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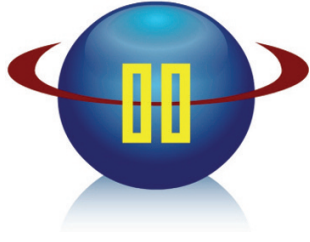
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TRIGGER POINT THERAPY & MYOFASCIAL RELEASE...

Trigger point therapy & myofascial release are my specialties.

To explain...every time your body goes through a trauma, whether a fall, a bump on the head or multiple injuries such as in auto accidents, your brain stores this information and immediately responds to it with two goals in mind. To heal the injured areas of course, but the primary goal is to keep the spinal cord as open as possible. The nerve system is the energy lifeline to all functions. In other words, the

electrical wiring of the body.

Issac Newton said: "For every action there is an equal and opposite reaction." When the body suffers trauma, it must respond in equal and opposite form.

Consider what happens when you hit the "funny bone" in your elbow. What is the first thing you do? You rub it!!! Physiologically, what happens is called a NERVE SPIKE. When you rub it, you overstimulate the nerve & release the spike.

In trauma situations, no matter how seemingly small, if these spikes aren't released, there will be a ripple effect throughout the body, as it responds in equal & opposite fashion. These trauma responses can produce ripple patterns & symptoms even years later.

My training is in the area of releasing these patterns and thereby relieving the symptoms. Questions? Feel free to call Dr. Terry R. Persons, Chiropractor, 17 Spitzenberg Lane, Kempton, PA 19529, 610-462.6999.

WHAT ARE COMPLEMENTARY AND ALTERNATIVE THERAPIES?

If you look up alternative therapies in Wikipedia you will find the following definitions:

Alternative medicine is any practice that is put forward as having the healing effects of medicine, but is not founded on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies. Examples include new and traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, various forms of acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. The treatments are those that are not part of the conventional, science-based health-care system, and are not backed by scientific evidence.

Complementary medicine is alternative medicine used together with conventional medical treatment in a belief, not proven by using scientific methods, that it "complements" the treatment. CAM is the abbreviation for complementary and alternative medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine. Many of these therapies have been used

for generations with great success. For example acupuncture has been used for over 4000 years. Herbalism is very ancient and used by nearly everyone. In the wonderful Pennsylvania Dutch area that we live in, we have Braucherer or "Powwowing". Braucherer is very similar to Reiki when working with the person energies. In addition to Reiki, Pinnacle Hypnosis & Therapies offers hypnosis and foot reflexology. Hypnosis works with a person's subconscious mind to help them overcome obstacles and feel good about themselves. Foot reflexology involves applying pressure to the feet with specific techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet, with the premise that the stimulated area affect a physical change to the body. After a foot reflexology session many people comment that they feel like they have had a full body massage.

When considering alternative and complementary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. There are many excellent practitioners in this area. Ask your doctor if they recommend any

"CAM" therapies. There are many therapies to choose from. A great way to investigate is go to a holistic expo or wellness day. There is no cost or obligation to ask questions and everyone is happy to explain their therapy. Stop in Feb. 14, 10am to 4pm, "Second Saturday" Wellness Day located at Inner Peace and Wellness Center, 202 S. Third St., Hamburg. Free admission. No reservations needed. Fee for services and products. (Mark your calendars, this is a monthly event) I will be offering foot reflexology and reiki.

Feb. 26, at 6:30 pm, enjoy a gluten free, organic and very tasty cooking class with Master Herbalist & Nutrition Consultant, Nicholas Kleinsmith. Questions & comments encouraged. Cost \$15.00 pp. Lots of yummy samples. Reservations required. Also held at Inner Peace and Wellness Center (see large ad in this guide).

For more information or to schedule an appointment contact Lori Kleinsmith, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies. 610-823-4160 www.pinnaclehypnosis.com.

ASK THE ACUPUNCTURIST by Veronica Cavella Pedersen, L.Ac.

Q.: My six-year-old daughter has had a cough which started with a cold right after Christmas. I had her to the doctor, but he says an antibiotic won't help with the cough, so I tried over-the-counter cough medicines and they haven't helped either. This has been going on for weeks now; can Acupuncture help?

A.: Cough is frequently seen this time of year in the Pediatric Acupuncture clinic. With a lingering cough like your daughter's, your Acupuncturist will first determine the type of cough, for instance wet, dry, croup or nighttime. If it is a productive cough, is the sputum clear or discolored, thick or thin? Each type of cough is treated with its own protocol, with consideration given to the child's constitution. Coughs can occur along with, or just hang on following a cold, flu, asthma, an allergic reaction, pneumonia or whooping cough. Your doctor has already determined that there is no bacterial infection present so fortunately that has already been ruled out.

In Pediatric Acupuncture a hands-on treatment called Tui-Na is very often used in resolving coughs in babies and young children. Tui-Na stimulates acupuncture points using the hands, applying several different techniques. This system was developed 3,000 years ago and is still used today because it is effective and is a natural, non-invasive method of treatment, most effective for children under twelve years of age. I should mention that there is Tui-Na for older children and adults, too, but somewhat different.

In addition to the Tui-Na your Acupuncturist may recommend cupping to help resolve any phlegm retained in the lungs. Special round cups, usually plastic for children, will be placed on the back over the lung area, and gentle suction will be applied to encourage the phlegm to more easily dissipate. Essential oils may be helpful as a rub or an inhalation with steam, or an herbal remedy may be suggested. As you already noted, over-the-

counter cough medications do not always work, and they are cautioned against for children under six. Your Acupuncturist will also stimulate some immune boosting points, with or without needles, to help your child's natural healing process and build immunity for future challenges.

At home you will be able to continue some of the simple techniques which your Acupuncturist will teach you. Treatments are available for other childhood illnesses as well. More and more parents are turning to Acupuncture and Traditional Chinese Medicine as what is ancient becomes new again.

Veronica Cavella Pedersen, L.Ac. practices Acupuncture and Traditional Chinese Medicine for adults and children, Tender Sprouts Pediatric Acupuncture, at 154 Deysher Road, Fleetwood, PA 19522 (Rockland Township), 610-987-0489, and invites you to submit your questions to theacupuncturist@yahoo.com. She is also available to speak to your group about the benefits of Acupuncture and TCM.

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<p>GRIEF SHARE</p> <p>Grief Share is a grief recovery support group for anyone who has lost a loved one. Cost: \$16.00. This 13-week course can be joined at any point. Begins Tuesday, March 3rd at 7 pm.</p>	<p>DivorceCare is a support group for anyone going through a separation or divorce. Cost: \$16.00. This 13-week course can be joined at any point. Begins Wednesday, February 4th at 7 pm.</p> <p style="text-align: right;">DIVORCE Care</p>	<p style="text-align: center;">Celebrate Recovery</p> <p>We are currently hosting Celebrate Recovery on Monday nights at 7 pm. This is an encouraging atmosphere to overcome addictions, habits and hang-ups. This group can be joined anytime.</p>
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WELLNESS DAY
Offering Reiki & Foot Reflexology
- March 7 & March 8
Located: Inn of Reading, Wyomissing
RADIANT LIGHT EXPO
- March 14 - 10am to 4pm
Located: Inner Peace & Wellness Center
WELLNESS DAY
Offering Reiki & Foot Reflexology
- April 11 & April 12
Located: Hamburg Field House
INNER PEACE EXPO
Offering Reiki & Foot Reflexology

- May 9 - 10am to 4pm
Located: Inner Peace & Wellness Center
WELLNESS DAY
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- May 16 & May 17 - 10am to 3pm
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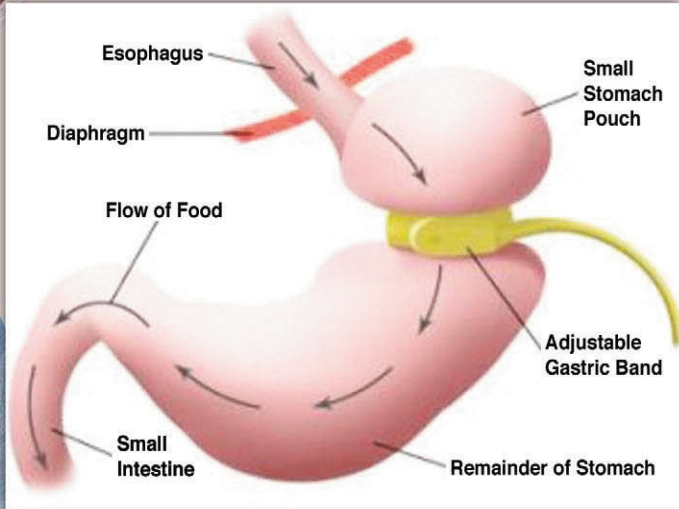
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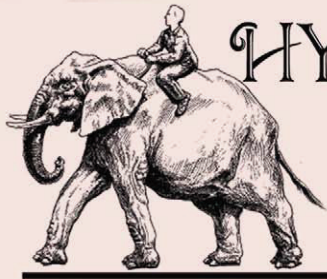
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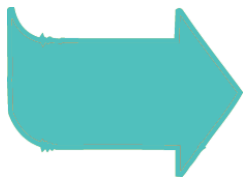
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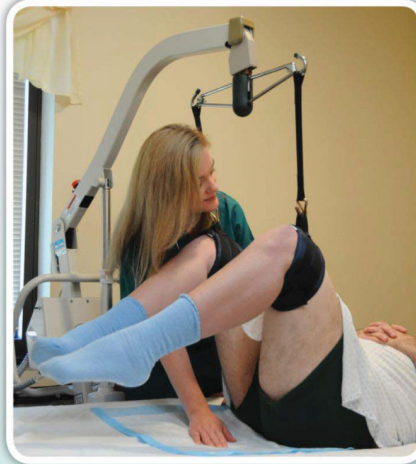
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THE PEACEFUL HEART'S ANSWER TO AGGRAVATING ANGER

The emotion of anger certainly hinders the pursuit of a peaceful heart - especially if anger becomes unchecked and uncontrolled. Consequences range from raising blood pressure to ruining relationships. What can you do? Remember that anger is an emotion. No duh? Emotions motivate you toward action. Anger serves a purpose. It provides warning. Something bothers you. You feel aggravated. Agitated. The key factor to remember: get in touch with anger early in the process. The emotion of anger goes from low intensity to high intensity. When you recognize anger at a low intensity, you have the emotional control to choose an appropriate action that will help you resolve your current problem. However, once the level of intensity escalates, your thinking ability decreases and your behavior in taking care of the problem usually results in damaging consequences. Remember that anger also involves thoughts. Everyone has

an internal voice. You look at life situations, analyze them, and talk to yourself about them. How you talk to yourself about your angry feeling can either calm you down or fuel your emotional intensity. Interpreting a situation very negatively and then using internal dialogue statements such as, "No one should ever do this to me," fuels a raging fire in the emotional part of your brain. Much better to look for a positive interpretation and use calming self-statements such as, "I may not like this but I can handle the situation without losing control. I am going to be okay." Remember that anger's most damaging aspect is behavior. Emotions are emotions. Thoughts impact emotions. The most troublesome aspect of angry emotions occurs due to choices about behavior when angry. Inappropriate behaviors range from hitting and throwing things to yelling, screaming, and cursing. Such behaviors are not productive or effective if your goal is resolving a problem. Confronting a problem through

assertive communication and working through the steps of problem-solving effectively reduce anger and avoid the damaging results inappropriate, angry behaviors often produce. Remember that the Bible has great advice for handling anger. For example, Ephesians 4:26-27 says, "In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." James 1:19-20 says, "Everyone should be quick to listen, slow to speak, and slow to become angry, for man's anger does not bring about the righteous life that God desires." How wonderful to live the peaceful, righteous life God wants for us without uncontrolled anger interfering. If you struggle with anger issues, don't hesitate to call for help. You can learn anger management and assertive communication at Peaceful Hearts Counseling Services. Just call Linda Easter at 610-562-1810. Want more information? Visit her website at www.peacefulheartscounseling.com

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PLAYING MUSIC IS MORE THAN FUN

by Paula Taylor, Meadowood Music

Scott Christ of greatist.com wrote, "20 Surprising, Science-Backed Health Benefits of Music," to describe how listening to music reduces pain, lowers blood pressure, enhances athletic performance, improves cognition and mood. In, "How playing an instrument benefits your brain," Anita Collins of ed.ted.com details how PLAYING music has even more benefits than listening to it. Listening to music exercises several areas of your brain, but playing music activates the WHOLE brain in the equivalent of a "full-body workout." Playing music excites the visual, auditory and motor cortices and the corpus callosum of the brain. This brain exercise helps musicians'

brains work better in all ways, not only in playing music. Neuroscientists find that musicians have better memory and more easily solve emotional, social and academic problems than non-musicians. We know that these benefits come from playing music because neuroscientists tested non-musicians who then learned to play an instrument and found that brain functions improved with learning to play. Playing music also increases the size of the brain. Harvard Neurologist Gottfried Schlaug found that professional musicians' brains are bigger than non-musicians' brains and that as little as fifteen months of musical training in early childhood causes struc-

tural brain changes. These changes correlate to better academic and social achievement in youth and adulthood and to strong mental acuity in old age. University of Kansas Neuropsychologist Brenda Hanna-Pladdy, found that, even for people who had not played in decades, musicians had better memories and cognition than non-musical peers. In a study by University of Southern Florida Music Educator, Jennifer Buos, people who began piano lessons between age 60 and 85 had better memory and cognition than others who did not take up piano. The take-away? Play music. Start young or old. Have fun. Feed your brain.

UNDERSTANDING ALTERNATIVE HEALING

Many people are hearing about alternative healing modalities as treatments for physical and emotional ailments. However, it may be confusing to understand what alternative healing modalities are. The National Center for Complementary and Alternative Medicine (NCCAM) uses the term complementary and alternative medicine to describe alternative healing modalities and refers to "the array of health care approaches with a history of use or origins outside of mainstream medicine." This includes popular modalities such as Reiki, meditation, healing touch, massage, herbalism, etc. More and more studies are being completed to address the effectiveness of complementary/alternative medicine and suggest that they can be an effective treatment for ailments from, but not limited to, anxiety/stress and chronic pain to irritable bowel syndrome and fibromyalgia. People are finding that alternative healing modalities can be used to bring relief for many other ailments too numerous to list. In fact, nearly 40% of adults report using complementary and alternative medicine today. At this rate you probably know someone who has benefited from an alternative healing modality. Today many doctors integrate complementary and alternative medicine into their practices. Some big name hospitals, such as The Cleveland Clinic in Ohio and Beth Israel Medical Center in New York, are already offering alternative healing

modalities such as Reiki and aromatherapy to their patients. Whether you are interested in complementary medicine, which is used in conjunction with mainstream practices, or alternative medicine, which is used in replacement of mainstream medicine, more and more doctors and hospitals, as well as local wellness centers, are making these treatments available to you. Remember, you should always consult your doctor before you start or change any treatment. Here at Kaleidoscope Angels we have a wide array of practitioners available for your alternative healing needs. To experience an alternative healing modality or if you have questions, please feel free to call Kaleidoscope Angels; A Center of Well-Being at 610-689-3999, or stop in at 1056 Old Swede Road, Douglassville, PA 19518. Hours: Mon-Fri 10:00-6:00, Sat. & Sun. 10:00-4:00 Join us on February 28th for our monthly "Day Of Well-Being" 10:00 AM to 4:00 PM. This event is held on the 4th Saturday of every month and is a great way to meet our practitioners, ask questions and enjoy a variety of services. No charge to attend. Don't forget to browse our gift shop. Visit our website: Kaleidoscope-Angels.com, for information on upcoming classes, events & workshops. Also to view a full listing of practitioners and therapies available.

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As a member of the National Glaucoma Society, Dr. John participates in study groups that discuss the latest therapies for the medical management of glaucoma. He specializes in fitting bifocal contact lenses. Dr. John is a member of the Hamburg Rotary Club and a board member of Hamburg's Our Town Foundation. Dr. Lori is a member of the College of Vision Development, which provides research on how some difficult visual symptoms can be solved with prism lenses or vision therapy. Both Doctors are long-time members of the American and Pennsylvania Optometric Associations and the Berks County Optometric Society. The office has convenient evening hours on Tuesdays and Wednesdays. Plenty of parking is available behind the building. More information about Hamburg Family Eye Care can be found online at Facebook, at www.hamburgfamilyeyecare.com or by calling 610-562-4548, or toll-free 866-704-7426.

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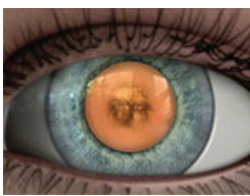
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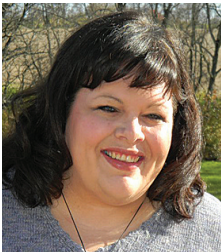


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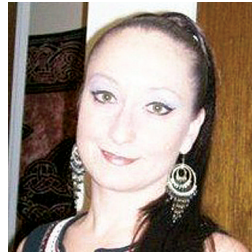


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Dental LASER

Dental Laser Treatments

offer a unique, high tech, less invasive process than traditional dental procedures without the need for injections and anesthesia. Additionally it offers faster healing, bloodless and sutureless soft-tissue surgery, effective periodontal treatments, safe and efficient endodontic (root canal) treatment.

Advantages Of Laser Dentistry include:

- Minimal or no anesthesia
 - Minimal bleeding
 - More controlled swelling
 - Reduced postoperative infection/discomfort
 - Reduced time in dentist's office
 - Less pain
 - No noise (like a traditional dentist's drill)
 - Improved bonding process
 - Quick removal of tooth decay
 - Preservation of healthy tooth structure
 - A more sterilized environment (dental laser kills bacteria)
 - For the treatment of canker sores and herpes lesions
- The laser can actually speed healing and decrease the pain experienced by cold sores.

If You Or Anyone You Know Suffers From Any Of The Following Conditions:

- * Sleep Apnea * Other Sleep Disorders
- * Headaches (all forms of) * Tension Headaches
- * Stress Headaches * Migraines * Lack of Energy
- * Interrupted Sleep Patterns * Obesity Issues
- * Anxiety * Hypertension * Tiredness * Snoring
- * Soreness in the Ears * Clenching of the Jaw & TMJ Problems * Range of Motion
- * Trigger Point Pain * Insomnia * Fatigue

The good news is that the Appliance Therapy now offered by Edward M. Carter, DMD is extremely effective at treating restriction issues (sleep apnea).

We encourage you to speak with Dr. Carter and to your medical doctor to learn more about appliance therapy. Please call 610-682-2194 to schedule your appointment.



Edward M. Carter, DMD

610-682-2194

www.cartersmiles.com

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