

Incorporating the Premio 32 Laser into BFA Treatments



What is Battlefield Acupuncture (BFA)?

BFA is an auriculotherapy technique invented by Dr Richard C. Niemtow in 2002. The treatment involves inserting French Auricular Semi-Permanent (ASP®) gold needles in very specific points on the ear that follows a prescribed sequence. BFA Uses Up to 5 Gold ASP® needles in each ear inserted in a back-and-forth sequence. After each needle is inserted, the patient is required to walk for 30 seconds this helps reduce the pain. This is done after each needle is inserted. BFA is used to treat both acute and chronic pain conditions. The needles stay in the ear for 3 to 5 days, then fall out on their own. BFA has provided our military medics a great tool to treat soldiers on the battlefield. It has been reported that BFA may reduce the need for opioids. It has been shown that approximately 80% of people with pain symptoms will respond favorably to BFA treatments. Some patients obtain permanent relief of pain with a single treatment. Most patients treated with BFA can expect to have several days of relief.

BFA Treatments with and without the Premio 32 Laser

The application of ASP® needles in the absence of laser intervention often leads to a resurgence of pain in certain patients. This would normally happen within 24 to 48 hours following the removal of the needles from their ears. This variation in duration is contingent upon the specific underlying pathology of each patient. It is essential to note that the effectiveness of pain relief is influenced by the precision of needle placement and the accuracy of the technique employed. In instances where the needles are not accurately positioned within the ear, the length of pain relief may be adversely affected.

The use of ASP® needles in conjunction with the Premio 32 Laser has resulted in noteworthy clinical. Patients indicated a decrease in pain that lasted between 2 to 5 days post-needle removal, which is a marked improvement over the 24 to 48 hours of relief typically seen in those treated only with ASP® needles. As a result, Consequently, those patients who received both ASP needles along with the Premio 32 Laser experienced a more extended duration of pain relief.

When Utilizing ASP® Needles in Conjunction with the Premio 32 Laser

I commence the BFA treatment by inserting gold ASP® needles bilaterally into the patient's ears. Once a patient reports a reduction of between 0 and 3 on the pain scale out of 10, I cease the application of ASP® needles. I then proceed to stimulate each of the unneeded BFA points with the Premio 32 Laser for a duration of 8 seconds. It is important to note that I do not require my patients to walk in between each point stimulated with the laser. The following is a list of each point along with its corresponding frequency.

Cingulate Gyrus – **G frequency**

Thalamus – **F frequency**

Omega 2 – **C frequency**

Shen Men – **C frequency**

Point Zero – **B frequency**

The Premio 32 Laser Treatment Buttons



The image displayed above features the control buttons for the Premio 32 Laser

The Premio 32 laser features a Nogier A – G preset button, facilitating users in navigating through the complete range of Nogier frequencies. Additionally, users have the option to choose specific frequencies, allowing for the application of a single frequency at each specified location when operating the Premio laser. I selected this laser due to its ability to provide the complete range of Nogier frequencies.

When Employing ASP® Needles Alongside the Premio 32 Laser



Once the patient reports a reduction of between 0 and 3 on the pain scale out of 10, I cease the application of ASP® needles. I then stimulate each non-needled BFA point with the Premio 32 Laser for a duration of 8 seconds. I opted for this laser based on its capability to provide the complete range of Nogier frequencies. It is essential to emphasize that I do not instruct my patients to walk between each point that is stimulated with the laser following the insertion of ASP needles.

BFA with the Premio 32 Laser As A standalone Treatment



Patients who are unable to tolerate ASP[®] needles (or for therapists who cannot use needles). Apply stimulation with the Premio 32 Laser to each BFA point for 15 to 30 seconds. I will activate each point for a duration of 30 seconds in cases where the patient presents with multiple chronic conditions. This is done bilaterally with the Premio 32 laser. Have them walk for 45 seconds after each point is stimulated. Continue until their pain level decreases to between 0 and 1 and or you have stimulated all BFA points