-energy Laser radiation had a stimulating effect while high-energy radiation had an inhibiting effect. In his experimental wound treatment on mice, he also observed a rapid hair growth.

The Laser wavelength of 632.8 nm of the Helium Neon used by Prof. Mester has been well documented and studied on 15 various biological systems. The positive results of his works triggered the world's scientists' and researchers' attention into more Laser research. Now, the Laser tissue effects and function are better understood in Western Medicine. The use of the Low Power Laser is a modality in hair treatment - a small step of a milestone for mankind.

Having the privilege of understanding Western clinical studies, like to share my subjective experience from the traditional oriental viewpoint of why and how the Laser hair treatment can be effective? I started using the laser for ulcers, wounds, sport injuries, anaesthesia in 1985. The use of the Laser for hair treatment caused me as I was also

loss. However the medical Laser possessed by me was not specially designed like the Boston Hair Laser. Thus it was not as convenient in use.

The designer and engineers of Boston Hair Laser, must be complimented for their innovative ideas in coming up with such convenient and handy devices that treat not only the hair but also the scalp. It is not only the Laser energy that causes the hair-growth or stops hair-loss. The internal environment in the head that prepares the ground for hair regeneration is most important. The Laser photons are like the ingredients of "water and fertilizers" to the hair. The basic principles are better blood micro-circulation, relaxation and nutrition which the Laser photons produce due to the typical design of the Boston Laser, as the whole head is irradiated at the same time.

The head is the summit and crown of the human body. Inside the head, it houses the 'softwares' and the 'communication networks' to control all the body activities and functions. This determines our state of health or illness. These messages are received by the body signaling whether to relax, be worried, happy or get sick.

In traditional Chinese Medicine with its 5,000 years of history, one considers that an illness or disease is manifested due to an imbalance of the 'Qi' energy in our body. The imbalance of the 'Yin' or 'Yang' channels or Meridians are internal factors in the body which are impossible to harmonise with external factors.

The human body has a system of channels (Jing) and collaterals (Luo), which are the passage ways distributed in which Blood and 'Qi' (Vital energy) circulate. They form a network connecting the superficial and internal portions of the body, to regulate its function.

The 12 regular channels are the main trunks running lengthwise, while the 15 collaterals are their branches. In addition, there are 8 Extra channels, Inter-mediate channels, Divergent channels and the Deep channels with connections to the internal body organs.

'Regular' channels of the 'Superficial' channels and 2 'Extra' channels and the 'Collaterals' that connect to the 'Regular' and 'Extra' channels. These are other points still to be discovered.

The 6 Regular channels are:

- 1) Large Intestine Channel
- 2) Stomach Channel
- 3) Small Intestine Channel
- 4) Urinary Bladder Channel
- 5) Sanjiao (Triplet Warmer) Channel
- 6) Gallbladder channel

The Extra Channels are:

- 1) The 'Du' Channel (Governing)
- 2) The 'REN' Channel (Conception)

The DU channel (back Midline) is one of the 2 unpaired channels, the other being the REN channel which runs in the front Midline. The DU channel is not linked to any definite organ but it has a controlling or 'governing' influence on all the other YANG channels and hence occupies a very important place in Acupuncture.

The REN channel, like the DU channel, is not linked to any definite internal organ. However, YIN channels on the anteriorly situated alarm points of certain internal organs. It has an influence on the reproductive and genital functions, on account of which it is also called the 'Conception' vessel.

Each channel has its Luo-Connecting and 'Yuan-Source' points to connect the other channels. The Luo-Connecting points are Acupuncture points where connections exist between interior/exterior related YIN and YANG channels.

The 'Yuan-Source' points are Acupuncture points which help to treat chronic or subacute disorders of that channel or its pertaining organ.

Although half of the 12 regular channels pass through the head, it is linked to the other 6-regular channels by the network of Luo-connecting points, extra channels, collaterals, etc., therefore the whole system is in place. The master point or its 'Headquarters' exists on the DU channel the BAIHUI (HT)

in Chinese, it means the meeting point of a hundred points. This point controls all other points and channels in the body.

Therefore, 'BAIHUI', the most vital point in our body at which many diseases could be treated and cured, is well covered when you have the laser light hair treatment.

Although your clients may come to see you for hair treatment, in my opinion they can also benefit from the same treatment if they have some of the below mentioned problems.

Some of the indications are as follows:

- a) Migraine
- b) Bronchial asthma
- c) Insomnia
- d) Epilepsy
- e) Skin disorder
- f) Loss of memory
- g) Neurasthenia
- h) Psychiatric and neurological disorders
- i) Impotency

While the 'BAIHUI' point is the best tranquilizing and sedative point, the Gallbladder channel point, 'FENGCHI' (GB 20) in the occipital region relaxes the spinal cord, the central nervous system, thus providing better blood circulation. As there are hundreds of points existing on the head from the other channels which complement the treatment, the therapeutic effect on the total system is very well enhanced with this treatment.

What is the feeling during this treatment?

This is safe, modern scientific therapy without pain. Depending on the condition of your health, you may feel or not feel anything during the first treatment. Generally the clients can feel tingling sensation on the head, hands, feet and body. You can also observe that the face gets slightly red.

Subjectively, the feedback from clients tells us that they felt relaxation, good quality of sleep, no headache, vision improved, headache disappeared, etc., and the general well being of their lives had improved.

The Laser treatment would

problems are classified as 'electrical', which means related to poor circulation. It would provide relief if the problems are classified as 'mechanical' which means obstructed by bone compression or adhesion.

Contraindications

The use of the HeNe at 632.8 nm is very well studied and documented by Prof. Mester. Until now there are no international reports of patients suffering any side effects after receiving Laser treatment. Therefore, it is regarded as absolutely safe to use this treatment.

Safety

The Boston Laser complies with F.D.A.'s requirement as a Class I Laser product. Therefore, the energy produced by the photons does not have the thermal component to cause any thermal injuries to the users and operators alike.

In conclusion, if you think that the Hair Laser is only effective on the hair and its related problems, then this is not totally correct. The traditional Chinese medicine theory enables us to understand why and how the Laser therapy could be effective especially due to the design of Boston Hair Laser. It provides the simplest and most effective way to render the treatment.

To have better cell nutrition and to enhance better results, the treatment could be complemented with hair products such as Radichin, etc.

Therefore, this system of treatment could offer those who suffer from hair loss, and baldness a brighter future than they could previously expect. Remember, it is not only the hair that is treated, it affects the equilibrium and blood flow in the body as well.

In my opinion, the Boston Hair Laser is one of the best modalities to tackle a common problem faced by individuals. I consider this an effective way of treating hair loss and rejuvenation and significantly speaking, it may happen that the new generation will be able to

LASER HAIR

TREATMENT

AN ORIENTAL VIEWPOINT



The use of light energy in the treatment of diseases is nothing new. In fact, medical research on the sun's ultraviolet rays, which have been known to cause cancer, dates back to the early 1920s.

However, when compared to antibiotics, the use of laser energy to treat diseases is relatively new (about 30 years). In this respect, we owe much to Hungarian Professor Endre Mester, the "Father of Laser Biostimulation".

His experiments, especially on the Helium Neon, using a laser wavelength of 632.8nm, has been well documented and studied on 15 various biological systems. And the positive results of his works have been the main reason why more scientists are looking into laser research.

Hair growth or hair loss is not the

result of the use of laser energy alone. Equally important is one's state of health as it will have a direct influence on hair regeneration.

Laser treatments work by stimulating micro-circulation, providing relaxation and nutrition as the head is being irradiated. In this treatment, laser photons are used to stimulate their growth.

BODY MECHANISM — THE ORIENTAL VIEWPOINT

The head is the summit and crown of the human body. It houses all the "softwares" and the "communication networks" which control all bodily activities and functions, which in turn determine our state of well being.

In Chinese medicine with its 5,000 years of history, an illness or disease is often diagnosed as being due to an imbalance of the *Qi* energy in the

BY RODNEY LIM

body. The imbalance of internal factors such as the *Yin* or *Yang* channels or Meridians in the body occurs when they are not in harmony with the external factors.

The human body has a system of

Those who have undergone the treatment have said that they are more relaxed and can sleep better. Others who have suffered from headaches, sinusitis and backaches have noticed an improvement in their condition.

channels (*Jing*) and collaterals (*Luo*), which are passageways in which blood and *Qi* (vital energy) circulate. They form a network, connecting the superficial and interior portions of the body, to regulate their functions.

The 12 regular channels are the main trunks running length-wise, while the 15 collaterals are their branches. In addition, there are eight extra channels — intermediate, divergent, and the deep channel — which are connected to the internal organs.

In the head alone, there are six regular channels and two extra channels as well as collaterals. Unfortunately, what is known is not complete as there are other points yet to be discovered.

The six regular channels are:

- 1) Large Intestine Channel
- 2) Stomach Channel
- 3) Small Intestine Channel
- 4) Urinary Bladder Channel
- 5) *Sanjiao* (Tripler Warmer) Channel
- 6) Gallbladder channel

The extra channels are:

- 1) the *du* Channel (Governing)
- 2) The *ren* Channel (Conception)

The *du* channel (back Midline) is one of the two unpaired channels. The other is the *ren* channel, which runs in the front Midline. The *du* channel, not linked to any definite organ, has a controlling influence on all the other *yang* channels and hence has a very important place in acupuncture.

The *ren* channel, like the *du* channel, is not linked to any definite internal organ. However, *yin* channels on the anteriorly situated alarm points of certain internal organs have an influence on the reproductive and genital functions, which is why they are also called the conception vessels.

Each channel has its own *luo* connection and *yuan* source points to connect the other channels. The *luo* connecting points are acupuncture points where connections exist between interior/exterior related *yin* and *yang* channels.

The *yuan* source points are acupuncture points, which help to treat chronic or subacute disorders of that channel or its pertaining organ.

Although half of the 12 regular channels pass through the head, they

are linked to the other six regular channels by a network of *luo* connecting points, extra channels, collaterals etc, therefore the whole system is in place. The master point or "headquarters" which exists in the *du* channel is the *baihui* (*du* 20).

Baihui, in Chinese means the meeting point of a hundred points. This point controls all other points and channels in the body.

Therefore *baihui*, the most vital point in our body and on which many diseases can be treated, is well protected when you undergo a laser hair treatment.

For best results, the treatment should be complemented with the use of hair products.

Besides those with hair problems, patients with migraine, bronchial asthma, insomnia, epilepsy, skin disorder, loss of memory, neurasthenia, psychiatric and neurological disorder, and impotency can also benefit from this treatment.

TREATMENT

It is a safe, modern, scientific therapy. Whether you experience pain or not during treatment depends on your health.

Usually, patients would feel a tingling sensation on the head, hands, feet and body. A slight flush of the face is also not uncommon.

Those who have undergone the treatment have said that they are more relaxed and can sleep better. Others who have suffered from headaches, sinusitis and backaches have noticed an improvement in their condition.

Whether the problem is classified as electrical, which arises due to poor circulation, or mechanical, the result of an obstruction due to bone compression or adhesion, a course of laser treatment may be beneficial.

Perhaps more importantly, there is no report of any patient suffering from any side effects. ♦

Rodney Lim holds a Diploma in Electronics and Communication. He is the general manager of Mediline Technology Pte Ltd and a member of the International Laser Therapy Association.



Photography: ix Shen ■ Location: Mediline Technology Pte Ltd

It is only natural that those of us who had been brought up on the School of Thought (Medicine) live by it. After all, it is well rooted in societies the world over.

However, where the School of Alternative Medicine is concerned, most people are either ignorant or know very little about it.

Some of the main complementary branches of alternative medicines include acupuncture and moxibustion, laser acupuncture & therapy, homeopathic, naturopathic, macrobiotics and pranic & chakric healings.

In traditional Chinese medicine, it is believed that any ailment or disease is manifested due to an imbalance of the Yin and Yang. This imbalance, if not corrected, will lead to sickness.

Thus, the ideal treatment should probe into the root cause of the problem and its symptoms. With this in mind, the approach to any ailment must involve two aspects i.e. internal and external.

The main internal systems in our body are the nervous system, the reproductive system, the endocrine system, the circulatory system, the respiratory system, the urinary system and the digestive system.

Together they govern our mental activities relating to our emotions and thus project our physical appearance. An upset in any of these systems will manifest certain illness if proper treatment is not administered.

In the traditional Chinese medicine, the seven internal systems are classified as joy, depression, melancholy, grief, fear and

BY RODNEY LIM

HEALTHY LIVING WITH ALTERNATIVE MEDICINES

fright. The external factors — wind, cold, heat (sun), damp, dryness and hot — refer to the natural environment which the body is exposed to.

The human body has the ability to resist any invasion of the pathogenic factors thereby keeping a relative internal balance in the body as well as the external environmental conditions.

Hence, any disorder should be examined in its proper perspective and tackled in its totality i.e. its origin, cause and cure.

As treatment of any sickness is never easy, preventive measures, wherever possible, should be taken.

THE APPROACH

With growing affluence, many have neglected the basic requirements of healthy living — diet, rest and exercise.

If these requirements are not fulfilled, it is extremely difficult to treat any illness.

Many have doubted the capabilities of alternative and allopathic medicines. However, it has been shown that if detected in its infant stages and if all the pre-requisites are favourable, diseases such as diabetes, leukaemia and pneumonia can be cured.

Never assume that where modern medicine has failed, traditional Chinese medicine cannot succeed. Bear in mind that Chinese medicine has a history dating back some 5,000 years.

DIET

Our diet is a basic and an important parameter of life. For good health to prevail, one has to eat proper meals.

The importance of breakfast cannot be emphasised enough. In short, one has to eat smart — consuming foods that are rich in nutritional values.

For example, those who constipate frequently are probably guilty of drinking insufficient water and eating low fibre foods. Ideally, we should drink between six and eight glasses of water daily. A proper bowel movement is absolutely necessary if toxins and waste products are to be eliminated from the body.

In traditional Chinese medicine, there are the Yin and Yang types of foods. To prevent the access of lipoprotein deposits, more vegetable proteins should be eaten instead of those from animals.

This is because animal proteins take a longer time to digest and be broken down into nutrients for assimilation by the small intestine. The indigested protein will turn into uric

acid, fats and cholesterol, thus corroding the body system.

It is also fairly common occurrence for foods that are rich in nutritional value to be prepared wrongly. The result? It loses much of its nutritional values. ▶

The Beautiful "Laser-face" Bride

The stress of planning for your wedding often takes its toll on the face. But, don't despair. There is a new technique to revitalise your face so that you can look your best on your wedding day— **Laser Therapy**.

Laser Therapy is a relatively new, safe, painless, modern and hygienic technique used to 'save' the skin. **Mediline Trading**, the company which markets the laser therapy equipment, said that based on numerous research now going on Worldwide, it has shown that the Aesthetic treatment is just the tip of an ice-berg, Laser Therapy can help improve the texture of the skin, reduce fine wrinkle lines, reduce the appearance of stretch marks and scars and treat those with acne. In addition it can help reduce cellulite and generally improve muscle tone.

According to research carried out at the Guy's Hospital in London, the light energy from the laser beam can reach the skin cells which otherwise, cannot be reached by normal cosmetic preparations. Therefore, the results produced from such treatments are not only faster but also better.

When Laser Therapy is employed using the traditional techniques of acupuncture, it can help solve a lot of medical problems like overcoming stress and revitalising the body, thus in Aesthetic treatment as well.

Mr Rodney Lim, a laser acupuncturist from **Mediline Trading** said, "Laser Therapy has not really gained its popularity in Singapore because many people has misconceptions about the method of treatment and the effects it is able to attain."

"For starters", continued Mr Lim, "one needs to bear in mind that the type of 'lasers' used for cosmetic purposes are 'low-powered', unlike those used in hospitals to treat 'medical cases'. Therefore, it is safe. The reason why some people have made complaints of being burnt and cut during laser treatment is because these people received their treatment from untrained beauticians who used the High Power Laser, instead of the class III Type. That is why it is always essential to ensure that your beautician is a trained professional and from a respectable salon."

Some salons use the laser as a gimmick to attract customers, in actual fact they possess a laser with little energy that would take hours to treat. Non-professional Laser equipment may not have International Certifications as a result the output power of the Laser equipment is reduced after the set is in use for say 10-15 minutes. This is also another reasons some clients do not believe in Laser Therapy as the result is not impressive.

Going into more details, Mr Lim said, "Laser Therapy can activate the lymphatic system of the body, which is responsible for the drainage of excess fluids and toxins away from the body. As a result, it can also help people with a weight problem. Collagen fibres of the skin will also be strengthened by the treatment. In addition, the moisture level of the skin is also normalised and this prevents the skin from ageing too quickly."

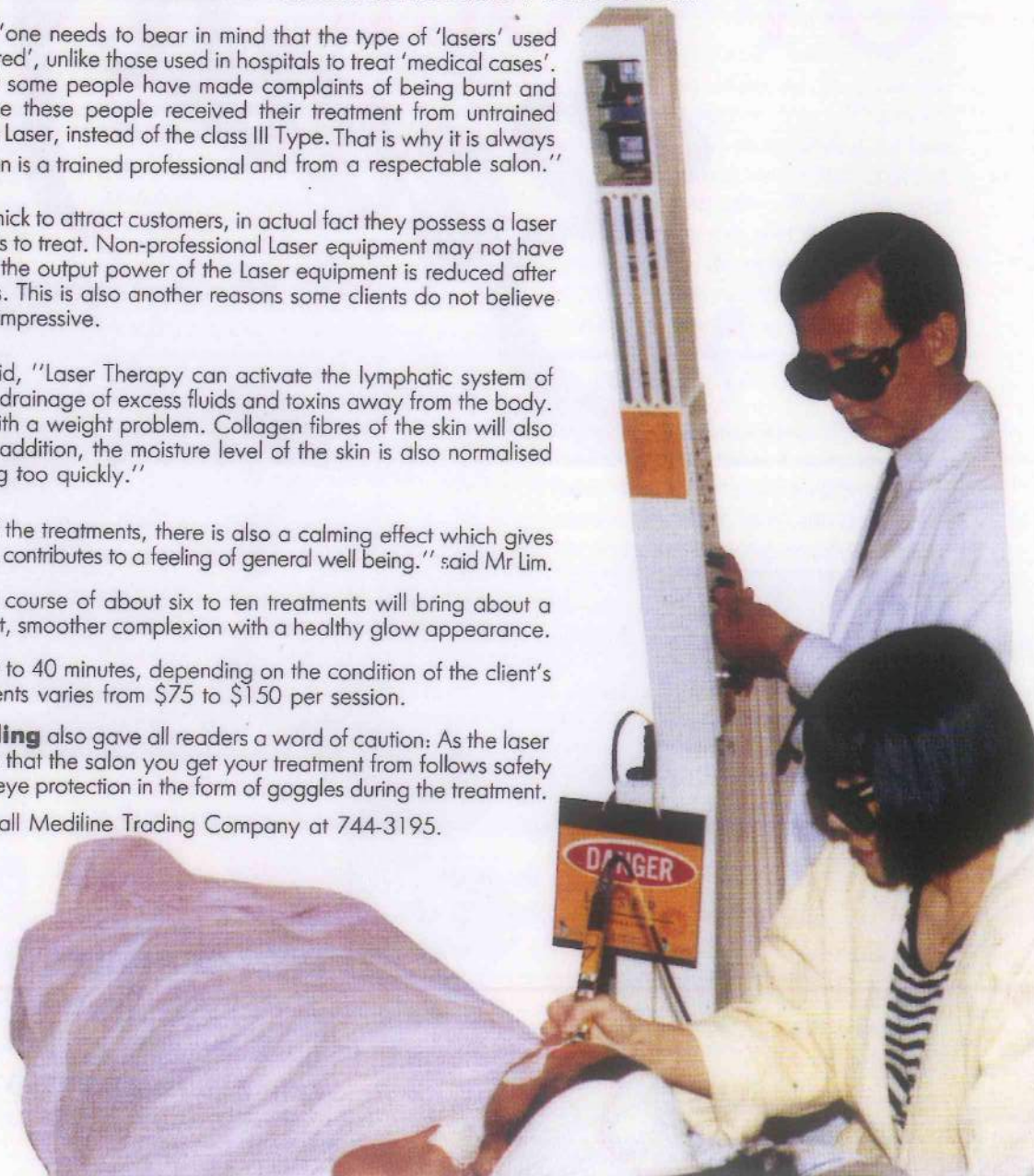
"Besides, the 'energising' effects of the treatments, there is also a calming effect which gives one a feeling of relaxation. This, in turn, contributes to a feeling of general well being." said Mr Lim.

Depending on the skin condition, a course of about six to ten treatments will bring about a more youthful appearance and a vibrant, smoother complexion with a healthy glow appearance.

Each treatment session lasts from 20 to 40 minutes, depending on the condition of the client's skin. The market rate for such treatments varies from \$75 to \$150 per session.

Before concluding, **Mediline Trading** also gave all readers a word of caution: As the laser beam is very bright, always make sure that the salon you get your treatment from follows safety precautions such as giving you proper eye protection in the form of goggles during the treatment.

For more details of Laser Therapy call Mediline Trading Company at 744-3195.



While the older generation used to "eat to live", the same cannot be said of today's generation.

The macrobiotic way of preparing and cooking food is just as important as eating it. The food must be eaten slowly and properly chewed in order for it be digested. Diseases could develop if the digestive system malfunctions.

REST

Many of us work hard but do not know how to relax. We rest at the wrong hours. So what is the best time to go to bed and how many hours of sleep do we need?

The famous Chinese saying, "Early to bed, early to rise, makes you healthy, wealthy and wise" holds true till today.

One of the best times to relax is after lunch. If you can switch off and let your mind rest for just 10 minutes, it would do wonders for you.

The ideal time to go to bed is 11pm. The number of hours of sleep we need depend on our occupation. Ideally, between six and eight hours should be enough.

With proper rest, the good Qi flows in our body becomes regulated, thereby keeping in balance our resistance, immunity and the total system.

Also, the heart does not have to work hard, and the liver is able to purify the blood and remove any waste product, making the blood less acidic and in turn allows the oxygenated blood to circulate better.

Thus, the chances of falling sick is considerably reduced. Even if you should fall sick, the body is able to heal itself to a great extent, and medication from your doctor will help speed up your recovery.

EXERCISE

Exercise does not have to take hours. What is important is to do the proper ones and do it the right way.

It is not necessary to emphasise the benefits of exercise, which becomes even more crucial when one turns 30.

The duration of exercise can be from 10 to 30 minutes daily.

Apart from keeping us fit, exercise also helps us release stress. Research has shown that when we are stressed, we lose up to 25 per cent of our thinking ability. And if this is not corrected, we will have poor Qi flow, which will upset the psychological function of the body.

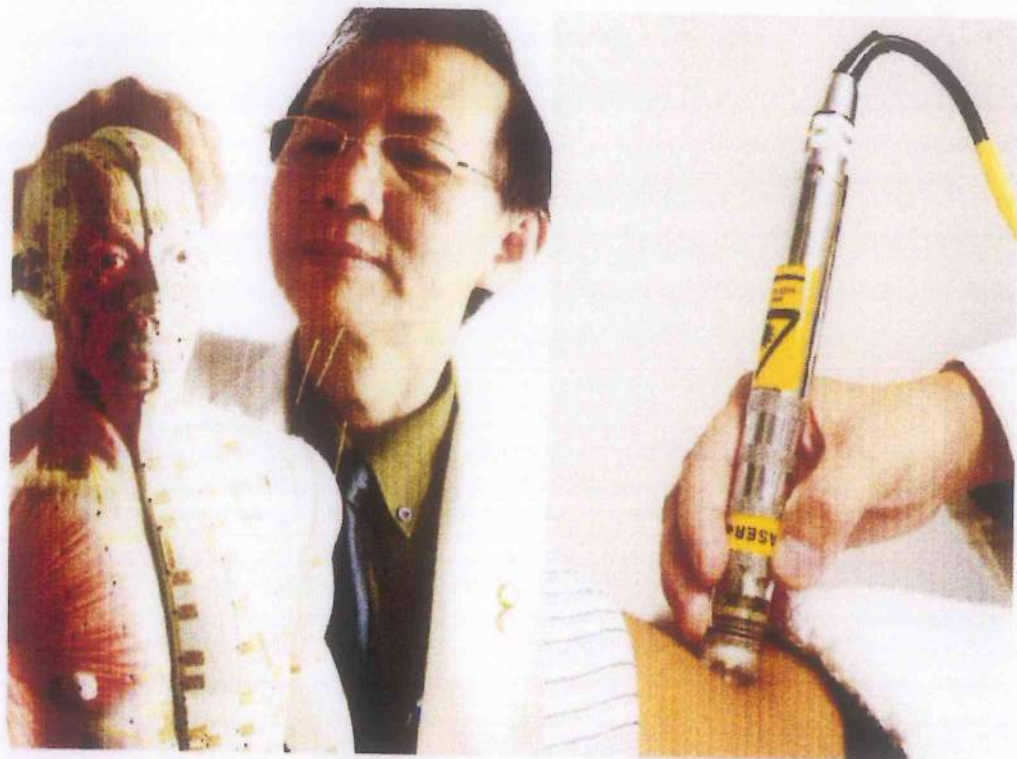
One of the best ways to reduce stress is to walk on an open field barefooted for 15 and 30 minutes daily. Doing so improves blood circulation from the heart to flow to the feet with the Earth's gravitational force of magnetism. Thus, it regulates the blood pressure and strengthens the body immunology.

Vacations, no matter how short, are also a remedy.

The use of Laser Acupuncture is one of the best modality to achieve the balance Qi flow in our body. It reduces stress, clears any blockage, promotes healing and strengthens the body's immune system. It is also good for regulating the over-production of the melanin, and thus the skin complexion. ♦

Rodney Lim is an acupuncturist and a laser consultant.





By Shree Ann Mathavan



Who are suitable candidates for acupuncture or laser acupuncture weight loss treatments?

Acupuncture suits almost anybody because it triggers the body system which is in an imbalanced state to a balanced one. Moreover, it has no side effects as compared to taking medication. That said, those who use a pace maker, have infectious disease, are pregnant or who are epileptic will not be suitable candidates for such procedures.

shape up, **laser** style

TRADITIONAL CHINESE MEDICINE (TCM) has lately become a popular alternative to Western Medicine for treatment of several medical ailments and conditions. However did you know that traditional procedures such as Acupuncture can help you lose weight as well? RODNEY LIM, registered acupuncturist at the Laser Acupuncture Centre fills us in on how needles and its modern counterpart- lasers can help you attain that much-desired trim silhouette.

What is traditional acupuncture and how does it work?

Traditional acupuncture uses two modalities that is the needles and moxa (rolled mugwort leaves which are lighted up). Acupuncture is also known as "zhen jiu", with "zhen" meaning needles and "jiu", the moxa.

Laser acupuncture on the other hand is a new modality. We use laser energy to treat specific acupoints without the use of needles and moxa to achieve the effect of traditional acupuncture to balance the body system.

Acupuncture has very wide applications and slimming is just one aspect of it. If you are overweight or obese there is a whole range of parameters you have to consider. First and

foremost why are you in this condition? From there you try to find the underlying factors and that's where acupuncture or laser acupuncture comes in. We have to make sure the shortcomings are corrected apart from just treatment, so that there is internal and external balancing of the system. We look at lifestyle, exercise, detoxification, diet programs and of course we have to give clients the emotional motivation. Everybody knows we have to have a proper diet but it's more easily said than done.

How does acupuncture and laser acupuncture help you lose weight?

The main principle about acupuncture is it helps promote the vital energy or "chi" and micro circulations. Once you can achieve that, the organs will be properly nourished because your blood contains all your nutrients and hormones and when that takes place your lymphatic will be in good order. Your system will be able to function properly. When your body is in good order, your cells will also tend to be in good shape. If you look at fat cells microscopically they tend to be lopsided, hence after some time you get the ripple effect of cellulite. When you have poor blood circulation the cells all cluster up. It has been proven via emission computed tomography that after laser treatment, the cluster of cells break up and the cells can move freely.

What sort of advice do you give patients who are needle phobic or fear lasers?

The lasers we use are 100 per cent painless. With laser technology, we can address more acupoints as compared to needles. If you really want to receive good treatment, it's necessary to have enough points to treat, in order to balance the body system. Apart from that, instead of having to keep puncturing the acupoints with needles, lasers help prevent infection and also facilitate the healing process. The treatment for laser is in fact very relaxing. The sensation is a bit like an ant crawling over your hand. Needles, on the other hand are more mechanical in nature, there's some numbness and it can get quite unpleasant for some people.

How many sessions will it take in order to see results and lose weight?

It depends on the type of problem, if not it's usually ten sessions which will take about five weeks. However, ultimately it depends on each individual. It's a whole holistic approach, it's not just "I want to slim down" and just passively receiving treatment. We want a participative kind of treatment, this includes finding out from the client what's going on and of course there must be an intention on the client's part to really want to slim down.

สุขภาพ-ไอทศ

ผ.ศ. พิชิต ศรีวิชัยรัตน์

ประดิษฐ์กรรมเครื่องมือแพทย์ ด้วยแสงเลเซอร์



■ วิศวกรรับเชิญ MR. RODNEY LIM ผู้เชี่ยวชาญ LASER ACUPUNCTURE และเสริมศัลยกรรม จาก ประเทศ สิงคโปร์

ปัจจุบันเป็นที่รับรู้และยอมรับโดยทั่วไปว่า ประโยชน์ของแสงเลเซอร์ถูกนำมาใช้ในวงการวิทยาศาสตร์ เทคโนโลยี วงการแพทย์ วงการอุตสาหกรรม หรือแม้กระทั่งนำมาใช้เป็นเครื่องมือช่วยรบในวงการทหาร **แสงเลเซอร์คืออะไร**

เลเซอร์ (LASER) ย่อมาจากคำเต็มว่า LIGHT AMPLIFICATION BY STIMULATED EMISSION OF RADIATION แปลโดยย่อก็คือ "ลำแสงบริสุทธิ์" เท่าที่นักวิทยาศาสตร์สามารถผลิตออกมาได้ ลำแสงดังกล่าวมีคุณสมบัติเป็นคลื่นแม่เหล็กไฟฟ้า หลักสำคัญใหญ่ๆ ของแสงเลเซอร์นี้ได้ถูกประดิษฐ์คิดค้นขึ้นนับตั้งแต่ ระเบิดเลเซอร์ ซึ่งเป็นเลเซอร์เครื่องแรกของโลก ประดิษฐ์โดย T.H. MAIMAN ในปีค.ศ. 1960 จากนั้นเป็นต้นมาก็ได้มีการ

พัฒนา และค้นพบเลเซอร์แบบต่างๆ กันมากมายจนอาจกล่าวได้ว่า เครื่องวัดความเจริญก้าวหน้าทางวิทยาศาสตร์เทคโนโลยี อย่างหนึ่ง ดูได้จากการนำเอาเลเซอร์มาประยุกต์ใช้ในชีวิตประจำวันของผู้คนในประเทศนั้นๆ ว่ามีมากเท่าใด ความเจริญก้าวหน้าทางวิทยาศาสตร์เทคโนโลยีของประเทศนั้นๆ ก็ยิ่งมากเป็นเงาตามตัวเช่นกัน พลังงานแสงเลเซอร์ เป็นสิ่งมหัศจรรย์ที่สามารถทำลาย หรือ เสริมสร้างรักษาโรคได้ในบางครั้งพลังงานแสงนี้ ยังทำหน้าที่คล้ายๆ มีดเล็กที่มีสันโค้งคมบาง เพื่อทำหน้าที่ในการศัลยกรรม หรือ เพื่อเสริมความงาม แสงเลเซอร์ได้คิดค้นขึ้นจากพลังงานแสงต่างๆ อาทิ จากแร่ธาตุฮีเลียม นีออน คาร์บอนไดออกไซด์ อาร์กอน รูบี้ และ

นีโอดีเมียม ซึ่งเป็นแร่ธาตุที่หายากชนิดหนึ่ง เมื่อพลังงานของแร่ธาตุเหล่านี้ ถูกกระแสคลื่นไฟฟ้าเหนี่ยวนำ หรือ กระแทกแล้ว พลังงานจะรวมตัวกันพุ่งเป็นแสงเส้นตรงออกไป หรือจะเปล่งแสงในแนวตรงไปยังจุดต่างๆ ที่ต้องการ เพื่อทำความเข้าใจเรื่องเลเซอร์ให้กระจ่างขึ้น มาลองจินตนาการ ทบทวนถึงตัวรังสี ที่มารวมกันเป็นอะตอมอีกครั้ง

อะตอมตัวนี้ เมื่อถูกพลังงานไฟฟ้าแม่เหล็กเหนี่ยวนำแล้ว มันจะรวมตัวกันทันที พวกนี้วนเคลียสต่างๆ จะมารวมตัวกันเป็นอะตอมสร้างพลังงานนิวเคลียส และเป็นกระแสไฟฟ้าบวกรอบศูนย์กลาง เพื่อจะเปลี่ยนตัวมาเป็นกระแสคลื่นแสง หมุนตัวไปมารอบๆ อะตอม พร้อมแม่คลื่นไฟฟ้าของ

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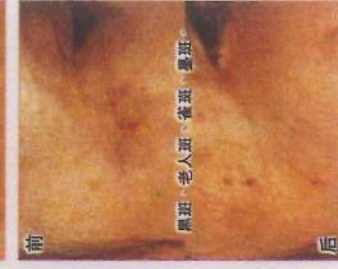
刀伤疤痕、手术疤痕、任何
麻烂疤痕、洗脱纹身后留下
疤痕



手纹脚、烫伤、跌伤、刀伤、
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● 美丽园院长李和桦女士，曾留学日本、台湾，也到过美国、香港、意大利、西欧国家研修、修容、整容、皮肤专科技术。

● 早期非常成功，全新首创创举，免开刀，20分钟，自然形成双眼皮线，轰动震撼美容界。如今人人若要去，免开刀自然双眼皮线，都会想到美丽园的双眼线的魅力。

● 现今美丽园又迈向美容的新纪元，引进意大利最新先进磨肤，换肤电脑仪器，仪器精密，全电脑自动控制，绝对安全，无痛、无副作用，效果90-100%。

● 李和桦院长也和新加坡著名皮肤科激光专科林春发医师，苦心研修，皮肤、激光、磨肤、换肤的新技术，信心十足大力的推介这架(电脑磨肤、换肤机)，仪器先进，精密，顾客们可以非常的安心，信赖这架(电脑磨肤机)，医治外来的伤疤，比如洗过纹身后留下难看的疤印。车祸留下疤痕、手术疤痕、割伤、撞伤、跌伤、火烧伤、沸水烫伤或遇水烫伤，手脚黑色素印、腿部昆虫咬伤，生产过后肚上的妊娠纹(减肥后、磨平、受伤的肌肤)都可以用这架(电脑磨肤)磨平、磨滑、受伤的肌肤。

● 或是脸上生暗疮留下深深的凹洞，大毛孔，相皮粗糙，不平的皮肤。很久，很难医治的黑斑、老人斑、雀斑、痣、眼睛周围的油疤、油粒及老化的皱纹、洗眉、洗眼线，都可以用这架精密功能的(电脑磨肤换肤机)，磨掉、换掉以上瑕疵的皮肤，在短期之内换新面孔，漂亮一生。



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JOIN US at November's Lunchtime Talk @ The Library

Date - Wed, 29 November, 2006

Time - 12.30pm to 1.30pm

Venue - [Library@Orchard](#) (Level 5, Ngee Ann City)

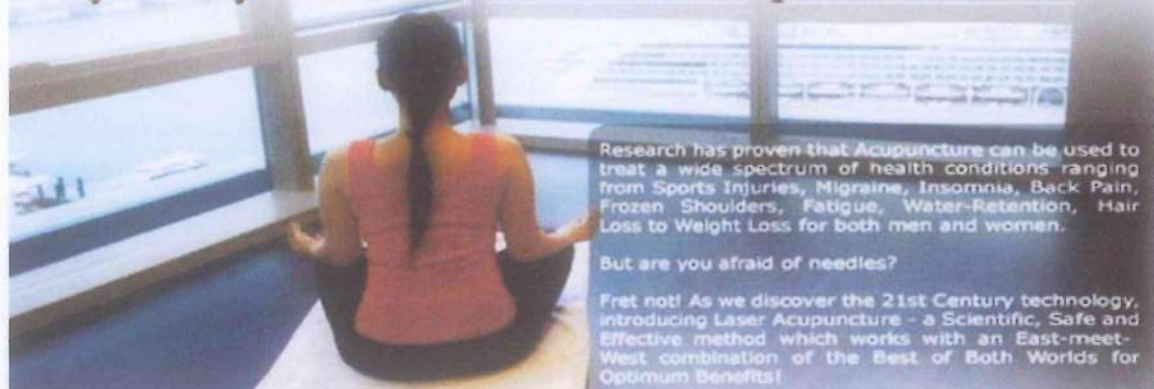
Speaker - Rodney Lim, Licensed Acupuncturist & Consultant Laser Acupuncturist from the Laser Acupuncture Centre

Topic - **Laser Acupuncture : When Traditional Acupuncture Is Redefined**

Are you afraid of needles? Traditional acupuncture is an ancient Chinese technique that involves the insertion of fine needles just under the skin in specific points according to a mapping of 'energy pathways' to relieve pain and treat a wide variety of complaints. The World Health Organisation has recognised acupuncture's ability to treat many medical conditions ranging from neurological to gastrointestinal to mental and emotional ones. But have you heard of laser acupuncture? If you've got a fear of needles, this might be the way to go. Proven to be effective in quitting smoking, alcoholic addictions, pain management for sports injuries and even painless weight loss, laser acupuncture uses one to fourteen laser needles that are not inserted in the skin but simply applied to the acupuncture points. Find out how it works, how different it is to traditional acupuncture and how effective it can be in solving your health problems with this month's speaker Rodney Lim from the Laser Acupuncture Centre. This talk is brought to you by "The Living Room" on 938LIVE.

This is a free talk and no registration is required but come early to get good seats!

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Venue: SKY The Premium Fitness Lifestyle Club
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Singapore 099254

Time: 1pm to 5pm (Lunch: 1 - 2pm)

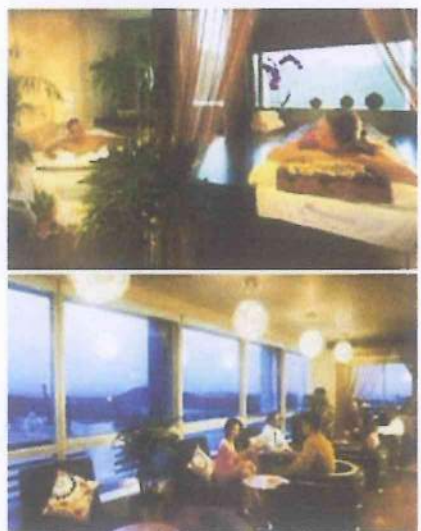
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Speaker: Mr Lim Choon Huat

- M.I.E & M.I.L.T.A. (UK)
- Licensed Acupuncturist - TCM Practitioners Board (MOH) Singapore
- Consultant Laser Acupuncturist
- P/Member - Singapore Acupuncture Association
- H/Auditor - Pain Association of Singapore 2001/02
- International Professional Acupuncture (W.H.O.) China 1997



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SINGAPORE
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Topic - *Laser Acupuncture : When Traditional Acupuncture Is Redefined*

Are you afraid of needles?

Traditional acupuncture is an ancient Chinese technique that involves the insertion of fine needles just under the skin in specific points according to a mapping of 'energy pathways' to relieve pain and treat a wide variety of complaints. The World Health Organisation has recognised acupuncture's ability to treat many medical conditions ranging from neurological to gastrointestinal to mental and emotional ones. But have you heard of laser acupuncture?

If you've got a fear of needles, this might be the way to go. Proven to be effective in quitting smoking, alcoholic addictions, pain management for sports injuries and even painless weight loss, laser acupuncture uses one to fourteen laser needles that are not inserted in the skin but simply applied to the acupuncture points.

Find out how it works, how different it is to traditional acupuncture and how effective it can be in solving your health problems with speaker Rodney Lim from the Laser Acupuncture Centre. This talk is brought to you by "The Living Room" on 938LIVE.



Guest Speaker:

Lim Choon Huat
Rodney
Registered
Acupuncturist
Consultant Laser
Acupuncturist

Topic:
How to Stay
Healthy and Enjoy
Life
*A Traditional
Chinese Medicine
Viewpoint*

DINNER MEETING November 24, 2002

Our Guest Speaker divided his talk into two areas - Diseases and Aging and then on the use of laser acupuncture. At the end of his talk he demonstrated on a few Y's Men the effectiveness of low power laser on acupuncture points.

Mr Lim began his talk by stating that stress, environment pollution, lack of exercise, lack of complete nutrition and inadequate rest and sleep are contributory factors to any disease. In TCM practice, disease process affects first the skin; left untreated the muscle, then the inner organs and finally the blood. By this time it is difficult to treat. We cannot stop but can delay the aging process. Free Radicals from mitochondrial damage in the cells, from radiation exposure, from environmental pollution, smoking, stress and cooking damage our DNA, which leads to impaired cellular function and energy production leading to aging.

To treat this he enunciated the acronym: **ASEEDS** (*Air, Sleep, Eat, Exercise, Drink, Supplements*). Water he declared is the natural medicine and air the essence of life. There is a relationship between our emotions and the food we eat with the organs in our body. In TCM we need to balance the *Zhang (solid organs)* and the *Fu (the non solid organs)*. Old age begins with the Colon hence the need for good bowel habits.

Mr Lim then discussed the use of low power laser. Its applications is fairly widespread and can be used in orthopaedics, trauma, dermatology, for aesthetic purposes, sports medicine even in the treatment of menopause and male infertility. He has also used it on plants like prolonging the ripening process of papayas.

Low power lasers are non invasive, safe and painless, have no side effects and can treat many points with shorter treatment times. It is a good pain reliever and can restore the immune function in the body. It can also be used on dangerous points such as the testis and nipples which cannot be treated with needle acupuncture.

Needle Acupuncture with electrostimulation results in sedation and anaesthesia (*Yin*) whereas Laser acupuncture is energising and tonifying (*Yang*)

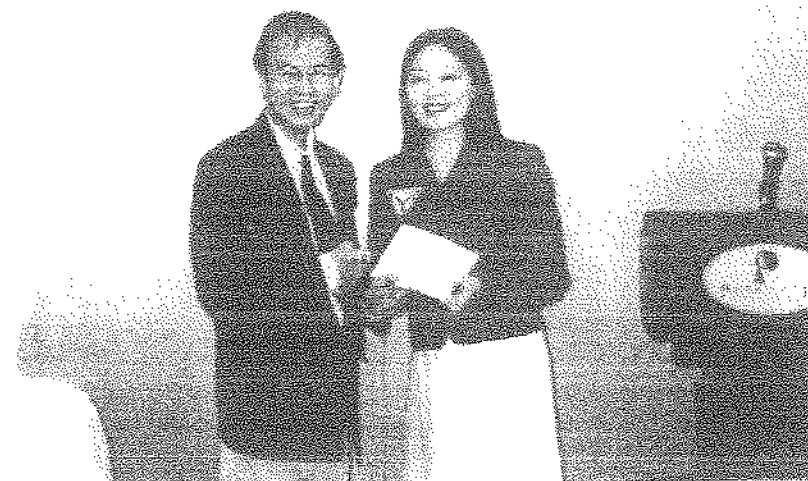
At the end of his talk Mr Lam ably answered a wide range of questions

Y's Man Loo Fook Sung introduced the Guest Speaker. Lady Y's Man Janet Stew was the Marshall for the day and Beta's newest member, Lady Y's Man Lai Quifeng gave the Vote of Thanks.

At the Dinner Meeting Club President Lady Y's Man Phyllis Tan presented the Booster Pin to the IPP Y's Man Loo Fook Sung for recruiting three new members into the Club for Service Year 2001-2002. This is the first time the Booster Pin Award was given to a member of the Beta Chapter.



Y's Man Loo Fook Sung receiving his Booster Pin from Club President Lady Y's Man Phyllis Tan



Beta's newest member, Lady Y's Man Lai Quifeng present the Speaker's Certificate to Mr Rodney Lam

Laser treatment to help kick smoking habit

FINDING it hard to quit smoking? Try laser acupuncture. Three painless treatments will help you cut down on the number of cigarettes smoked a day.

Said laser acupuncture consultant Mr Rodney Lim: "I have treated patients who used to smoke 40 sticks of cigarettes a day. But after the treatment, they reduced their intake to about six sticks. The consecutive laser treatments help to lessen a person's urge to smoke."

"Laser acupuncture is safe, painless and hygienic. From the traditional Chinese method of pulse diagnosis, we can detect the imbalance of energy levels in the areas which relate to the internal organs of the body.

"It is this imbalance in the blood circulation which results in restlessness.

"Laser acupuncture is then used to stimulate and regulate the function of the organs. To help the body revert back to a balanced state, we have to treat the relevant points. With laser treatment, tension and other nervous disorders are greatly reduced. And you wouldn't find it so hard to stop smoking."

However, Mr Lim added that treatments would only be successful if combined with a strong determination to quit.

For \$50 per treatment, make your appointment at Laser Acupuncture Centre, 38 Genting Lane, #06-03 Metal House. Tel: 744-3195.

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See how smoking harms skin

For some smokers, appealing to their vanity might help. Tobacco ages the skin, but sometimes there is nothing like seeing proof of it.

At the Sloane Clinic, an Omnia Ultraviolet Imaging System can show up the damage which has been done to the skin, for example by age, the sun, and yes, tobacco smoking.

The system uses X-ray imaging to look beneath the skin and see the real damage, said the medical director of the clinic, Dr Low Chai Ling.

"This is a good way to show them the effects of smoking, especially young girls who do not believe that they can age terribly," said Dr Low.

A free skin analysis, using the system, is done upon the first consultation at the clinic, which costs \$50.

This method is most effective for young women who are just starting to smoke and see the effect the habit has on their skin, said Dr Low.

She said she has definitely seen more damage to smokers' skin.

But most do not quit smoking immediately even after they see the pictures.

"I would think that people would drop their cigarettes once they see these images, but they don't as it is a habit which is hard to kick," said Dr Low.

NG SOR LUAN

Acupuncture

Acupuncture has long been a popular method of quitting smoking and now you can do it without having needles stuck into you, with laser acupuncture.

A therapist applies a cold laser beam to specific energy points on the body.

The idea is to stimulate the release of endorphins to help relieve stress and thereby reduce the cravings

for nicotine.

A 30-minute session costs \$75 at Laser Acupuncture Centre in Selegie Road.

Six sessions over two weeks are required for the method to be effective, said acupuncturist Rodney Lim.

The centre, which sees about 10-15 smokers monthly, uses a combination of laser and traditional Chinese medicine.

Drugs and patches

Medication and nicotine replacement treatments are a tried and tested method. Zyan, also known as bupropion, comes in tablet form and works like an anti-depressant. It helps to reduce the urge to smoke.

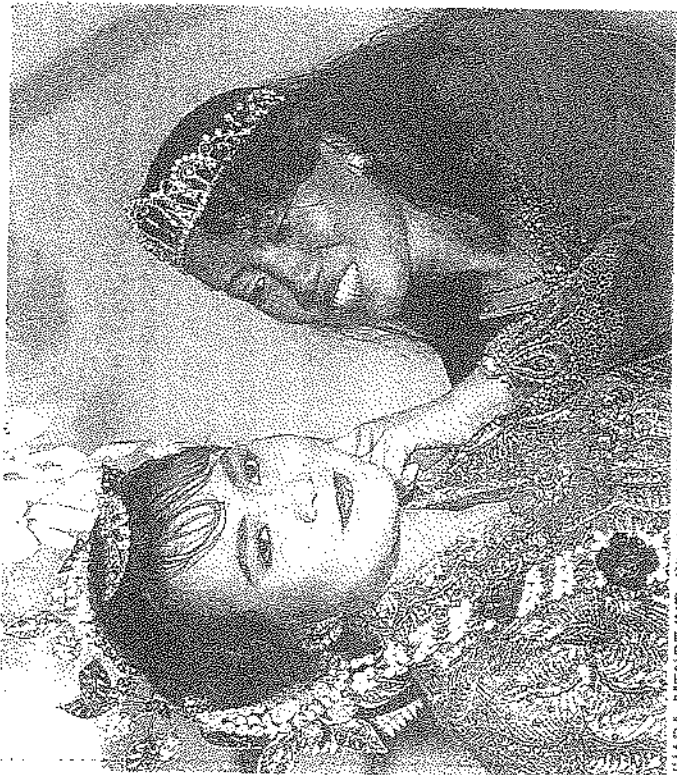
The prescription-only tablet has to be consumed strictly according to instructions as an overdose could lead to fits, said Dr Chng Shih Kiat, senior family physician at Raffles Medical Clinics.

Other side effects include a raised heart rate, giddy spells, dry mouth and indigestion problems.

Nicotine replacement treatment comes in various forms such as patches, chewing gum and inhalers. They release nicotine into the bloodstream to help counter cravings and reduce other physical withdrawal symptoms when weaning off tobacco. All forms come in different strengths that are decreased over time.

When combined with counselling sessions, nicotine replacements and medication provide up to a 35 per cent success rate, said Dr Chng.

RENCANA



JUARA MENGEJUT: Cik Juriyah Hassan (kanan) sanggup berhenti kerja demi anak dan bidang yang dimasukinya, mengandami. — Gambar oleh MAZLAN BADRON.

Guna kristal baiki kulit muka

Kaedah bantu bersihkan wajah bermasalah dengan lebih singkat lagi

WAJAH anda berparut. Setiap kali berdiri di depan cermin, anda bertanya diri anda: "Bila nak hilang ni? Macam mana nak hilangkan parut ni?"

Soalan serupa itu juga biasa menghangatkan fikiran mereka yang mengalami kompek hitam, tanda-tanda akhlak tidak baik, kemurungan dan pelbagai masalah lain, yang menjejaskan paras wajah, terutama di kalangan kaum wanita.

Ini kerana setiap wanita mahukan wajah yang jernih dan bersih. Namun, tidak semua bermaslah baik kerana dikimpai masalah di luar kawalan mereka.

Bagi membantu golongan seperti itu, terdapat peubagan rawatan yang ditawarkan, sama ada melalui pembedahan plastik oleh doktor bedah, atau rawatan oleh pakar solek.

Antara rawatan yang kian mendapat perhatian ialah menggunakan teknik habtur hablus atau kristal untuk menggantikan sel-sel kulit muka dan sekaligus membantu mengurangkan masalah yang dihadapi.

Dengan menggunakan mesin sistem 'Micro-Dermabrasion', habtur habus itu digunakan sebagai bahan untuk mengikis kulit muka atau bahagian-bahagian badan yang bermasalah, bagi menggantikan sel yang telah mati dengan sel baru.

Habtur itu juga bertindak untuk mencorakkan kulit muka yang bermasalah seperti

tompok hitam atau pigmen, kata Encik Rodney Lim dari Laser Acupuncture Centre.

"Mesin sistem 'Micro-Dermabrasion' ini menggunakan cara lama dengan mengasah atau mengikis kulit muka bahagian luar. Sebelum ini, kebanyakannya pakar solek menggunakan batu pengikis.

"Dengan adanya teknik terbaru ini, mesin itu mempunyai kuasa memusnahkan udara dan habtur ini kemudian digunakan untuk memecah sel-sel yang telah mati dan digantikan dengan yang baru," katanya.

Encik Lim menambah, mesin dari Itali itu dapat membantu kaum wanita dan lelaki mengatasi masalah kulit.

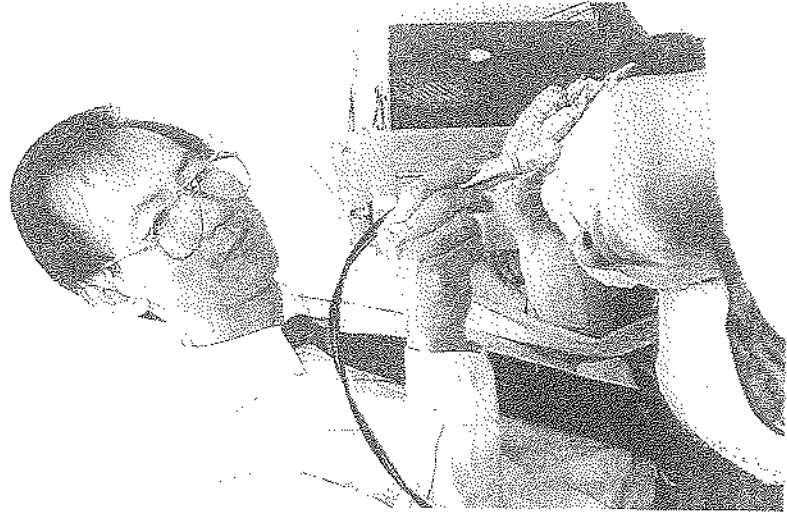
Sebelum ini, hanya doktor pembedahan plastik sahaja yang dapat melakukannya.

Pembedahan plastik memakan masa dan pesakit terpaksa tinggal di hospital sekurang-kurangnya seminggu.

Teknik rawatan menggunakan mesin itu mengambil masa yang singkat — hanya kira-kira sejam — tetapi perlu mendapatkan enam rawatan berturut-turut.

Bioiau juga menjelaskan kulit muka terbahagi kepada tiga bahagian iaitu epidermis (kulit luar), dermis (tengah) dan hipodermis.

Bahagian kulit luar sahaja mempunyai lima lapisan dan rawatan biasanya dilakukan di bahagian kulit tersebut.



RAWATAN WAJAH CANGGIH: Encik Rodney Lim menggunakan habtur habus bersama mesin sistem 'Micro-Dermabrasion'. — Gambar oleh ZAINAL VAHYA.

Seminar-Workshop Acupuncture in Cosmetology»



MASTER :

Dr. Rodney Lim M.I.E & M.I.L.L.T.A (UK)

Licensed Acupuncturist – TCM

Practitioners' Board (MOH) Singapore

Consultant Laser Acupuncturist

First time in Baltic!

R.Lim is working with acupuncture for 20 years and he is also the founder of the methodology "Application of Laser in Acupuncture". During the seminar special attention will be given to **anti-age therapy, acne problems, prolonging of life, bioactivation.**

Date: September 27-29, 208 (theory, practice, masterclass)

Time : 10 – 18

Location: Riga

Price: 400 Euro/person

Program of the seminar:

September 27 – theory of acupuncture for solving of esthetic problems. Demonstration of application of a low-frequency laser and traditional acupuncture.

September 28 - Practice. Issuing of certificates (with approvals of Association of Holistic Medicine and Naturopathy, Acupuncture Association of Singapore, Section of Holistic Cosmetology, Baltic SPA Association.

September 29 - Masterclass – Application of the methodology on clients. Possibility to observe master's work!

Intended for specialists of esthetics and non-traditional medicine, doctors-acupuncturists.

How to retain youth without a surgery?

She is 53 but looks like 35!

After your therapy offer your clients to compare photos!

Art of traditional Chinese medicine can be applied not only in healing practice but also in effective anti-age technologies!

Organizers:

Section «Holistic cosmetology»

«Association of Holistic Medicine and Naturopathy»

Baltic SPA Association

«Baltic SPA Professional»



How Laser Acupuncture Redefines Classical Acupuncture?



**Good News to people who are afraid of Needles!
Laser Acupuncture can get the same results as
the Classical Acupuncture.**



针灸师林春
權：激光针灸
能和传统针灸
有相辅相成
的作用。

Laser Acupuncture is definitely a good cheer to those afraid of needles! Acupuncturist Rodney Lim says, the idea of Laser Acupuncture is the same as the Classical Acupuncture to balance the body Energy and Blood circulation by activating certain acupoints. The only difference is that the Classical Acupuncture requires Needles and Moxa Rolls, but Laser Acupuncture is using pure Laser Light to pass through the skin and activate the acupoints. Laser Acupuncture is truly a good news to those who afraid of needles. Also, it is painless and enable Patients to be more relax and feel comfortable during the treatment.

Certainly, Laser Acupuncture gives the same results as Classical Acupuncture, as it balances the body Bio-Energy and enable good Blood microcirculation.

Mr Lim says, People always think that Acupuncture is all about needling. In fact, Classical Acupuncture consists of 2 parts : namely "needle" and "moxa". "Needle" gives out Magnet Energy, which belongs to the "Yin" and often used to improve "Blood" circulation.

Whereas "Moxa" gives out Heat Energy, which belongs to the "Yang" and used to smooth the path of "Qi" inside the body

to balance its Bio-Energy. In Laser Acupuncture, the Laser light emits Photons which releases "Magnetic" and "Electric" Energy, "Magnetic" Energy belongs to "Yin" and "Electric" is "Yang" Energy. This is the reason that Laser Acupuncture contributes to the same results as the Classical Acupuncture.

Needle alone is not adequate to treat the Patients disorders especially in Deficiency condition, Moxa is also required to supply the "Yang" Energy. Due to smoke which constitutes pollution and smell that contaminates the Clinic, Moxa is seldom used these days.

Now, Laser can achieve this treatment effects without Moxa. Graduated as an Electronic Engineer, Mr Lim started the Laser Acupuncture Centre in 1988 to offer a range of Laser Acupuncture services. He says, there are many types of Laser, the Acupuncturist will choose the correct kind of Laser for treatment based on the sickness and conditions. Another benefit of Laser Acupuncture is that Power of the Laser can be quantify according to the patients' condition. Just like taking pills, different conditions have different strengthen of Dosage in which the Laser settings could be selected.

Needle Puncture Laser Puncture



More "Yang" Energy than Classical Acupuncture ... Laser gives Better results for the weak Patients.

Laser Acupuncture is of the "Yang" nature than Classical Acupuncture which usually omitted Moxa these days, this will give better treatment results to those Patients weak in health.

Mr Rodney Lim had reported in his experiment results with Laser Acupuncture treatment on Vegetables and Fruits in November 2007 during the 4th International Congress of Traditional Medicine at the Suntec International Convention & Exhibition Centre, Singapore.

He had used Laser Acupuncture onto the Banana for 5 minutes. The next day, the skin turned "Black" but the Banana still tasted good and sweet. This shows that Laser Energy is "Yang" which can make the Banana ripen faster but not spoiled. In comparison, he also used Needles only onto the unripened Banana and the banana ripens naturally the following day. This shows that the "Needle" belongs to the "Yin" Energy. Similarly, by using Laser Acupuncture onto the Vegetable seeds and Green beans, they are able to grow faster and taller, which proves that Laser Energy is "Yang" in nature.



Baltijas SPA Asociācija
Baltic SPA Professional

Baltijas SPA Asociācijas „Baltic SPA Professional” Reģ Nr 40008093206
Marijas iela 11, Rīga, LV-1050, Latvija. Nor.konta: LV13HABA0551012927264
Banka AS „Hansabanka” SWIFT HABA LV22

18th July 2008

Mr Rodney Lim Choon Huat
Licensed Acupuncturist – TCM Practitioners Board (MOH) S'pore
Consultant Laser Acupuncturist
Laser Acupuncture Centre
35 Selegie Road #05-08
Parklane Shopping Mall
Singapore 188307

Dear Mr Lim,

Inaugural TCM Aesthetics Preceptorship Seminar and Workshop


We, the Baltic Spa Association cordially invite you to conduct the **Inaugural TCM Aesthetics Preceptorship Seminar and Workshop to be held on 28th to 29th September 2008 in Riga, Latvia.**

We believe that Mr. Rodney Lim's training could contribute greatly to the promotion and development of the TCM Aesthetics on Laser Therapy in Latvia and all the Baltic States.

We look forward to seeing you soon !

Yours sincerely

Baltic Spa Professional Association


Dr. Svetlana Shabalina
President



Marijas 11, of.1
Rīga Latvia
Tel: +371-26349520
e-mail: baltic-spa@inbox.lv
www.spa.lv

Seminar-Workshop ACUPUNCTURE in Cosmetology- First time in Baltic! International seminar-workshop "Acupuncture in Cosmetology" How to retain youth without a surgery? She is 53 but looks like 35! After your therapy offer your clients to compare photos! Art of traditional Chinese medicine can be applied not only in healing practice but also in effective anti-age technologies!

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**Preceptorship of LLLT at Complementary
Integrative Medicine held on
2nd February 2009 in Tan Tock Seng Hospital**



 Complementary Integrative Medicine 综合医学针灸中心	
Head	Dr Kong Keng He 江庆喜医生
Senior Consultant	Dr Karen Chua 蔡瑞玉医生
Head Acupuncturist	Ms Dora Ng 黄婉婉医师
Snr Acupuncturist	Mr Chiu Kah Fatt 丘家发医师
Snr Acupuncturist	Ms Tan Siang Ing 陈嫦音医师
Acupuncturist	Catherine Cheung Sau King 张秀琼医师
Acupuncturist	Mr. Leow Ah Song 廖亚松医师
Acupuncturist	Ms Felicia Ng Yu Zhen 黄钰植医师
Acupuncturist	Ms Wong Lai Yin 黄丽燕医师
Snr Physiotherapist	Christopher Ng 黄栋梁
Snr Physiotherapist	Gigi Kuwan 关凤萍



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Try & Feel the Difference of this amazing approach to Optimal Well-being.



Laser Acupuncture Centre is an Optimal Complementary Healthcare Clinic where we treat the Person and not only their Disorders. We believe the Painless Laser Acupuncture is the Photomedicine of the 21st century. It achieves the effects of Classical Acupuncture without the use of Needles and Moxa. The Painless Laser Acupuncture is the Treatment of Choice Today for Quit Smoking, Chronic Pain Management, Sports Injuries, Hair, Skin Care & Weight Loss Management! It is suitable for both Adults & Children, also for people who prefer Natural treatment. We have set a new record in Singapore for being the First to use Laser in Acupuncture and awarded by the Singapore Book of Records in May 2007!

The Laser Light is the Purest of Light and it has the Power to shape Life. Depending on the Wavelength used, the Laser Energy can penetrate into Deep Tissues of our Body and absorbed by the Cellular Structures. Its Applications are for Chronic Pain, Post Stroke Management, Frozen Shoulder, Tennis Elbow, Migraine and Insomnia. This State-of-the Art Natural Therapy offers a new perspective in Complementary Healthcare. As we know, no Organism could survive without the Light energy. Thus, the Laser energy is the catalyst to initiate the cells in our body to increase Blood microcirculation to promote Healing and revitalise our well-being. We can use Laser as Complementary Modality to be our Lifeline for good Health!

Our Research papers, "How Laser Acupuncture Redefines Classical Acupuncture?" was published in the 4th International Congress in Traditional Medicine in 2007 and, "How Acupuncture Effect Defies the Laws of Gravity"? was published in the 18th & 8th International Conference on Homeopathy & Complementary Medicine on 3rd October, 2009 in K.L., Malaysia.

Community Project : We are providing Special Services to help students who want to try our Painless Laser Quit Smoking.

About us :

Mr. Rodney Lim has more than 25 years experience in Electronic, Laser Technology & Classical Acupuncture since the late 80s. He had received Training in Italy, UK, France, Germany, Switzerland, USA, Japan and China. He is known to his friends as a 'Techno-Acupuncturist' and wants to use his training and knowledge in Laser Technology to integrate Traditional Chinese Medicine (TCM) and enhance our wellbeing. He worked with Professors, Surgeons, Dermatologists, Physicians, Physiotherapists and Nurses in Orthopaedic, General Surgery, Plastic Surgery and Rehabilitation in Low Level Laser Therapy (LLLT) for Pain Management and Wound Healing. In High Power Lasers such as Co2 Laser, Q ND:Yag Laser for Surgery, Cosmetic Surgery, Skin Rejuvenation and Pigmented Lesions.

Mr Lim envisions that people should have a choice to select the type of treatment to meet their problems. Laser & Classical Acupuncture have a major role to play as non-invasive with no side effects to patients. He applied TCM theory and Electronic Principles to 'troubleshoot' their medical problems and customised solutions for treatment. A visionary who has big dream to inspire people who suffer from Chronic Pain, Sports Injuries and Cosmetic Skincare. He believes that the Electromagnetic Wavelength of Quantum Physics had a major role to balance chronic conditions. Satisfied Clients are from Australia, Europe, USA and South East Asia. Mr Lim collaborated with other Specialists to turn your Health around and change the Bio-Clock. Let's live a joyous life with confidence of good Health and enjoy the fruits of your labour.

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Mission: To extend our services to people who suffer from chronic disorders with the Painless Laser modality.

Vision : We believe the advance in Medical Technology which enabled Laser Energy to be used effectively as 'Vitamins' for cellular nourishment in the forefront of Bio-energetic medicine to stimulate Healing.

Goal: To help keep healthy people stay Healthier with affordable & highest quality Preventive Healthcare.

How Laser Acupuncture Redefines Classical Acupuncture?



傳統針灸香蕉的前一天



傳統針灸香蕉的後一天，香蕉自然成熟



激光針灸香蕉前一天



激光針灸香蕉後一天，香蕉變黑，但香蕉還可以吃

The above Clinical Study was published in the 4th International Congress of Traditional Medicine 2007.

The Painless Laser, the Treatment of Choice today for Adults & Children!

Laser your Way to Better Health naturally without Pain & Drinking Bitter Herbs.

To create solutions & Restore holistic Optimal health with cutting-edge Laser Technology.

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Painless Laser Acupuncture, the treatment of choice today for Adults & Children!

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What makes us Unique and Different to enhance your Health & Skin care?
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We nurture our Client's Health with passion & care for quick recovery.
 We make a difference to our Client's wellness!
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We use Traditional Chinese Medicine Theory & Electronic Principles to "Troubleshoot" disorders.
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- | | | |
|---|---|---|
| <u>Painless Laser Acupuncture</u> | <u>Laser Skin Rejuvenation</u> | <u>Laser Pain Management</u> |
| <ul style="list-style-type: none"> ❖ Addictions ❖ Alcoholism ❖ Laser Hair Loss ❖ Ladies/Men's Wellness ❖ Painless Quit Smoking ❖ Weight Loss & Hormonal Obesity | <ul style="list-style-type: none"> ❖ Acne ❖ Scars ❖ Eye Bags ❖ Anti-Wrinkles ❖ Pigmentation ❖ Men's Skin Care | <ul style="list-style-type: none"> ❖ Tennis Elbow ❖ Sport Injuries ❖ Knee Joint Pain ❖ Neck/Back Pain ❖ Frozen Shoulder ❖ Insomnia/Migraine |

Painless Laser Acupuncture
The Treatment of Choice Today For Adults and Children !
Try & Feel the Difference for Yourself.

**A New Revolutionary Breakthrough:
 How Acupuncture Effect Defies the Laws Of Gravity?**

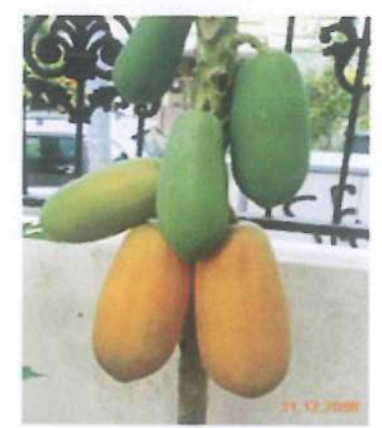
Papayas were about to ripe and commence with Acupuncture Treatment. No harmful Insecticide was used & was exposed to the Elements.

16 December 2008



Although Papayas were Ripen, it was intentionally not plucked to show that Acupuncture Effect could Delay the Ripening/Ageing.

31 December 2008



Due to Acupuncture Effect, ripen Papayas did not fall thus shown it exceed or equal Gravitational Force of 9.81 m/S² as Hypothesized.

03 January 2009



The above Research paper was published in the 18th & 8th International Conference on Homeopathy & Complementary Medicine on 3rd October 2009 in K.L, Malaysia.

Research by Laser Acupuncture Centre. Tel : (+65) 6742 9883 Website : www.lasertcm.sg



**SINGAPORE
BOOK OF RECORDS**

In setting a new Singapore record, this
CERTIFICATE
is awarded to

Rodney Lim Choon Huat

of

Laser Acupuncture Centre

for being the

First To Use Laser For Acupuncture

5 May 2007



Official Record Keeper

Verified By



Mr L.H Tan

Before – 9 Oct 09

After – 30 Oct 09

Right



Left



Egg yolks are good for you

The truth about egg yolks

Many people throw away the egg yolk because they think that's where all the nasty fat and cholesterol is". This is a perfect example of how confused most people are about nutrition.



In a world full of misinformation, somehow most people now mistakenly think that the egg yolk is the worst part of the egg, when in fact, the YOLK IS THE HEALTHIEST PART OF THE EGG!

By throwing out the yolk and only eating egg whites, you're essentially throwing out the most nutrient dense, antioxidant-rich, vitamin and mineral loaded portion of the egg. The yolks contain so many B-vitamins, trace minerals, vitamin A, folate, choline, lutein, and other powerful nutrients... it's not even worth trying to list them all.

In fact, the egg whites are almost devoid of nutrition compared to the yolk. Even the protein in egg whites isn't as powerful without the yolks to balance out the amino acid profile and make the protein more bio-available. Not to even mention that the egg yolks from free range chickens are loaded with omega-3 fatty acids. Yolks contain more than 90% of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, and B12, and panthothenic acid of the egg. In addition, the yolks contain all of the fat soluble vitamins A, D, E, and K in the egg, as well as all of the essential fatty acids.

And now the common objection I get all the time when I say that the yolks are the most nutritious part of the egg..."But I heard that whole eggs will skyrocket my cholesterol through the roof." No, this is FALSE!

First of all, when you eat a food that contains a high amount of dietary cholesterol such as eggs, your body down-regulates its internal production of cholesterol to balance things out. On the other hand, if you don't eat enough cholesterol, your body simply produces more since cholesterol has tons of important functions in the body.

And here's where it gets even more interesting...There are indications that eating whole eggs actually raises your good HDL cholesterol to a higher degree than LDL cholesterol, thereby improving your overall cholesterol ratio and blood Chemistry.



[Monkeyman935 warning hoax](#)
[Kidney Theft urban legend](#)
[Ashley Flores, 13 \(missing child hoax\)](#)
[How to detect a two-way mirror](#)
[\\$50 call-back spam](#)
[Cooking an egg with cell phones](#)
["Osama captured" / "Osama hanged" virus](#)
[A tale of Japanese Lizards and Love](#)
[The \\$5 killer](#)
[Audi A8 made out of silver](#)

[ATM PIN code entered in reverse will call the police](#)
[Mars spectacularly close to Earth on August 27](#)
["An old lady walked into a Grocery Store..."](#)
["Allah or the Lord Jesus Christ?"](#)
["PDA+GSM Palm Treo 650 dan Treo 680 dan Treo 750"](#)
[Bayer drug contains HIV](#)
[Forward or lose your Hotmail account](#)

Example email:

Need a cooker? Use your cell phone

Many organizations including the cell phone industry often downplay the risk of cell phone radiation to the brain. Results from short-term studies were used to convince consumers that use of a cell phone is not associated with brain tumors or cancer, which only develop decades after exposure.

To be fair, no one knows exactly how much harm a cell phone can do to a person. However, one thing for sure is that the radiation from a cell phone is harmful. It is only a matter of how much. There is no denying that.

Recently, new media has reported a study showing the radiation from cell phones is so full of energy they can be used to cook eggs.

In the experiment, researchers placed one egg in a porcelain cup (because it is easy to conduct heat), and put one cell phone on one side and another cell phone on the other. The researchers then called from one cell phone to another and kept the cell phones on after connecting.

During the first 15 minutes, nothing changed. After 25 minutes, however, the egg shell started to become hot and at 40 minutes, the surface of the egg became hard and bristled. Researchers found the protein in the egg had become solid although the egg yolk was still in liquid form. After 65 minutes, the whole egg was well cooked.

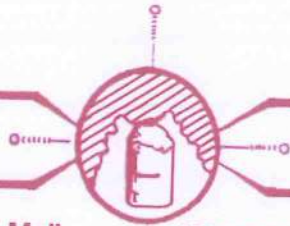
The study shows how scary cell phone radiation is. People should try to avoid use of cell phones. Although so far no one has proved the radiation from cell phones can cause something clinically significant. By the same token, there has been no one who can disprove the existence of such a risk.

Children should be forbidden from cell phone use because they still grow their brains and are particularly vulnerable to radiation.

AESTHETIC ACUPUNCTURE PRECEPTORSHIP COURSE 2010
DR GENEVIEVE TORRES-TAN, 17-31 MAY 2010



LASER ACUPUNCTURE CENTRE



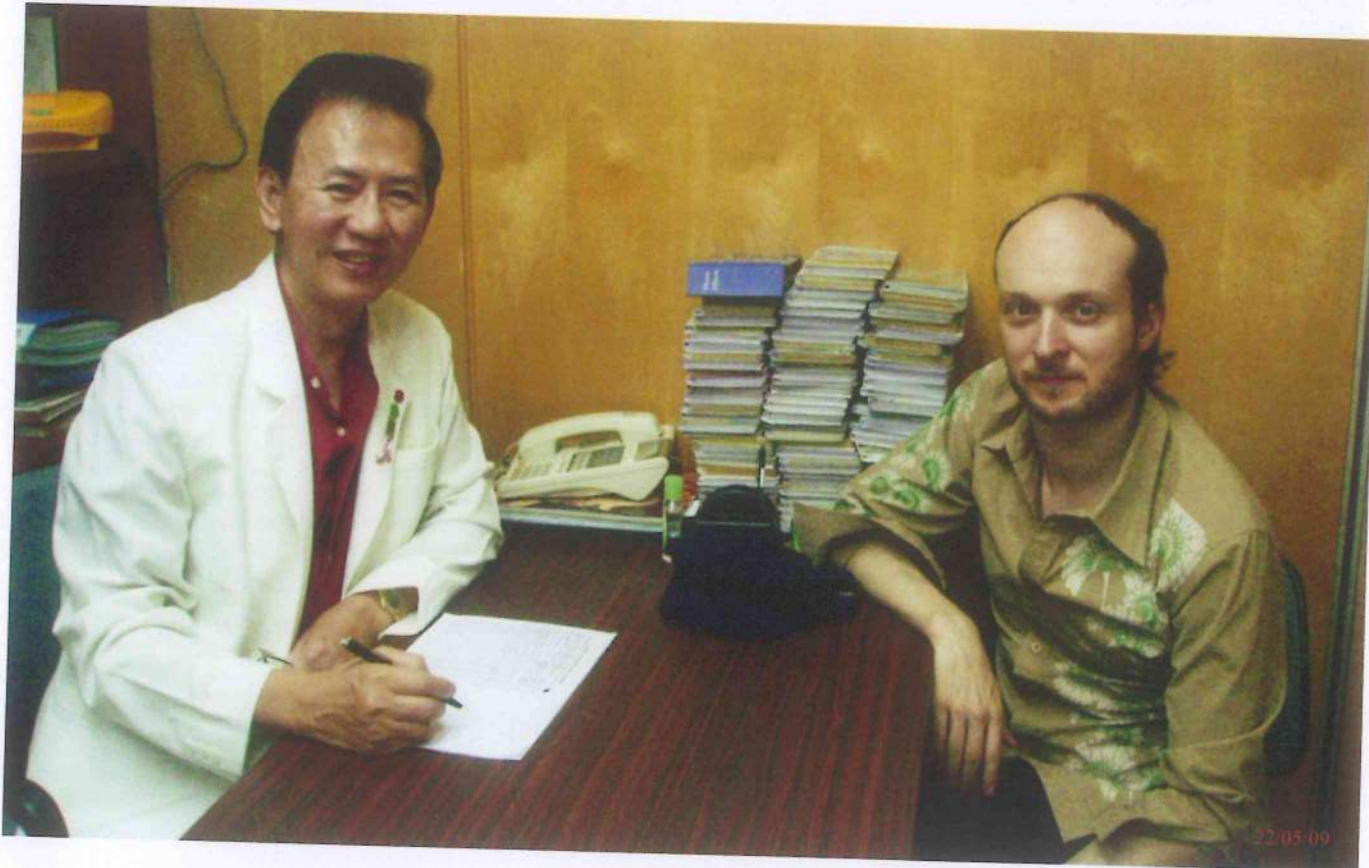
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Singapore 188307

Website: www.lasertcm.sg
Tel: 6742 9883

Email: laser@lasertcm.sg
Fax: 6744 3194



**Mr Rodney Lim with Mr Cherkaoui Sidi Larbi,
Choreographer/Dancer of Shaolin Gongfu Team**



Thank you for your patronage on 22&23 May 2009!



MEDILINE BIOLASE TECHNOLOGY

35 SELEGIE ROAD, #05-08 PARKLANE SHOPPING MALL, SINGAPORE 188307
TEL : 6744 3194 FAX : 6742 9883
Website : www.mediline-biolase.blogspot.com Email : mediline.biolase@gmail.com

6 June 2008

Dear Doctors,

**Re : Effective Laser Treatment for Aches & Pain :
State of the Art New Approaches**

With reference to the abovementioned, in conjunction with The Interventional Pain Management Service of KK Women's and Children's Hospital will be launching its service in this Forum. We cordially invite you to visit our Exhibition Booth to view our latest range of Lasers for Pain Management. You can experience on the spot free Laser Pain Relief DEMO as below :

Venue : KK Women's and Children's Hospital
100 Bukit Timah Road
Singapore 229899
Level 1 Theatre

Date : 7th June 2008 (Saturday)

Time : 9 am – 5 pm

**Speaker : Dr Bernard Lee,
Consultant Interventional Pain Specialist**

**The New 'Pain-Killer' Laser, Therapy
will Never be the same Again!**



We look forward to seeing you there!

**New Generation Laser with Advanced
Technology to meet any Pain Challenges
and Sports Injuries.**

Yours sincerely

MEDILINE BIOLASE TECHNOLOGY

Rodney Lim
Director

Skin Rejuvenation, Pain Relief & Wound Healing

CCM SPECIAL Laser Probe 835 nm

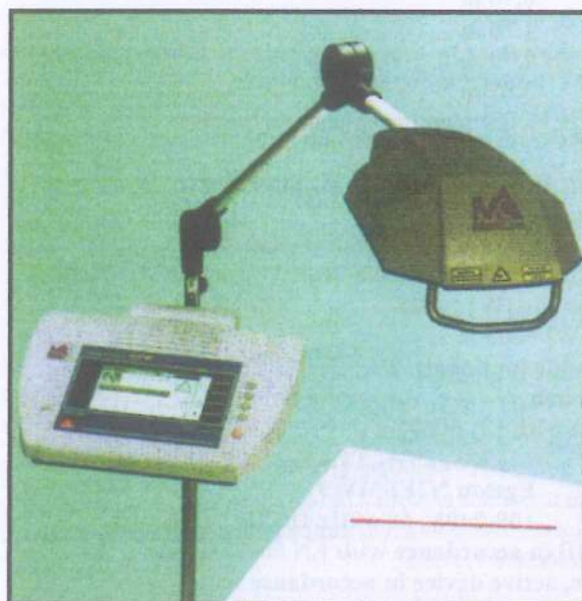
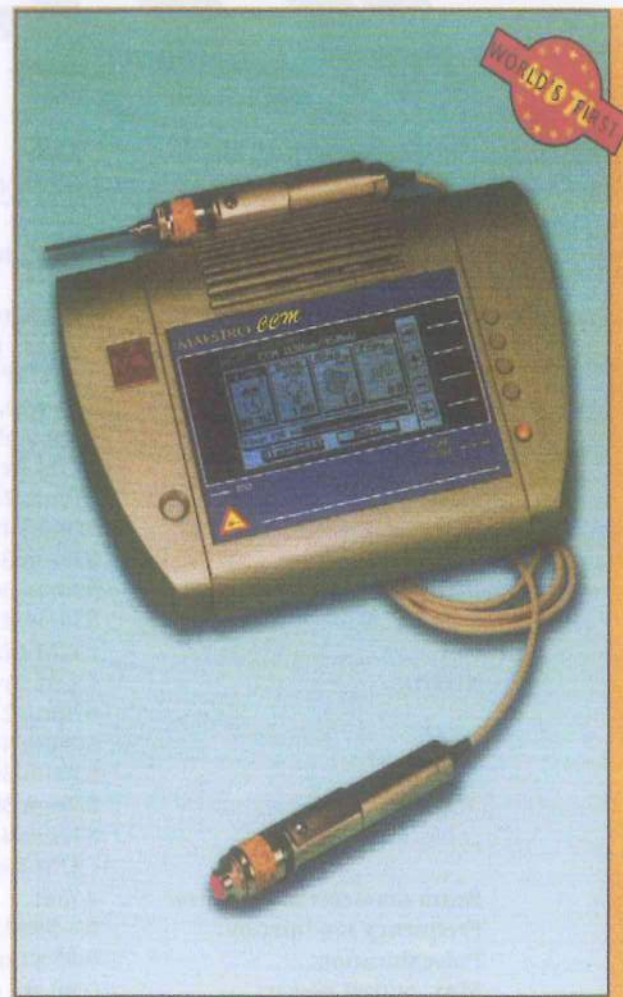
Their depth of penetration into tissue is rather low and major portion of energy is absorbed in 3-5 mms. Therefore these probes are mainly used for superficial skin and mucous applications. Output power : 25 mW

CCM UNIVERSAL Laser Probe 670 nm

Their penetration is deeper (up to 2 cms.) and that is why they can be used for superficial applications as well as for irradiation of tissue structures and smaller joints. These probes are optimal for universal use and for acupuncture. Output power : 25 – 40 – 80 mW

CCM INFRARED CCM SPECIAL Laser Probe 830 nm Probe 830 nm

High power probes with the ability of deep penetration into tissue (average 5 or more cms). These probes are the best ones for irradiation of joints and other deep tissue structures. Output versions include 160 – 300- 450 mW



Advance laser of the new MDTL*) generation, Meeting even the highest demands of laser therapists:

- ⇒ Two laser probes with different parameters can be connected with the unit simultaneously
- ⇒ One laser probe for point therapy together with an Auxilliary scanner for large are applications can be connected with the unit simultaneously
- ⇒ Automatic adjustment of parameters of therapy according to chosen diagnosis
- ⇒ Your own desired parameters of therapy can be stored in the memory of the unit for frequent use
- ⇒ Wavelength: 635 nm, 670 nm, 830 (IR) nm
- ⇒ Power output: 7 – 450 mW depending on wavelength
- ⇒ Possibility to decrease output within the range of 1 – 100%
- ⇒ Frequency modulation 0 – 10000 Hz
- ⇒ Mains supply, battery sources available (SMART/CCM)
- ⇒ Simple operation, maximum protection

Auxilliary Laser Scanner LineScan/BioScan
Is utilized for automatic applications of laser therapy on larger surfaces. It saves time and efforts of therapists.

- ⇒ Quite even irradiation of treated area with accurate dosage of energy exactly in harmony with chosen diagnosis.
- ⇒ Continuous Mode
- ⇒ Versions 670 nm/40 mW and 70 mW
830 nm/250 Mw and 450 mW

MAESTRO

CCM SPECIAL Laser Probe 835 nm

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THERAPY LASER

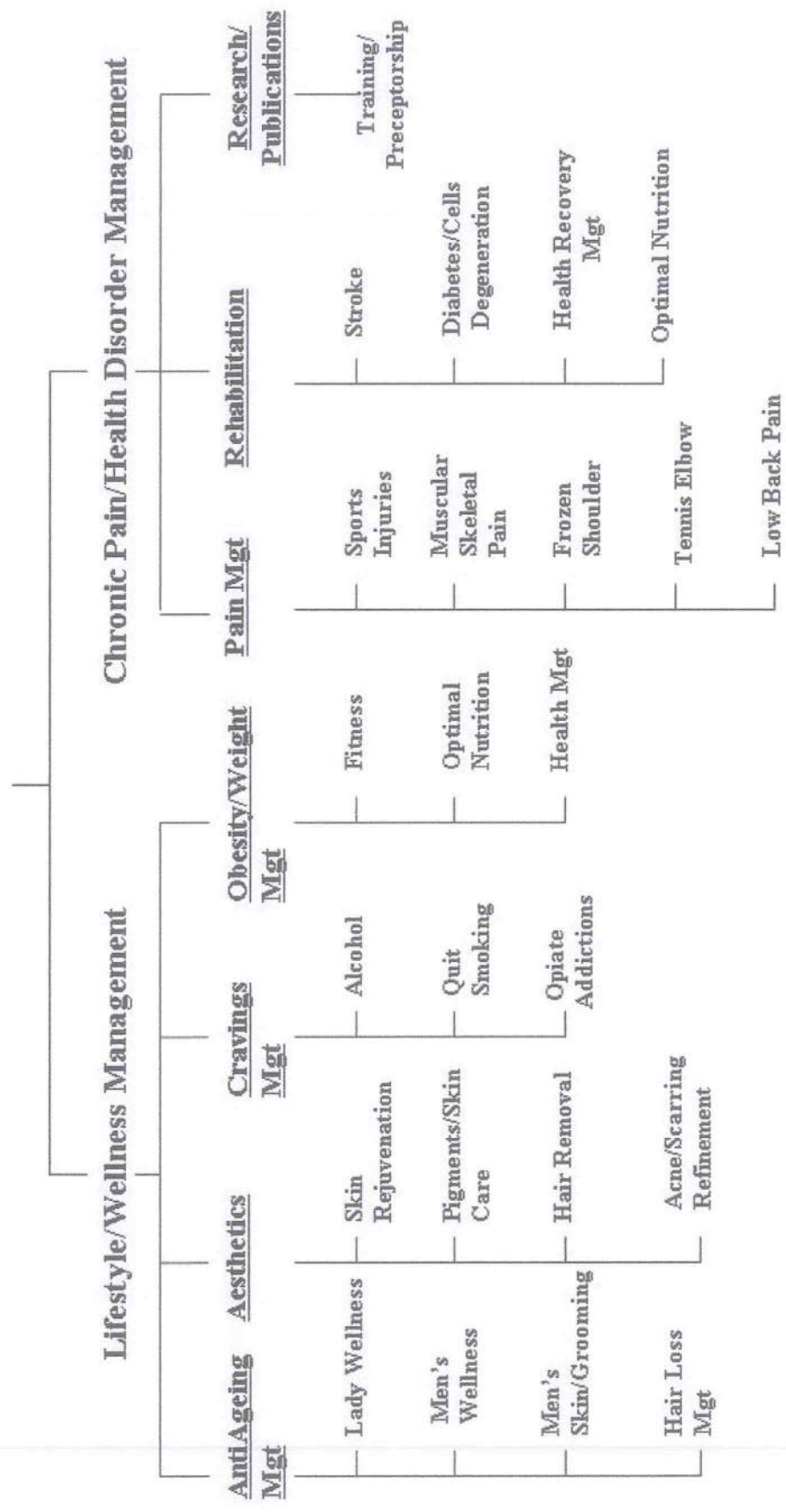


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- ⇒ Mains supply, battery sources available (SMART/CCM)
- ⇒ Simple operation, maximum protection

Laser Acupuncture Centre's Services

Applications of Painless Laser Acupuncture



Affordable New Sparkling 'Q' Switched Nd:YAG Laser

FOR SKIN REJUVENATION, PIGMENTED LESION & TATTOO REMOVAL

Sparkling
Portable Q-Switched Nd:YAG Laser
for Tattoo Removal

New portable and smart design for best Hand-carry transportation convenience.
Solid state Laser with Compact design giving the best stable performance.
Touch screen, LCD
Simple and easy operation by its user-friendly design

Applications | Sparkling Q-Switched Nd:Yag Laser is the newest generation solid state Q-Switched dual wavelength 532nm / 1064nm laser. It is Ideal for treatment of wide range of skin pigment, specially Black, Blue, Brown and Red color tattoo. It has been proved highly successful for removal of tattoo of Eye Brow, Eye lines and Body, also many other clinical Dyschromia such as Lentiginos, Freckles, Post-inflammatory Hyper-pigmentation and even Nevus of Ota.

Technical Specifications

Laser Type	'Q' Switched ND:Yag Solid State Laser
Wavelength	1064/532 nM (with V532 converter)
Single Pulse Energy	Normal: 300 mJ High: 600 mJ
Maximum Energy Density	12.5 J/cm ² @ 1064 6.25 J/cm ² @ 532nM
Pulse Duration	~ 10 ns
Pulse Repetition Rate	1, 2, 3, 4, 5 Hz
Fluence @ 1064	48.2 @ 1 mm/6.25 @ 4 mm J/cm ²
@ 532	14.7 @ 1 mm/3.5 @ 4 mm J/cm ²
Cooling System	Internal-Circulation Water Cooling
Electrical Power	220V AC 50 Hz
Compliance	CE & HSA approved
Dimension	39cm (L) x 37cm (W) x 22cm (H)
Weight	13.5 Kg



MEDILINE BIOLASE TECHNOLOGY

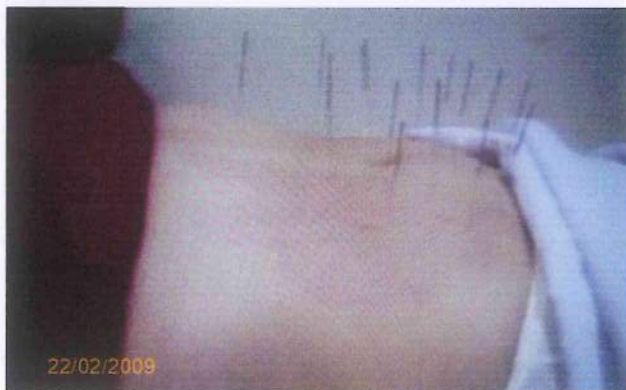
35 SELEGIE ROAD, #05-08 PARKLANE SHOPPING MALL, SINGAPORE 188307

TEL : 6744 3194 FAX : 6742 9883

Website : www.mediline-biolase.blogspot.com Email : mediline.biolase@gmail.com

EVELYN LOW

Before Treatment



INITIAL STATS

>AGE	33 YEARS OLD
>HEIGHT	1.63 M
>WAIST	92 CM
>WEIGHT	69.9 KG

22/02/2009

After Treatment

AFTER 4 WEEKS

>AGE	33 YEARS OLD
>HEIGHT	1.63 M
>WAIST	69 CM
>WEIGHT	62.9 KG

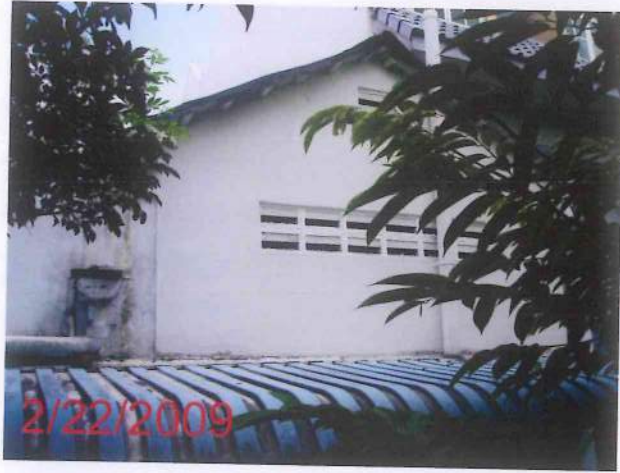
22/02/2009

IN 3 MONTHS

>AGE	33 YEARS OLD
>HEIGHT	1.63 M
>WAIST	53 CM
>WEIGHT	55 KG

22/02/2009

ACUPUNCTURE EFFECTS ON PAINT WORK



Ms A. Wee

Result Immediately after Treatment on 26 March 2010

Before – 11.39am

After – 12.28pm

RIGHT SIDE



LEFT SIDE





证书

CERTIFICATE

林春橙 生于一九五〇年一月十六日，
 新加坡人。于一九九七年三月参加中国国际针灸考试中心
 在新加坡举行的国际针灸专业人员水平考试，成绩达到B级标准，
 特发此证。



*This is to certify that Lim Choon Huat Rodney from Singapore born on JAN. 16
 1950 has been awarded the certificate after taking the International Proficiency Examination for Professional Acupuncturist sponsored by the
 China International Acupuncture-Moxibustion Examination Center in Singapore MAR. 1997 and
 reaching Level B*

李振吉

主任

证书编号: 54032

B级: 相当于针灸师水平

本考试经中华人民共和国国家中医药管理局(89)国医教字第74号文批准实施





certificate of training

This is to certify that

Rodney Lim

Mediline Biolase Technology

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and has been accredited as an

Ellex Field Service Engineer – Level 1

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Date: September 14-27 , 2009

Craig Leak
Global Service Manager

Ellex Medical Pty Ltd
82 Gilbert Street, Adelaide, South Australia, 5000
Telephone: +61 8 8104 5200 Facsimile: +61 8 8221 5651

Rediffusion to launch free channel

Radio broadcaster hopes to keep in Sync with changing times

By IRENE THAM

SINGAPORE'S only subscription-based radio broadcaster is set to launch a free-to-air channel.

Rediffusion hopes the new station, called Sync, will help it stay relevant in a world where music and news are increasingly broadcast for free.

Targeted at the 18 to 40 age group, the channel will play popular music ranging from jazz to rock and host talk shows in English and Mandarin.

But non-subscribers will have to buy a digital radio - which will set them back at least \$399.

The 62-year-old broadcaster is popular among older listeners for its Cantonese, Teochew and Hokkien talk shows and music.

However, it has lost 90 per cent of its subscribers over the past 30 years,

with the number dwindling to 10,000 from an all-time high of 100,000. In 2006, it swapped its cable network for digital audio broadcast, which provides better sound quality.

It is now set to launch the new channel in the first week of May.

Subscribers will still be able to listen to its existing 14 paid channels for \$16.05 a month.

They can also tune in to Sync with the free digital radio set that is loaned to them with their monthly subscription.

But non-subscribers will have to buy theirs from the limited range available at Challenger, Isetan and Robinsons.

Rediffusion's chief executive officer Leong Kwok Seng admitted that the price of the hardware was an obstacle for listeners.

He said the broadcaster is "in talks with several overseas digital radio makers" about the possibility of their sets being sold in Singapore.

About 70 per cent of Rediffusion's revenue comes from the monthly subscription fees.

Mr Leong said the firm is breaking

even, but declined to elaborate. It needs to rely more on advertising for its long-term survival, he added. This makes up about 30 per cent of Rediffusion's turnover.

In 2009, firms in Singapore spent \$162 million on radio advertising - only 8 per cent of their total ad budget - according to market research firm AC Nielsen.

This shows that radio has "a huge potential for growth", said Mr Leong.

Sync will be at the centre of the strategy shift, hopefully drawing in more listeners who will be exposed to the ads.

However, Mr Jamie Meldrum, programme director of SPH UnionWorks' Radio 91.3, said he does not consider Sync a competitor.

This is because SPH UnionWorks - which is owned by The Straits Times' parent company Singapore Press Holdings - broadcasts on FM, not digital. FM is still the most popular format, he added.

He said few people want to purchase digital radios. Most prefer to tune in using applications built into their existing gadgets such as clocks and mobile phones.

Digital radio was first launched in Singapore in 1999 by MediaCorp. The firm now has 13 digital stations - eight of which can be picked up using a normal FM set.

But 10 years on, the number of people who own a digital set is still a "negligible" 40,000, said Ms Sandra Chan, MediaCorp's vice-president of corporate services for radio.

Mr Chee Kwok Liang is one listener who refuses to buy a separate radio set just to tune in to digital radio.

Instead, the 36-year-old software developer listens to his favourite digital shows - mostly technology news from the United States - using podcasts on his iPhone and laptop.

"I never really got into radio. I mostly listen to tech podcasts as they are most readily found and in my most used devices," said Mr Chee.

The Living Room (10am to Noon)



Chat 'live' with us at **66911-938** on weekday mornings!
You can also email livingroom@938LIVE.sg or fax 62512-938.

'live' Mondays to Fridays from 10am - noon
with a *second broadcast* (10pm - midnight)
Weekend encore broadcast on Sundays (2pm - 5pm)
Hear us also on TV on *Channel NewsAsia* (2am - 3am, Tues - Sat)!

JOIN US at November's Lunchtime Talk @ The Library

Date - Wed, 29 November, 2006

Time - 12.30pm to 1.30pm

Venue - [Library@Orchard](#) (Level 5, Ngee Ann City)

Speaker - Rodney Lim, Licensed Acupuncturist & Consultant Laser Acupuncturist from the Laser Acupuncture Centre

Topic - **Laser Acupuncture : When Traditional Acupuncture Is Redefined**

Are you afraid of needles? Traditional acupuncture is an ancient Chinese technique that involves the insertion of fine needles just under the skin in specific points according to a mapping of 'energy pathways' to relieve pain and treat a wide variety of complaints. The World Health Organisation has recognised acupuncture's ability to treat many medical conditions ranging from neurological to gastrointestinal to mental and emotional ones. But have you heard of laser acupuncture? If you've got a fear of needles, this might be the way to go. Proven to be effective in quitting smoking, alcoholic addictions, pain management for sports injuries and even painless weight loss, laser acupuncture uses one to fourteen laser needles that are not inserted in the skin but simply applied to the acupuncture points. Find out how it works, how different it is to traditional acupuncture and how effective it can be in solving your health problems with this month's speaker Rodney Lim from the Laser Acupuncture Centre. This talk is brought to you by "The Living Room" on 938LIVE.

This is a free talk and no registration is required but come early to get good seats!



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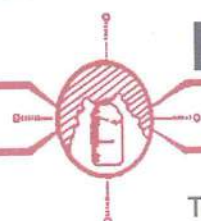
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At the coming International Fight on
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Orchard Road, Singapore



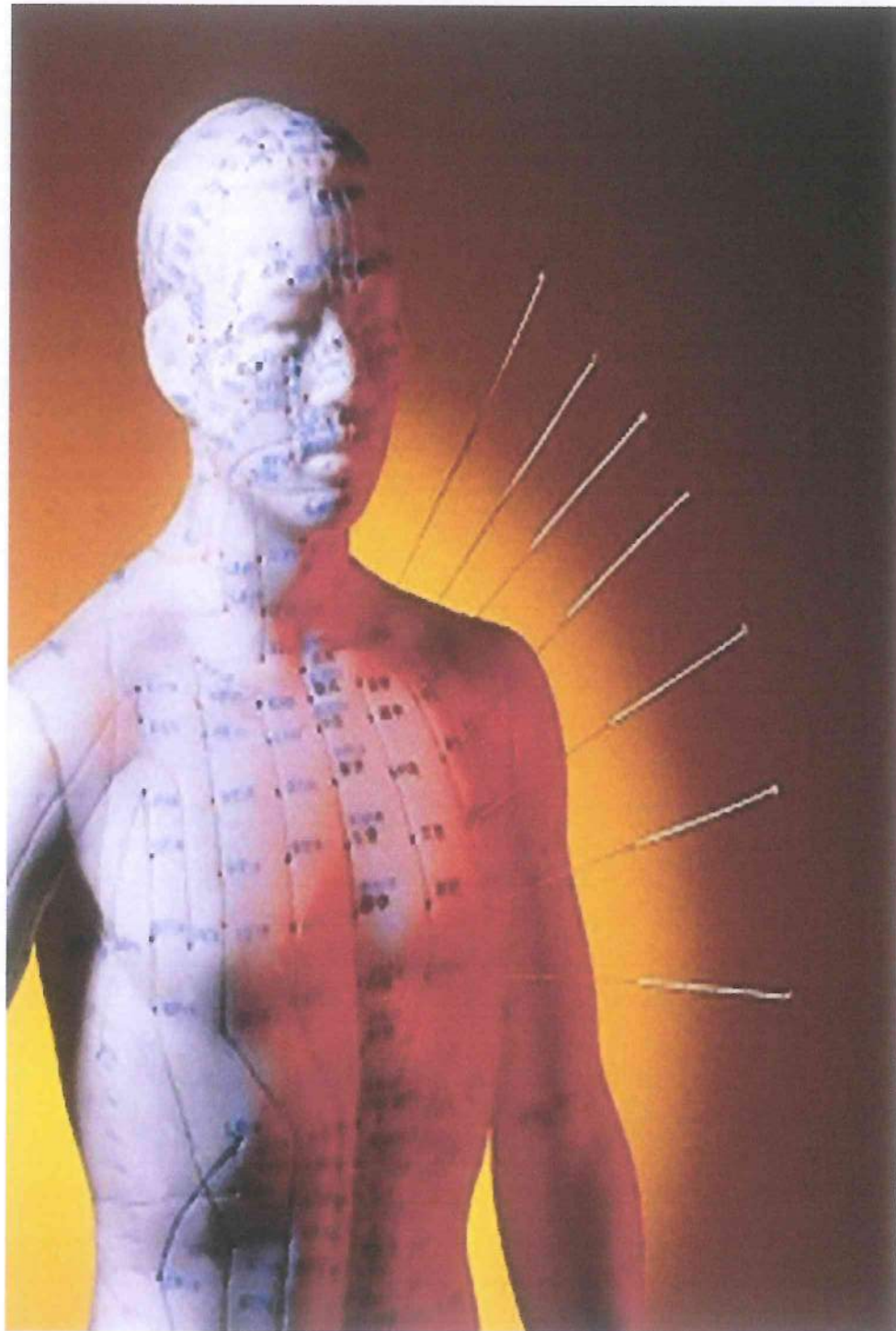
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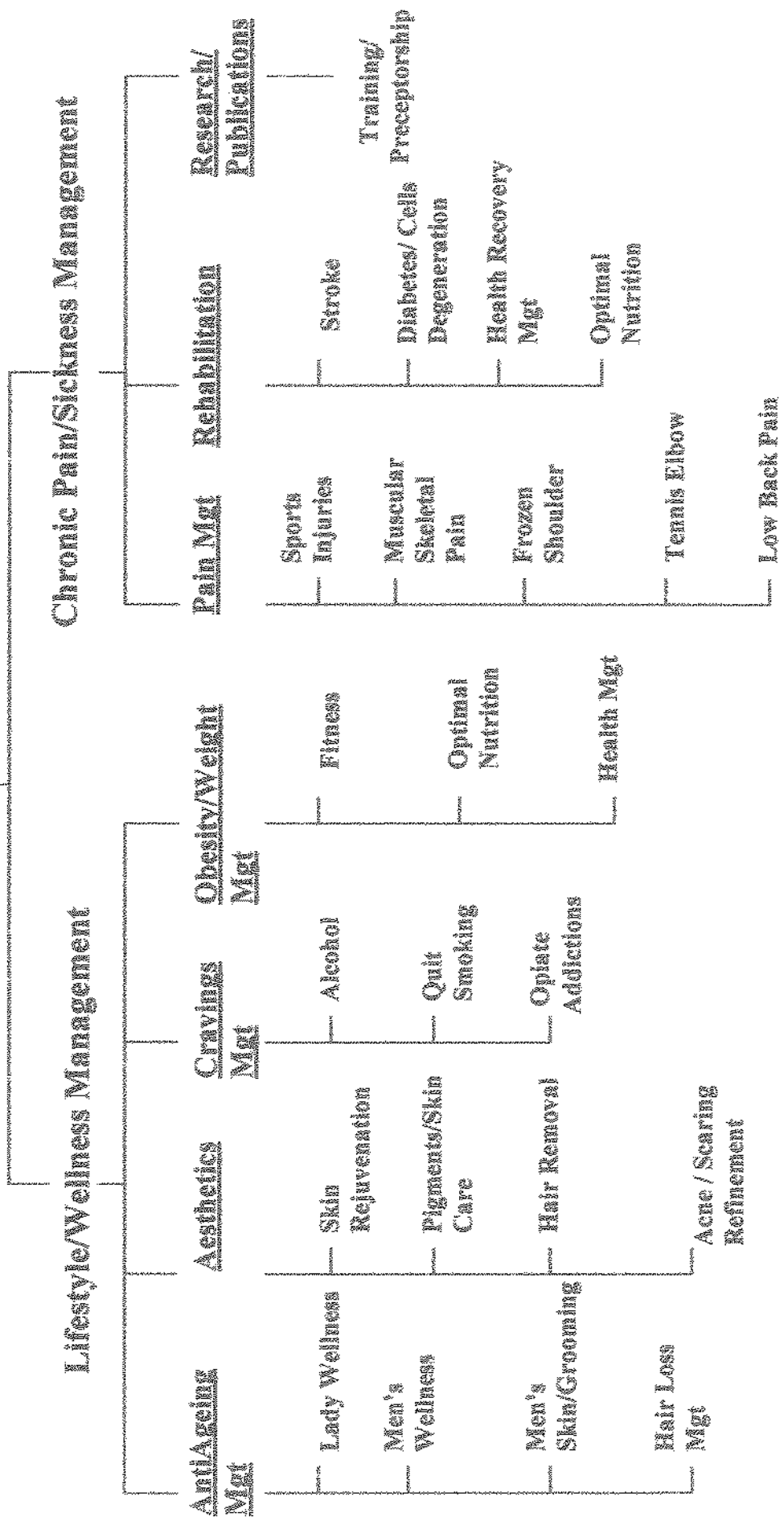


Laser Acupuncture Centre Business Plan

Applications of Painless Laser Acupuncture

Group Practitioners

Chinese Physicians/Acupuncturists/Physiotherapists



Quit Smoking

Mr. Rodney Lim Treatment For Mr. B.B. Omar of Jeddah, UAE

27 August To 3 Sept 2013



from Kristine Nudina <nudina@gmail.com>
to Rodney Lim <laser.biolase@gmail.com>
date Sat, Apr 11, 2009 at 2:45 AM
subject Re: New Website
signed-by gmail.com

Dear Dr. Lim,

Thank you for your interesting and kind e-mail.
We are sorry to reply so late, but we have been away for our spring vacation last month in France.

We have seen your video on papayas and we are very impressed!

Also, congratulations with your new website. It looks wonderful!

Irina is asking: what are other options if there is no group from Latvia?
The crisis in Latvia is very bad now and many people can't afford to go.
So, Irina is wondering what would be the other option for her to come alone.
To observe your work maybe and learn somehow more. What would be the price for individual course or consultation or just observe your treatment procedures, so that it would not require extra time off your work.

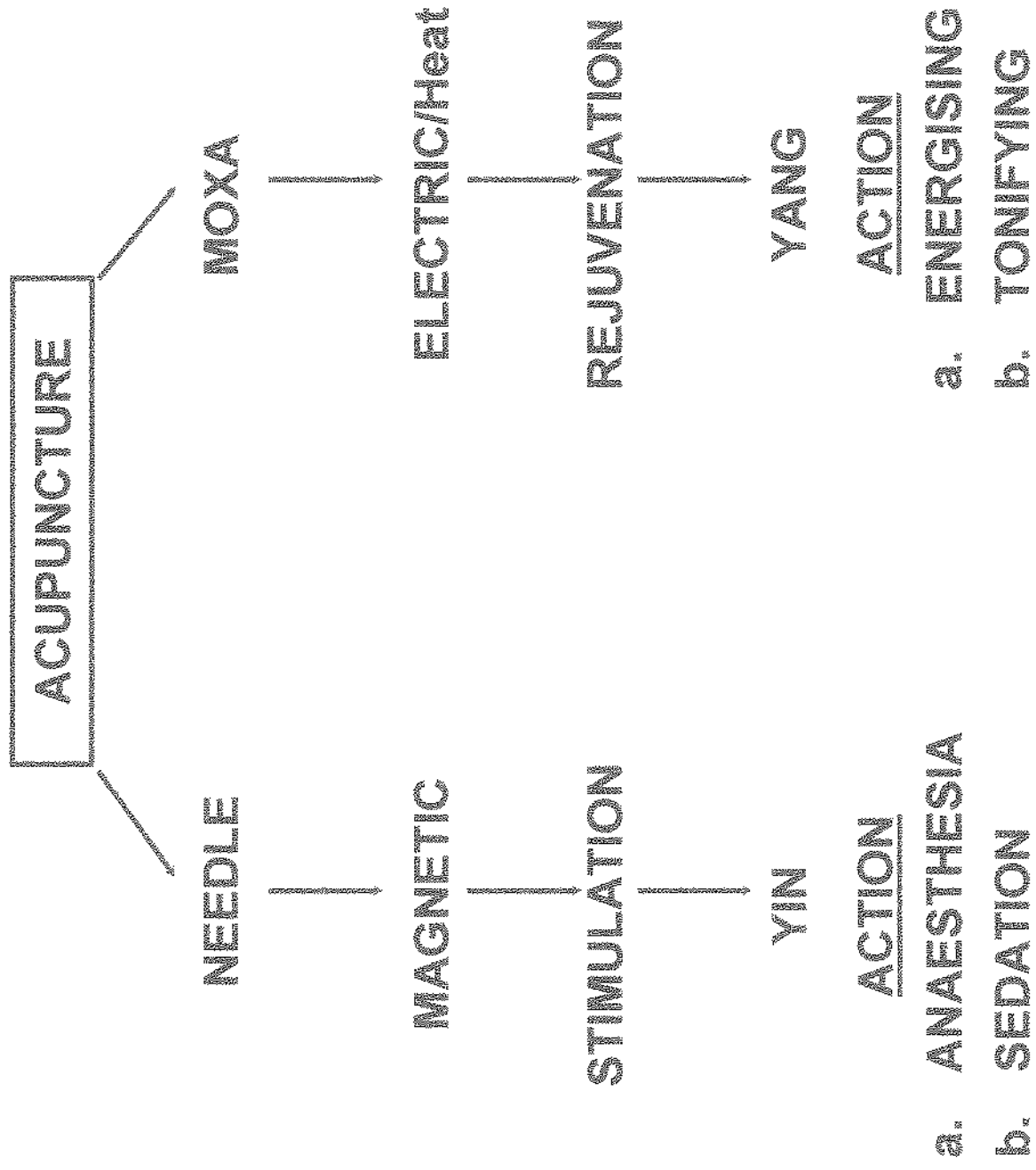
She is very eager to meet with you again and to travel to Singapore.

Also, we wanted to ask you a question regarding one 13 year old girl from England that we have met last summer and she is suffering from severe headaches after she had been stung by medusa 2 years ago while swimming in the sea. They tried to treat her in England, but they can't find anything and can't help her in the usual hospital. Could we give them your coordinates? Perhaps you will know how to help this person? Or perhaps you know an institution or a person in England where they could turn to?

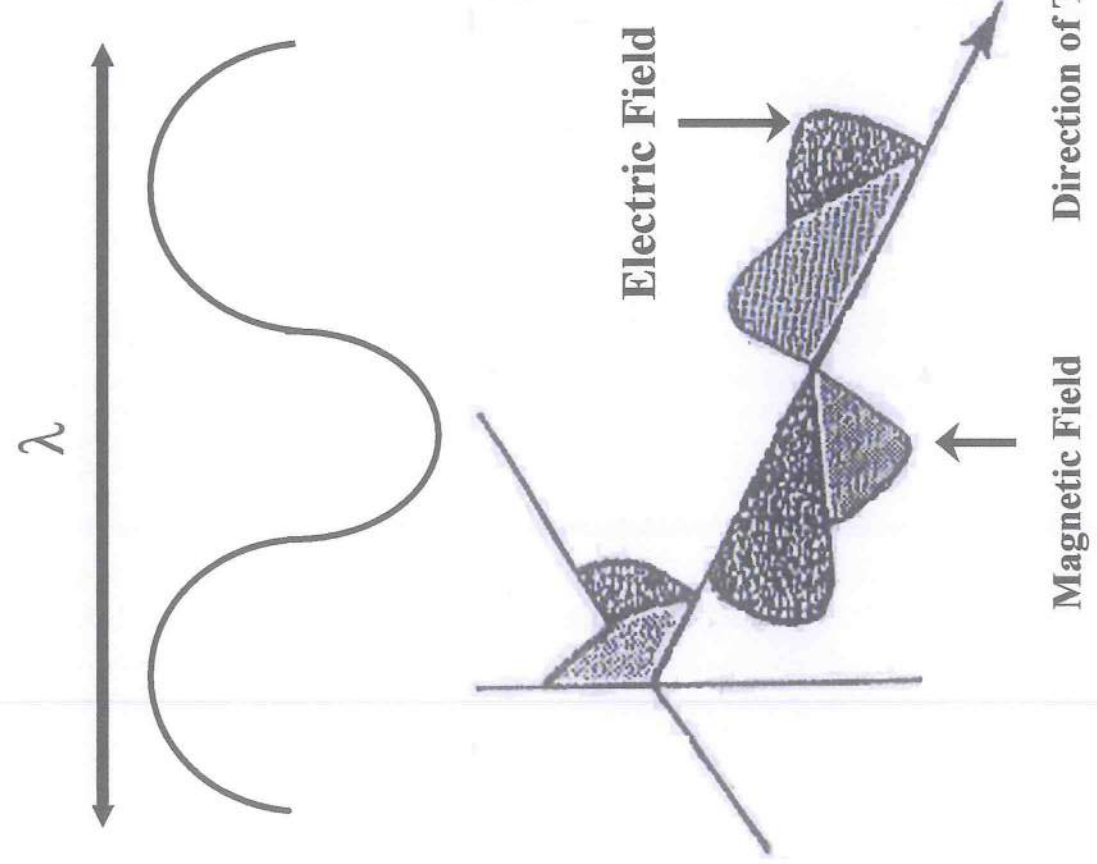
Thank you for all your help in advance!

Warmest personal wishes!
Kristina & Irina

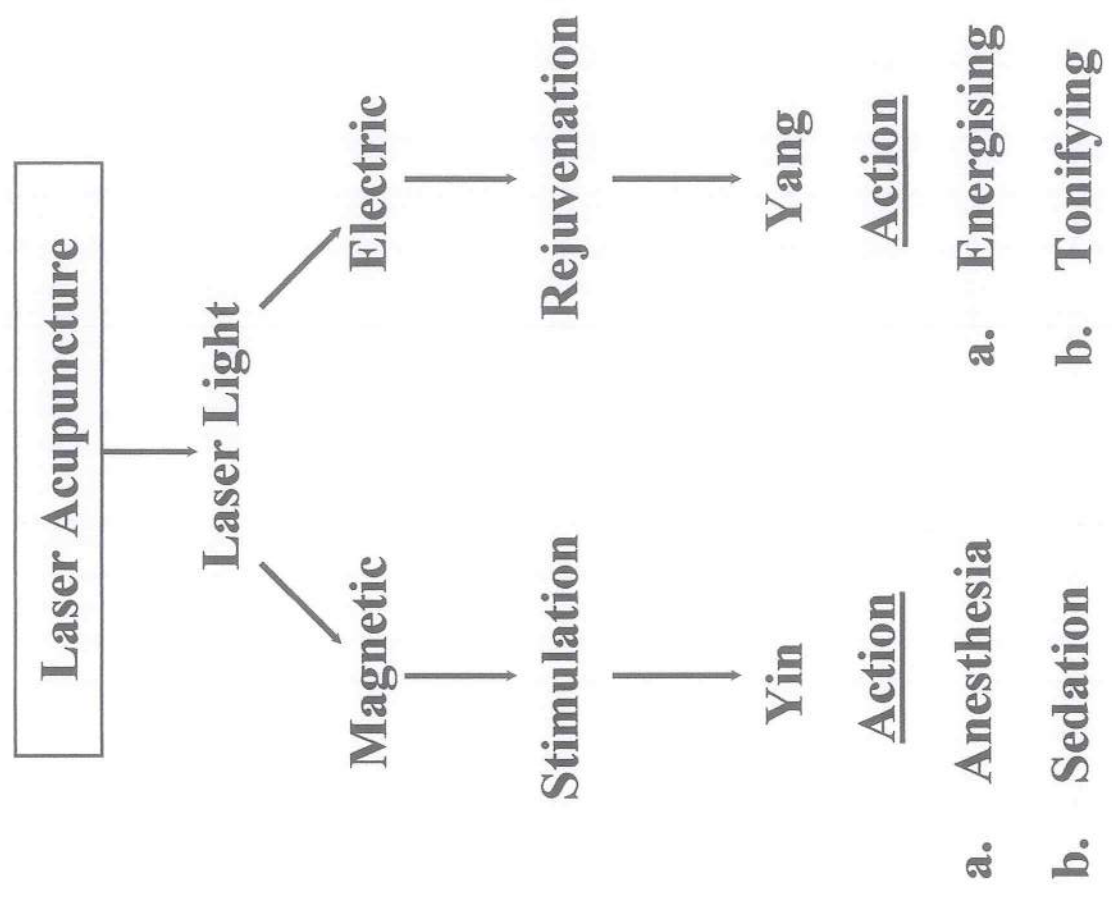
DIFFERENCE BETWEEN LASER AND ACUPUNCTURE



Basic Configuration of an electromagnetic wave (plane polarized)



DIFFERENCE BETWEEN LASER AND NEEDLE ACUPUNCTURE



Mr Chen Yi Xi
Flanked by his mother,
actress Xiang Yun, and
Dr Julian Theng after
his partial cornea
transplant last week.
Also with him are his
father, actor Edmund
Chen, and staff from
Mount Alvernia
Hospital.

PHOTO: MOUNT
 ALVERNIA HOSPITAL



More choosing partial cornea transplants

They offer lower risk of rejection by body over full cornea replacement

By FRONA LOW

THE 20-year-old son of MediaCorp artists Edmund Chen and Xiang Yun underwent a cornea transplant recently after a contact lens infection six years ago had badly affected vision in his left eye.

But unlike a traditional operation to replace the entire cornea, Mr Chen Yi Xi, like more and more eye patients, opted for a partial cornea transplant. He did a procedure called anterior lamellar keratoplasty (ALK), which involves removing the front layer of the cornea and replacing them with donor tissue.

The national serviceman is expected to fully regain his eyesight, said Dr Julian Theng, group medical director of Eagle Eye Centre, who performed the 90-minute operation last Friday.

The cornea, a transparent surface covering the front of the eye, controls the entry of light into the eye.

Compared with the traditional penetrating keratoplasty (PK) or full-thickness transplant which replaces the entire cornea, the ALK is harder to do as it needs more technical skills, say surgeons. But more people are opting for such partial transplants as the risk of rejection is lower.

Statistics from the Singapore National Eye Centre (SNEC) show a more than six-fold increase in ALK cases over the last decade - from 11 in 2000 to 68 last year.

Each year, about 350 cornea transplants are done here. About half the patients are Singaporeans and the rest are medical tourists.

Another partial cornea transplant, called endothelial keratoplasty (EK), replaces just the endothelial layer, leaving most of the cornea intact.

This very thin layer of cells functions to pump water from the cornea, keeping it clear.

Since the SNEC offered the procedure in 2006, the number of EK cases had risen from 16 then to 104 last year. The number of PK cases has fallen by more than a third, from 103 in 2000 to 68 last year at the SNEC.

In partial transplants, the risk of rejection is lower because less foreign tissue is used. This is a key consideration as rejection is the main reason for transplant failure, said SNEC director Donald Tan.

In the ALK procedure, chances of rejection are less than 1 per cent and, in the EK one, they are about 2 per cent, he added. In PK, rejection rates are about 10 per cent.

"There has been a tremendous change in the way cornea transplants are being done today and we can see a shifting trend towards a preference for these complex (surgical operations), which give better outcomes," added Professor Tan.

Surgeons in private practice agree. Dr Leonard Ang, medical director of the Eye & Cornea Transplant Centre at Paragon Medical Centre, said about 40 per cent of his patients opt for such a procedure now. Ten years ago, the number was less than 20 per cent.

He attributes the surge to improvements in surgical techniques and development of more sophisticated equipment such as motorised blade systems.

"With these developments, there is a faster recovery time for patients and they can achieve better visual results."

But not all patients are suitable for partial transplants. More than half will still need full transplants because many conditions damage the entire cornea, making partial transplants less effective.

Singaporeans are usually allocated corneas from their fellow countrymen or they can be sourced from the United States, the Philippines or Sri Lanka. The local supply is usually sufficient for domestic needs, said Prof Tan who is also medical director of the Singapore Eye Bank.

Last year, 143 corneas were harvested from dead Singaporeans. Local corneas cost about \$2,200 while those from overseas range from about \$1,200 to \$4,200.

fronlow@sph.com.sg

DIFFERENT METHODS



1 PENETRATING KERATOPLASTY (PK)

Advantage
 Traditional method replaces the whole cornea with donor tissue which is placed with stitches.

Disadvantage
 Less complex surgery, does not require as much surgical technique, poorer vision due to stitches.



2 ANTERIOR LAMELLAR KERATOPLASTY (ALK)

Advantage
 Part or all of the cornea is sliced away with a blade and replaced with donor tissue which is then stitched in place.

Disadvantage
 Reliant on surgical skills. May result in less vision clarity if the surface between the patient's tissue and donor tissue is not perfectly smooth.



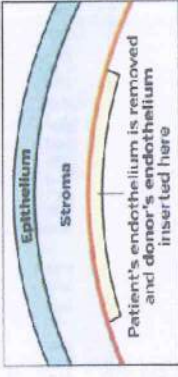
About 350 cornea transplants are carried out in Singapore yearly. These are the main methods for a cornea transplant.

3 ENDOTHELIAL KERATOPLASTY (EK)

Advantage
 The endothelium is a very thin layer, about one hundredth of a millimetre, that pumps water out of the cornea to clear it of any infection. Only the endothelium is removed.

Disadvantage
 The endothelium from a donor cornea is inserted into the patient's eye with a vital or tweezer-like grips, to replace the layer that was removed.

Disadvantage
 The donor endothelium is attached to the eye by injecting air beneath it to push it upwards.



Advantage
 Less complex surgery. A keyhole surgery with no stitching involved, therefore there is less chance of infection and faster visual recovery.

Disadvantage
 More complex surgery.

NOTE: Graphics not drawn to scale.

SOURCE: SINGAPORE NATIONAL EYE CENTRE

ST GRAPHICS

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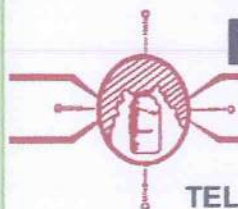
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Tooth-Organ Meridian Chart

Sense Organs	Inner Ear	Maxillary Sinus	Ethmoid Cells	Eye	Frontal Sinus	Frontal Sinus	Eye	Ethmoid Cells	Maxillary Sinus	Inner Ear								
Joints	Shoulder Elbow	Jaws	Shoulder Elbow	Back of Knee		Back of Knee		Shoulder Elbow	Jaws	Shoulder Elbow								
	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint	Front of Knee	Hand, Radial Foot Big Toe	Hip	Sacrococcyx	Sacrococcyx	Hip	Hand, Radial Foot Big Toe	Front of Knee	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint								
Spinal Segments	C8 T1 T5 T6 T7 S1 S2 S3	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	T8 T9 T10	L2 L3 S4 S5 Coccyx	L2 L3 S4 S5 Coccyx	T8 T9 T10	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	C8 T1 T5 T6 T7 S1 S2 S3								
Vertebrae	C7 T1 T5 T6 S1 S2	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	T9 T10	L2 L3 S3 S4 S5 Coccyx	L2 L3 S3 S4 S5 Coccyx	T9 T10	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	C7 T1 T5 T6 S1 S2								
Organs	Heart-R	Pancreas	Lung-R	Liver-R	Kidney-R	Kidney-L	Liver-L	Lung-L	Spleen	Heart-L								
	Duodenum	Stomach-R	Large Intestine-R	Gall-bladder	Bladder-R Urogenital Area	Bladder-L Urogenital Area	Bile Ducts -L	Large Intestine-L	Stomach-L	Jejunum Ileum-L								
Endocrine Organs	Pituitary, Ant. Lobe	Para-thyroid Thyroid	Thy-mus	Pituitary, Post Lobe	Pineal Gland	Pineal Gland	Pituitary, Post Lobe	Thy-mus	Thyroid Para-thyroid	Pituitary, Ant. Lobe								
Others	CNS Psyche	Mammary Gland-R							Mammary Gland-L	CNS Psyche								
Upper Teeth	R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	L
Lower Teeth	R	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	L
Others	Energy Metabolism			Mammary Gland-R							Mammary Gland-L			Energy Metabolism				
Endocrine Glands Tissue System	Peripheral Nerves	Ar-teries	Veins	Lymph Vessels	Gonad (Testes or Ovary)	Adrenal Gland	Adrenal Gland	Gonad (Testes or Ovary)	Lymph Vessels	Veins	Ar-teries	Peripheral Nervous System						
Organs	Ileum-R	Large Intestine-R		Stomach-R Pylorus	Gall-bladder	Bladder-R Urogenital Area	Bladder-L Urogenital Area	Bile Ducts -L	Stomach-L		Large Intestine-L		Jejunum Ileum-L					
	Ileocecal Region	Heart-R	Lung-R	Pancreas	Liver-R	Kidney-R	Kidney-L	Liver-L	Spleen	Lung-L	Heart-L							
Vertebrae	C7 T1 T5 T6 S1 S2	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	T9 T10	L2 L3 S3 S4 S5 Coccyx	L2 L3 S3 S4 S5 Coccyx	T9 T10	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	C7 T1 T5 T6 S1 S2								
Spinal Segments	C8 T1 T5 T6 T7 S1 S2 S3	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	T8 T9 T10	L2 L3 S4 S5 Coccyx	L2 L3 S4 S5 Coccyx	T8 T9 T10	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	C8 T1 T5 T6 T7 S1 S2 S3								
Joints	Shoulder and Elbow		Front of Knee	Back of Knee		Back of Knee		Front of Knee	Shoulder and Elbow									
	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint	Hand, Radial Foot Big Toe	Jaws	Hip	Sacrococcyx	Sacrococcyx	Hip	Jaws	Hand, Radial Foot Big Toe	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint								
Sense Organs	Ear	Ethmoid Cells	Maxillary Sinus	Eye	Frontal Sinus	Frontal Sinus	Eye	Maxillary Sinus	Ethmoid Cells	Ear								