

CONFERENCE

ANTI-AGING MEDECINE WORLD CONGRESS & MEDISPA - 7th EDITION

Luxopuncture : No needle acupuncture to easily care functional disorders and anti-aging

Dr. Philippe Blanchemaison, France

Room Auric - Friday 20th March 2009

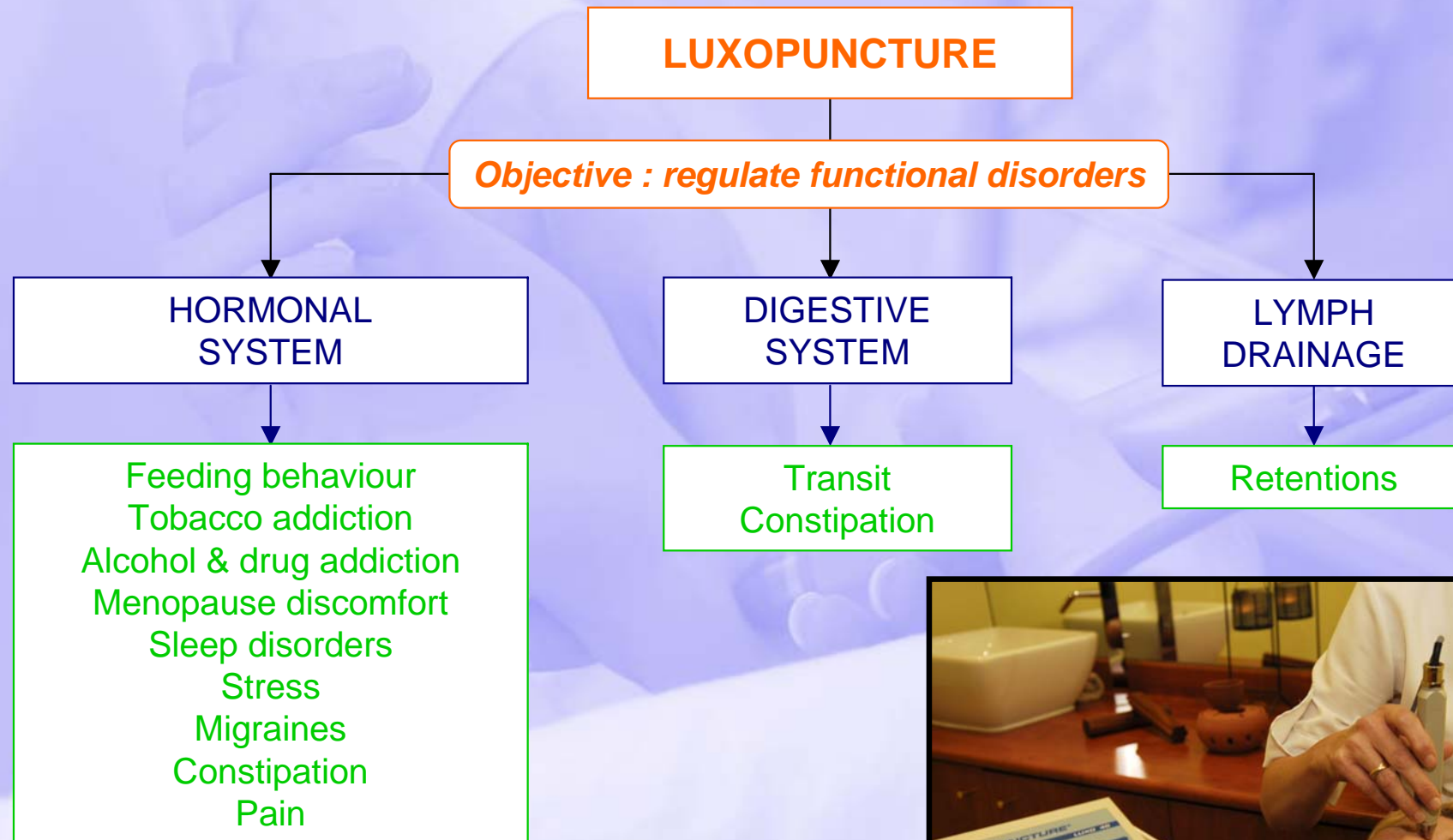
LUXOPUNCTURE

No needle acupuncture

Reflexotherapy technique based on acupuncture and auriculotherapy point stimulation, by means of infrared (non-laser) beam.
Since 2000, over 800 centres, 600 in France, 200 abroad.

WELLNESS	<ul style="list-style-type: none">• OVERWEIGHT• MENOPAUSE DISCOMFORT• QUIT SMOKING• FACE REJUVENATION• STRESS	
MEDICAL PRACTICE	<ul style="list-style-type: none">• SLEEP DISORDERS• MIGRAINES• ALCOHOL WITHDRAWAL• CONSTIPATION• PAIN	

HYPOTHESIS OF MODE OF ACTION



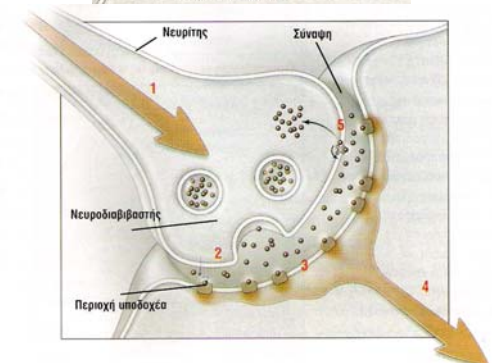
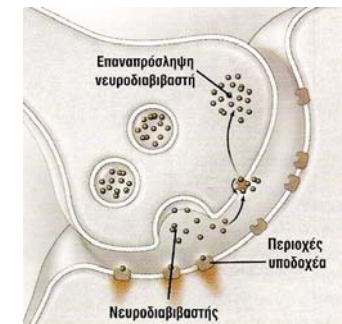
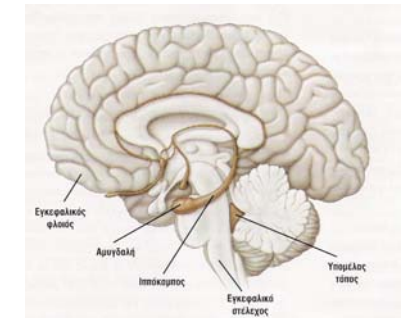
HYPOTHESIS OF MODE OF ACTION

PSYCHIC & PSYCHOSOMATIC EQUILIBRIUM

- Hormonal system :

	EQUILIBRIUM	DISORDER
SEROTONIN « Happiness hormon »	Normal appetite Mood Sleep	Excess appetite Raging hunger Depression Insomnia
DOPAMINE « Desire hormon »	Satisfaction of vital needs	Compulsions (needs) : - Food (snacking, sugar, fat...) - Tobacco, alcohol...
ENDORPHINS « Well-being hormons »	Well-being Pleasure Serenity	Anxiety Insomnia Pain sensitivity

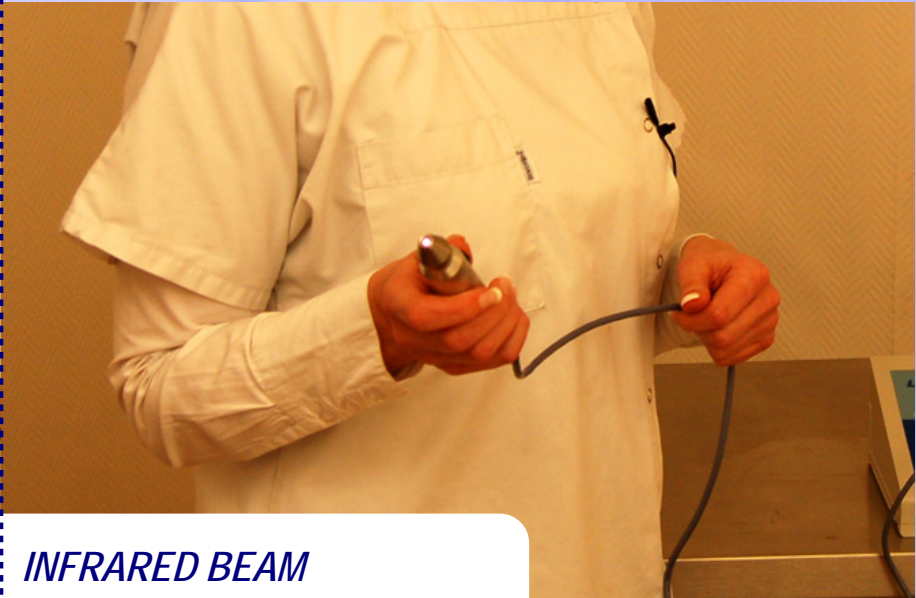
- Digestive system : transit, constipation
- Lymph drainage



LUXOPUNCTURE SESSIONS



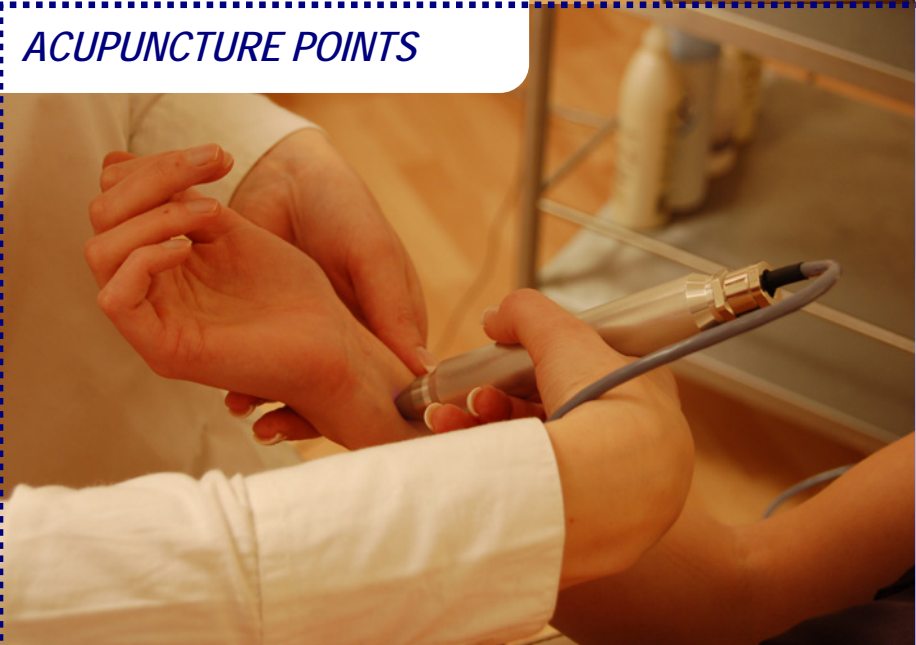
CHECK UP & FOLLOW UP



INFRARED BEAM



AURICULAR POINTS



ACUPUNCTURE POINTS

MENOPAUSE DISCOMFORT

PRE-MENOPAUSE

- Women from 47 to 51 years - duration 2 to 7 years
- Decrease of oestrogen levels : hot flushes, sudations, sleep disorders, mood modification... (suffered by ca. 50% of women)
- Decrease of progesteron levels : weight increase, retentions, breast swelling

OBJECTIVE : DECREASE PRE-MENOPAUSE DISCOMFORT

- Hot flushes and sweating
- Sleep disorders
- Asthenia
- Irritability
- Depression

Treatment duration
1 session 30 min per week
during 7 weeks



MENOPAUSE DISCOMFORT

Evaluation Luxopuncture - March 2009

Number of subjects : 19

Mean age of subjects : 55 years (Mini 48, Maxi 65)

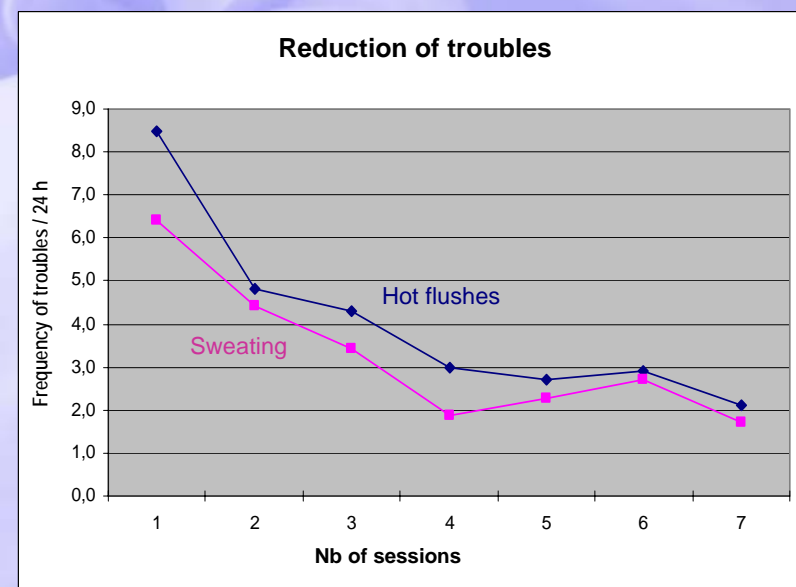
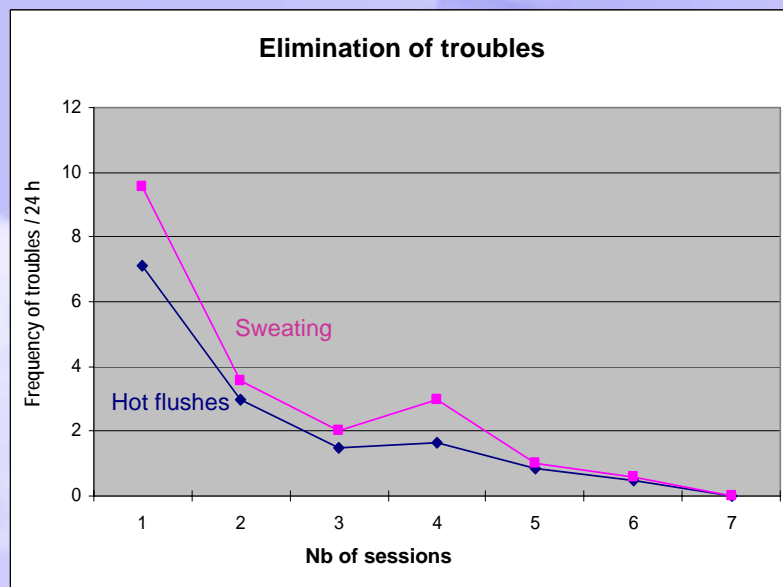
Mean age at discomfort start : 49 years (Mini 32, Maxi 55)

Number of sessions : 7 during 6 weeks

Previous relief attempts	Hormonal substitutes	Homeopathy	Phytotherapy	No treatment
%	42.1	5.3	5.3	47.3

1/ HOT FLUSHES AND SWEATING

At the end of treatment	Elimination	Reduction	No action
Action on hot flushes	42.1%	52.6%	5.3%
Action on sweating	53.3%	46.7%	0.0%



MENOPAUSE DISCOMFORT

2/ OTHER TROUBLES

	% suffering subjects	Elimination	Reduction	No action
Sleep disorders	94.7%	44.4%	38.9%	16.7%
Irritability	89.5%	37.5%	50.0%	12.5%
Asthenia	68.4%	38.5%	38.5%	23.0%
Depression	36.8%	42.9%	42.9%	14.2%



3/ CONCLUSIONS

Satisfaction of subjects at the end of treatment	
Satisfied	89.5 %
Not satisfied	10.5 %

Significant action on disorders linked to oestrogen disequilibrium
(hot flushes and sweating, sleep, irritability, asthenia and depression)

No significant action on disorders linked to progesteron disequilibrium
(increase of weight, retentions, breast swelling)

Further investigations needed to evaluate :

- **treatment results**
- efficacy of treatment Luxopuncture on long term (6 months, 1 year, 3 years)
- interaction with other treatments that may decrease efficacy

According to experience, expected efficacy on a period from 6 months to definitive

OVERWEIGHT

OBJECTIVE : LOSS of 3 to 20 kg & STABILISATION

Will to change
food habits



Frustrations linked to
food addictions

SESSIONS LUXOPUNCTURE

The target is to regulate **FEEDING BEHAVIOUR** :

- **serotonin** (action on APPETITE and RAGING HUNGER)
- **dopamin** (action on FOOD COMPULSIONS
such as need for snacking, sugar, fat, chocolate...)
- **endorphins** (action on STRESS and SLEEP)
- **digestive system** (TRANSIT and constipation)
- **lymph system** (DRAINAGE)



FEEDING BEHAVIOUR



HORMONAL EQUILIBRIUM

OVERWEIGHT

PHASE 1 : WEIGHT LOSS 3 - 4 kg / month

FEEDING REBALANCING

- Dietetic guide
- About 1500-1600 kcal/day : loss of weight without hunger nor fatigue
- Recover a balanced and natural diet
- No food supplement

PHASE 2 : STABILISATION

AUTOREGULATE THE FEEDING

- Self-control of food intake :
satiety (quantity of food intakes) and **pleasure** in eating (quality of FI)
- Stabilisation sessions Luxopuncture
(3 sessions every 6 months)

RECOVER EATING HABITS MATCHING FEEDING NEEDS

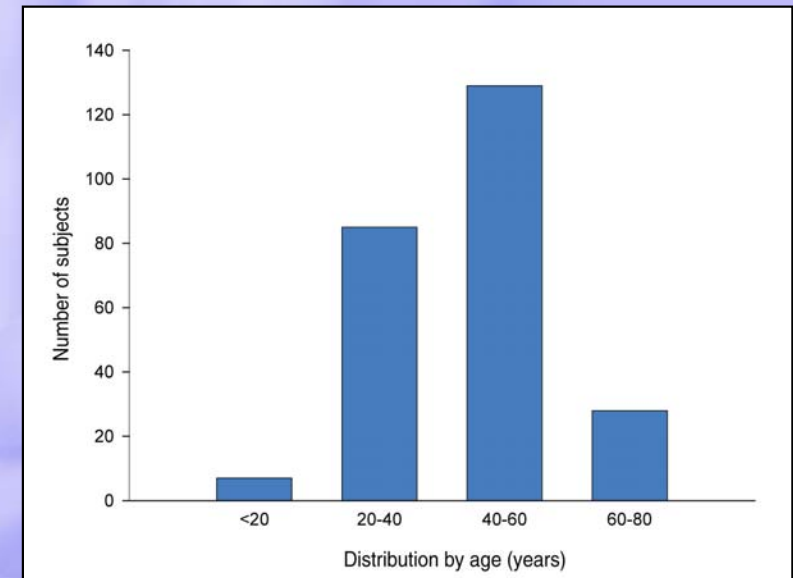
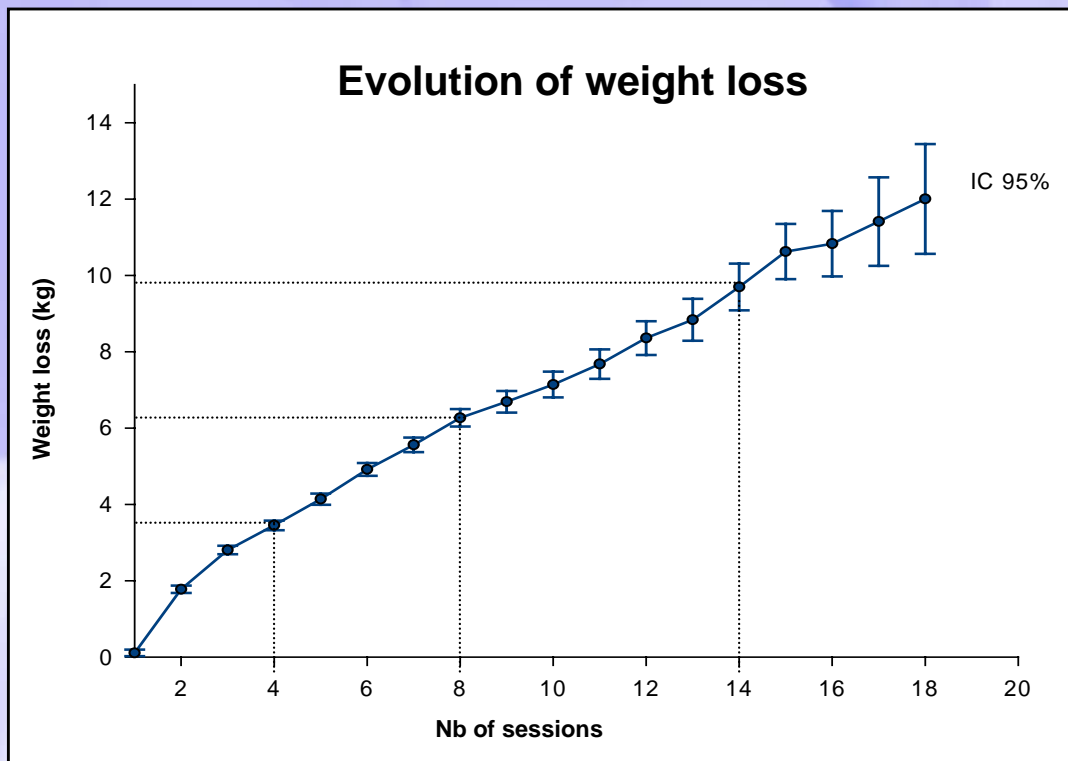


OVERWEIGHT

Evaluation TERE0 (Clinic Research Office) - May 2007

- Number of subjects : 291
- 93% women and 7% men
- Mean age of subjects : 44 years (Mini 13, Maxi 74)
- BMI at start ≤ 30
- BMI final ≥ 24
- Mean weight before treatment : 76 kg
- Number of sessions : 1 per week, according to the weight to lose

RESULTS OF TREATMENT



Satisfaction of subjects at the end of treatment

Satisfied	95.6 %
Not satisfied	4.4 %

OVERWEIGHT

Treatment duration

1 session 30 min per week

Number of sessions according to weight to lose

Stabilisation sessions

3 sessions every 6 months

STRONG POINTS

- **GLOBAL SLIMMING**
(Overweight 3-20 kg & 30 > BMI > 24)
- **ACTION 100% NATURAL**
- **NO FOOD SUPPLEMENT**
- **NO MEDICAL RISK**
- **QUALITY/PRICE RATIO OF TREATMENT**
(Overweight 10 kg - 95.6% satisfaction* - From 500€)
* Evaluation TERE0



2 COMPLEMENTARY TECHNIQUES

- **FIRMING UP** (cellulite, roll of fat) : massage, ultrasonics, electrostimulation...
- **TONIFICATION** : sport, fitness, vibrating or oscillating plates...

QUIT SMOKING

Will to
quit smoking



Frustrations linked to
tobacco addiction

3 DIFFICULTIES IN QUITTING SMOKING

PHYSICAL ADDICTION

(Duration 3 to 5 days)

- Reduce tobacco compulsions
- Reduce withdrawal symptoms

PSYCHIC CRAVING

(Duration 30 to 60 days)

- Forget thoughts, habits, gesture...
- Improve psychic condition

RELAPSE

(Stress, entourage...)

- Follow-up of the ex-smoker
- Avoid traps



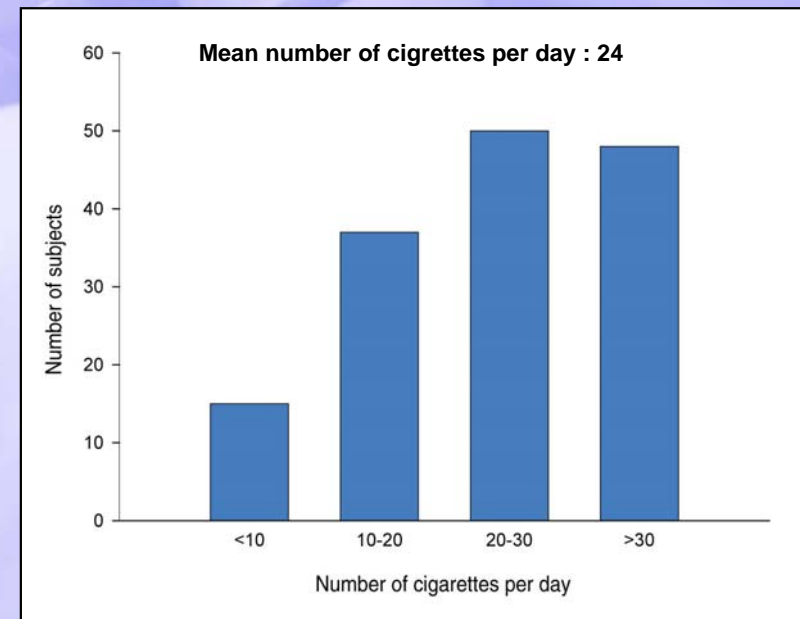
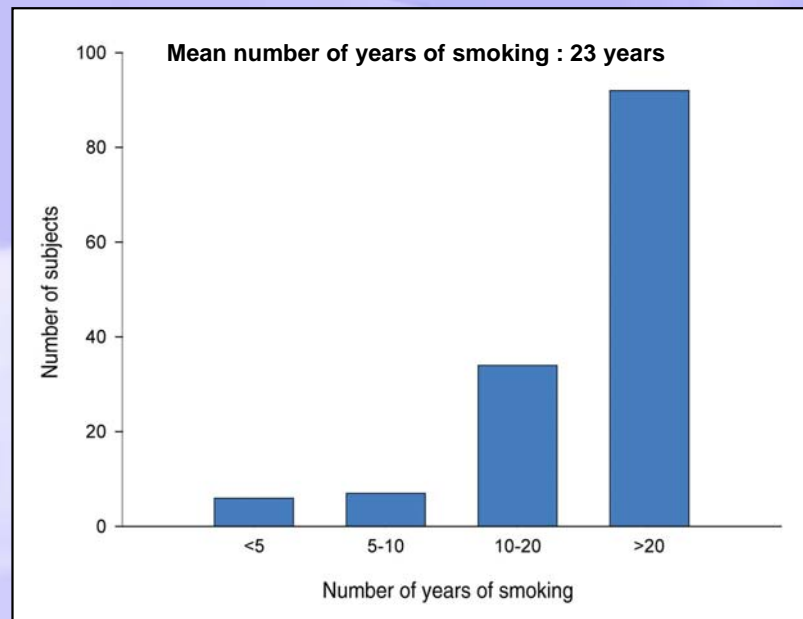
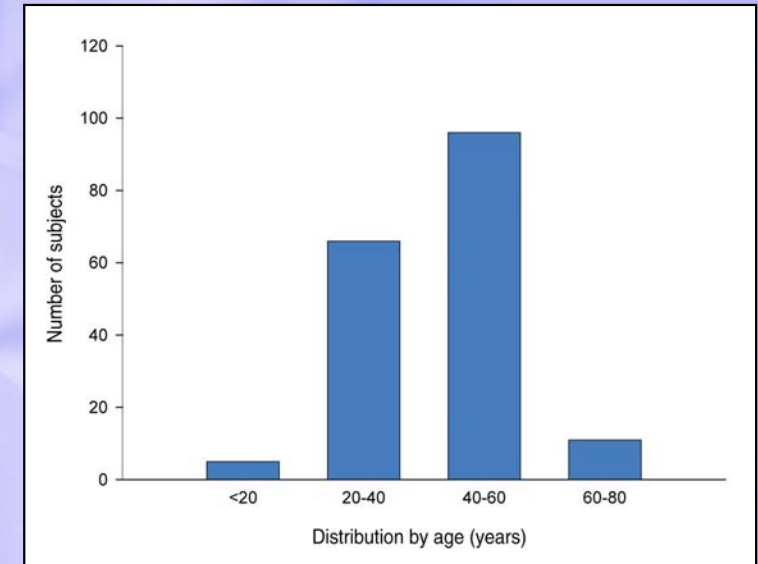
QUIT SMOKING

Evaluation TERE0 (Clinic Research Office) - May 2007

- Number of subjects : 188
- 50% women et 50% men
- Mean age of subjects : 42 years (Mini 15, Maxi 72)
- 86% subjects have made previous attempts to quit smoking

PROTOCOL

- Withdrawal period : 1 session par day, during 3 to 5 consecutive days
Objective : 3 days without tobacco consumption (duration of physical addiction)
- Follow-up period : 3 months
 - recommandation and digitopuncture sheets
 - 1 or 2 stabilisation sessions (around 15% subjects)



QUIT SMOKING

RESULTS OF TREATMENT

- Mean number of sessions per subject : 3 (maximum 5)
- Subjects having stopped smoking during 3 consecutive days : 90.5 %
- Satisfaction of subjects having stopped smoking : 99.2 %
- Mean duration of stopping smoking : 4.4 years
- Identical efficacy, whatever the age, profession, smoking habits



TOBACCO WITHDRAWAL TECHNIQUE
100% NATURAL
WITHOUT PRODUCT, DRUGS
NO SIDE EFFECT

ALCOHOL WITHDRAWAL

Evaluation - September 1999

CLINIQUE LE SABLIER – Alcoholology – Lille

Doctor Gérard Barbé

Attaché in Alcoholology CHRU - Lille

Member of Société Française d'Alcoologie

- Number of subjects : 430
- Patients admitted for alcohol withdrawal treatment (duration 3 weeks)

PROTOCOL

- 1 session per day during the 3 first days of withdrawal

RESULTS OF TREATMENT

- No side effects

Observed for ca. 90% patients :

- Feeling of well-being with need for calm and rest
- Improvement of sleep
- Quick interruption of benzodiazepin programmed at night
- Reduction of Valium protocol
- Improvement of sociability and relationships between patients and staff



WHO CAN PRACTICE ?

		WELLNESS PROFESSIONAL	HEALTH PROFESSIONAL		
ACTIVITY	PROTOCOLS	Slimming, beauty centres, spa...	Nurses	Physiotherapists	Doctors
WELLNESS	SLIMMING	X	X	X	X
	FACE REJUVENATION	X	X	X	X
	MENOPAUSE DISORDERS	X	X	X	X
	STRESS	X	X	X	X
	QUIT SMOKING	X	X	X	X
MEDICAL PRACTICE	PAIN		X	X	X
	CONSTIPATION				X
	SLEEP DISORDERS				X
	MIGRAINES				X
	ALCOHOL WITHDRAWAL				X

LUXOPUNCTURE

CONCLUSION

- ✓ Real therapeutic alternative
- ✓ Homogeneous response of subjects to treatment thus high satisfaction rates
 - Overweight (IMC<30) : 95.6%
 - Menopause disorders : 89.5%
 - Quit smoking : 90.5%
 - Alcohol withdrawal : ca. 90%
- ✓ Patient safety
 - No medical risk
 - No side effects
 - No interference with other treatments
 - Natural action, no product or drugs
 - Painless treatment
- ✓ Easy to set up
 - Training 5 h on site
 - Assistance
 - No prior skill in acupuncture or dietetics
 - Care can be delegated to the assistant

STRONG POINTS

- + TREATMENTS AFFECTING 70% OF THE POPULATION
- + HIGH DEMAND BY THE CLIENTELE
- + QUALITY/PRICE RATIO
- + PRESS RELEASE
- + SCIENTIFIC EVALUATIONS
- + Developpement of the activity
- + Low investissement and quick return