MEET THE DOCTOR OF THE FUTURE

Dr. Phillip Yoo, D.C. pictured in Boston while there in June to study the newest developments at the Principles & Practice of Pain Medicine course at Harvard Medical School’s Continuing Education Department.
Chronic pain. Chances are either you or someone close to you is suffering. It’s a national epidemic impacting more than 100 million Americans, according to a 2011 report from the Institute of Medicine, a National Academy of Sciences division. Chronic pain’s $635 billion annual price tag has exceeded that of cancer, heart disease and diabetes combined, according to health economists from Johns Hopkins University.

Desperate for relief, people are turning to narcotics, injections and invasive surgeries in attempt to abolish the pain that gets in the way of everything from daily tasks to the activities they most enjoy. In some cases, these approaches mask, reduce or—if they’re lucky—eliminate the pain. Others report little to no relief.

A Southern California doctor is making waves with his futuristic approach to win the war on chronic pain. He doesn’t prescribe narcotics or injectable drugs. He’s not an advocate of surgery. Instead, Dr. Phillip Yoo leverages non-invasive, pain-free Laser and Magnetic Therapies to help people regain their quality of life.

More than 300 clinical case studies from Dr. Yoo’s happy patients—which include medical doctors, nurses, professional athletes, veterans, entertainers and people from all walks of life—suggest that he might be on to something big.

Below is an important Q and A session with Dr. Yoo.

Q: How did you become so successful in treating those suffering from the most difficult to treat pain syndromes?

A: Growing up a doctor’s son, I was instilled with an inquisitive nature to look beyond obvious symptoms to uncover the root cause of problems. After studying pre-med at Michigan State University and Chiropractic Medicine at the National University of Health Sciences in Chicago, I spent 15 years conducting hands-on research around the world. I discovered how to combine traditional and alternative medicines to treat chronic pain.

While working as a medical missionary in Central America, I experimented in combining prolotherapy with acupuncture with decent results. I then ran two pain clinics in Korea, where I treated up to four-star U.S. Army, Air Force and Special Forces Generals, as well as top entertainers such as the Beyoncé tour. I traveled to Europe to further study chiropractic sports medicine and was invited to treat athletes at the 2008 Beijing Olympics. During that time, I teamed up with other sports doctors to combine Eastern and Western medicines and get great results.

After my research, which spanned four continents, I concluded that although the combination of allopathic and alternative therapies benefited most people, there were still those stubborn cases that didn’t respond to anything—drugs, injections, surgery, physical therapy, acupuncture, chiropractic, etc. I knew there had to be something else to help folks suffering from chronic pain.

Q: How did you discover Laser Medicine?

A: I discovered Laser Medicine by accident—literally. Upon returning home to America, I injured my back. The pain was intense. Life as I knew it changed in an instant. I couldn’t play sports. I couldn’t concentrate. I couldn’t lift up my kids. I couldn’t even drive without sharp, electrical-like pain shooting down my leg. That’s when I discovered Hi-powered Laser Therapy. I noticed a difference after one treatment. What a relief! Within a few weeks the sciatic pain disappeared and I regained my full health. Incidentally, I later suffered a bad case of shingles which caused peripheral neuropathy pain. I developed neuropathic numbness and tingling in my foot and ankle. Again, it was Laser Therapy which saved the day.

After years of searching, I had finally discovered the Holy Grail of non-invasive pain management.

Q: How does Hi-Powered Laser Therapy work to treat knee pain, peripheral neuropathy, fibromyalgia and degenerative arthritis in the spine and joints?

A: Today’s laser therapy is based on Albert Einstein’s laser theory, which he introduced in the early 1900s. In a nutshell, we’re basically using that same type of light energy that comes from the sun to treat disorders.

Laser Therapy increases the body’s healing response by delivering photonic energy to damaged joints, soft tissues and nerves through a process called photobiomodulation. Adenosine Triphosphate (ATP), Oxygen and blood are delivered to damaged tissue which in turn decreases inflammation and speeds circulation and healing. Think of it like this: Sunlight produces Vitamin D3 when it’s absorbed by the skin to strengthen your bones. Laser energy does essentially the same thing, but in a highly focused way.

Q: What other conditions can be treated with Hi-Powered Laser Therapy?

A: We’ve had excellent results treating fibromyalgia, carpel tunnel, shingles, postherpetic and trigeminal neuralgia, tennis/golfer’s elbow, shoulder tendinitis, and other nerve, joint, muscular, inflammatory and degenerative arthritic disorders. But, one thing many people don’t realize is how these chronic pain issues can impact their lifespan. I was recently doing some post-graduate studies at Harvard that focused on pain management. Harvard researchers believe that a person’s lifespan can decrease five to 10 years as a result of chronic pain. That’s why it’s so important to look to alternative treatments like Hi-Powered Laser Therapy that don’t have...
the side effects that many surgeries, injections or drugs often have.

While we’ve seen phenomenal results with laser, it’s not a cure-all. We often co-manage difficult cases with allied medical professionals such as neurologists, orthopedic surgeons, pain management specialists and oncologists from Hoag Hospital, UCI Medical Center, Kaiser, Cedar Sinai, Mission Hospital, etc. This ensures patients have access to the best doctors around.

Q: Does the type of Laser used for treatment make a difference?
A: Yes. A Laser’s ability to deliver sufficient photonic energy deep into the tissue is proportionate to its power. My practice is the only one on the West Coast to offer the newest in Laser technology from Italy and Germany; The Lifelite® 250 Watt Super-pulsed Laser is the world’s most powerful FDA-cleared safe Laser. To offer a clear perspective, most class IV Lasers produce 6 to 12 watts of power. The Lasers we use provide more than 20 times the power of any other Laser. Thus, we get more powerful healing Laser energy deeper into the tissue, which results in shortened treatment times and superior clinical results.

Q: Does Hi-Powered Laser Therapy work for everybody?
A: Treatment success is based upon factors such as the patient’s genetics, the cause or etiology of patient symptoms, ongoing insult to the affected area, and compliance with the treatment schedule and home care regimen.

Overall, we’ve seen most patients experience measurable results. There are hundreds of video case studies featuring patients—including doctors, nurses, professional athletes and veterans—on YouTube that document astounding results from treatment they received from us. Some turned to Laser in a last ditch effort to avoid knee replacement or back surgery, as well as foot amputations from diabetic neuropathy. Many had such great results they cancelled their surgery dates.

You can visit YouTube to hear what the patients have to say. (www.youtube.com/user/dryoo2)

Nonetheless, there have been some cases that have not responded to Laser. Fortunately, I have another incredible treatment called Pulsed Electromagnetic Field (PEMF) therapy. This ground-breaking therapy reduces inflammation and the effects of stress on the body, accelerates the repair of bone, nerve and soft tissue, and relaxes muscles. Many patients who don’t respond to Laser respond well to PEMF, or a combination of both.

Q: How do you determine which treatment, Laser or PEMF Therapy, is right for the patient?
A: Accurate diagnosis is essential in determining the true cause of pain, and to ascertain if they’re a candidate for our proprietary procedures. I’m repeatedly told by patients that have seen multiple orthopedic or neurology specialists that my comprehensive exam, which includes state-of-the-art infrared thermographic imaging, is the most thorough and understandable they’ve ever had. When done, patients understand the cause of their pain, the severity of the damage, if I can help and to what extent they can expect to regain physical function. I prescribe the treatment that I expect will get the best results, whether it’s Super-pulsed 250 Watt Laser or the PEMF Therapy.

Q: Do the Laser or PEMF Therapies hurt?
A: They’re 100 percent pain free. Laser and PEMF Therapies are non-invasive, use no drugs, no injections, and are non-surgical and totally painless with no harmful side effects. Many patients compare my office to a med-spa experience because they leave feeling relaxed and rejuvenated.

Q: Can you tell us about any successful Hi-Powered Laser or PEMF cases?
A: Absolutely. We’ve got hundreds of patients wishing to share their successes in hopes that others will benefit. I’m flattered that even doctors and nurses who I respect greatly have turned to me for relief of chronic pain symptoms. Here are some of their accounts:

The tingling from diabetic neuropathy is almost gone … I feel like a miracle has occurred.
- Carla Visnic, R.N., Anaheim Hills

“I had really severe pain from neuropathy for the last 20 years and crippling [pain] for probably the last year. I’ve lost my balance and I’ve had no feeling in my feet… I’ve been to my PCP who tried pain medication and referred me to a podiatrist that put my on Lyrica and Cymbalta without effect. I’ve been to neurologists, I was put on Gabapentin, maximum dose without any relief. Then on the internet I saw Dr. Yoo’s site and after just three clinical trials my pain has gone from a 10 to a six. I have feeling in my feet for the first time in so many years and I’m already able to do things I haven’t done in many years. The tingling is almost completely gone. I feel like a miracle has occurred.”

Knee pain went from a 10 to a 2 in both knees— Dr. Carmen Santa Maria Jahnke, M.D., Huntington Beach

“I came here to Dr. Yoo after I had my Synvisc injections four times. I didn’t get good results with the injections. I was reading the newspaper and saw the name of Dr. Phillip Yoo and I tried contacting his secretary. The pain went from 10 to four, then [down to] a two in both knees … I’m really glad I found Dr. Yoo because I didn’t want to have a knee replacement.”

As of my last treatment I have no pain in both my feet—Mary Finneran, R.N., Huntington Beach

“I’ve been experiencing pain in my ankles and feet for the last year and a half after I did a 70-mile walk on some cobblestone roads up in Northern Spain … I went to a podiatrist and he suggested to [use] inserts, but I wanted a second opinion. I went to my orthopedic surgeon and he referred me to another orthopedic surgeon … Then I went to another doctor in Huntington Beach [to have] platelet therapy injected in my right ankle. That seemed to help for about three or four months. And then working on my feet as nurses do for many hours I would come home and both my feet would be so uncomfortable I’d use electrotherapy on them. My husband had been to Dr. Phil [Yoo] for his knees and had some good success, so I said, ‘Well, let’s do my feet.’ So I’m on my last treatment today and I have no pain in both my feet nor my right ankle which was more severe. And, I’m praying that that continues.”

The tight muscles in my back are 75 percent better—Siri Curley, R.N., Long Beach

“After 20-plus years of chronic back pain I’ve come to Dr. Yoo because all the other treatments that I tried have failed. I’ve been in physical therapy, I’ve had injections, acupuncture, I am on pain medications and that keeps me moving somewhat. After my initial trial period [with laser treatments] I would say that my tight muscles in my back are about 75 percent better and I’m able to move around a great deal more from that. So, I’m encouraged that this is helpful to me.”

My neuropathy is getting better and better and I hope to start walking again soon.—Dr. Joseph F. Cavon, M.D., Mission Viejo

“In the last five years or so I developed neuropathy and I am not diabetic … The pain was so bad day and night I hoped it did not have to eventually come to them amputating my feet. I have taken all sorts of medication you can think of and nothing worked. Finally, I read in the papers about Dr. Yoo … I noticed a very big difference after one visit. My pain went from a 10 down to a five—and that is for both pain and numbness! I have gotten to almost feeling the floor again with my feet. My neuropathy is getting better and better. I hope to start walking soon, thanks to the good care of Dr. Yoo and his staff.”

I was able to do my ballroom dancing.—Emmy Beltran, R.N., Los Angeles

“I had a bad bout of sciatica. I tried everything—every painkiller that I could use … and it didn’t help at all. One day I was reading the newspaper and I saw Dr. Yoo in a one-page article. I decided I will go to him, so I did. After two laser treatments, I was healed. The sciatica was gone. I was able to walk. I was able to do my ballroom dancing. Thanks to Dr. Yoo … He’s the greatest!”

I would say I’m doing better with this treatment.—Dr. Reynaldo Lander, M.D., Los Angeles

“I am a pulmonologist by training and I’ve been practicing for the last 45 years as an acade-
Q: Are Laser and PEMF therapies good for sports injuries as well?
A: Absolutely. Whether you’re an active or retired professional athlete, or an active baby boomer or senior, abuse to your body adds up. Some damage becomes more pronounced with age. We’ve treated several pro athletes with astounding results. Here are some of their accounts:

After injuring my knees from playing pro basketball, I have no more popping in my knees, I have no more pain, full range of motion. -Mark Campanero, Retired Pro Basketball Player, Fullerton

“I’ve had five arthroscopic surgeries on my knees. I was having some pain and problems with movement, so I went to see my orthopedic surgeon. He recommended surgery, and that was the last thing I wanted to do … So I came down here [to Dr. Yoo’s office] and after six treatments, I have no more popping in my knees, I have no more pain, full range of motion, I’m out playing golf, and walking around, and the pain has gone away. So I would recommend this to anyone that has the option of surgery or doing the laser treatments. Do the laser therapy!”

I don’t have any pain in the knee right now and my posture is good. -Tom Adams, Former New York Yankee, Huntington Beach

“I broke both Achilles tendons, I’ve had rotator cup surgeries and orthoscopic [surgery] on both knees. So, I’ve tried now the PRP which has been very helpful. What I decided to do was do PRP, then take the laser, then do PRP, then take the laser, then do PRP, then take the laser. So, I’m at the point now where those three treatments, both the laser and the PRP, really help me as far as walking goes. But where the laser really helped me was on my posture, it helped my posture and it helped my pain from my hip because of the pressure is coming from my knees. So, that really is noticeable right away … I don’t have any pain in the knee right now and my posture is good and I don’t have any pain in my hip.

I’m receiving knee pain relief! -Gene Howard, Former NFL New Orleans Saints Football Player, Fountain Valley

“I’ve had a number of knee injuries over the years of playing football. My knees are bone on bone so I was trying to find an alternative option to knee replacement surgery. I came in to see Dr. Yoo and tried the laser treatments, and thus far I’m receiving knee pain relief. It has been a great process for me.”

After six treatments with Dr. Yoo’s laser I’ve been able to walk with a normal gait with less sensitivity (caused by chemotherapy) in my feet… -Bob Schellenberg, Former Philadelphia Phillies Catcher, Mission Viejo

“A few years ago I was diagnosed with Parotid Gland cancer behind my left ear. It was excised surgically. I had radiation treatment and the [chemotherapy] medications post surgery/post treatment left me with a few problems. I have a tremor in my right hand that was confirmed by a CAT scan at Mission Hospital and it is definitely Parkinson’s. I’m having some shuffling sensation in my right foot. After six treatments with Dr. Yoo’s laser I’ve been able to walk with a normal gait with less sensitivity in my feet, less neuropathy — the tingling and numbness sensation I’ve had in my feet. I still have the tremor and we’re hopeful of addressing that as we move forward, but so far I’m delighted with the results I’m having with the laser.”

You can check out these stories in their entirety at www.youtube.com/user/dryoo2.

Q: Do you treat people who aren’t doctors, nurses or professional athletes?
A: Absolutely. I treat people from all walks of life — lawyers, teachers, law enforcement, entertainers, military personnel, retirees, you name it. If someone’s experiencing pain I want to help.

Q: Are Laser and PEMF Therapies covered by insurance and Medicare?
A: When I returned to America after practicing abroad, I got tired of playing the insurance game. Private insurance and Medicare either refused to pay or did not cover procedures. It made it hard to deliver the care that patients desperately needed. So, I cut through the red tape, and moved away from insurance and Medicare. Today, we’re a concierge clinic where patients pay a fair fee to us directly, allowing us to deliver unimpeded, superior care. Patient’s like this structure because my team is 100 percent devoted to their care and no longer waste time and resources haggling with insurance companies. And, just as lasik eye surgery, dental implants and hearing aids are not covered, laser therapy for knee arthritis, back pain or neuropathy are not covered either, but all these procedures allow you to see, eat, and walk … and there’s really no price you can put on that.

Q: What should chronic sufferers do for relief?
A: For those suffering from unresolved back pain, knee pain, nerve pain (neuropathy) or degenerative arthritis, I advise first contacting your primary care provider to rule out any severe underlying conditions. If you have already been to multiple specialists and are still in pain, then contact my office now at 949-371-8812 to find out if you’re a candidate for the Lifelite® Laser and/or PEMF pain elimination procedures so you can get help and get back to a normal, pain free and active lifestyle. Our first consultation and exam fee is normally $250, but by simply mentioning the special LA Times reader code MTD0715, you will receive my comprehensive pain elimination consultation and exam for only $97. My office administrator tells me we’re usually booked out four to seven weeks, so I’d encourage those interested to call now to avoid being put on a long waiting list, and before the chronic pain becomes, worse, disabling or permanent.

Dr. Yoo recently authored a best-selling book called “21st Century Pain Relief,” where he talks about how chronic pain sufferers can recapture their active lifestyles with groundbreaking Lifelite® Laser Therapy. He’s giving this book away to those suffering from chronic pain. Those interested need only call his office directly at 949-371-8812 or by calling his “toll free, hassle free, 24-hour pre-recorded pain relief information hotline” at 1-888-785-7750 to leave your name and mailing address. At last count, there were only 127 books remaining, so call now as they’re first come, first served.