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els in the body; and relieves stress, a major contributor to high blood pressure and strokes.

A recent study revealed that massage treatment dramatically relieved back pain in 86 percent of patients.

Dr. Michael Weintraub, a clinical professor of neurology at New York Medical College, who conducted the study, says heat and ultrasound, the usual method of treating pain, don't get down deep enough to the source of the pain, according to a recent edition of Redbook magazine.

Redbook magazine.

The only way to do that is massage. There's more -- studies show that massage increases the blood flow, hastening the removal of metabolic waste products such as lactic acid, a culprit of sore

muscles. Massage has also been shown to stimulate the release of endorphins, brain chemicals that are the body's natural pain killers!

A professional, licensed or trained by a licensed school, is

the best person to see for a massage because they are trained to understand muscle strains, pinched nerves, referred pain, and other conditions that a non-professional may only exacerbate. It's important to ask for credentials.

Peter Gabel is director of therapist of American Therapeutic Massage on 12 Mile between Middlebelt and Orchard Lake in Farmington Hills. For more information call 851-3700.

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had thoughts of harming my child, but I could have easily been in the place of the women who do.

O'Donahue said she went through constant anxiety and was always fearful that something bad was going to happen to her baby or her other children. She even remembers setting out to make

peanut butter and jelly sandwiches for her older children, and simply forgetting how to make the sandwiches.

"It was like a nightmare," she said. "I would just go numb, my feelings would just go away. I would lose all feelings for my husband, my baby, everyone." After her fourth baby,

O'Donahue was put on anti-depressants to help ease her through the crisis.

"I remember the doctor telling me I would have to give up breastfeeding when I started taking the medication and I just broke down and cried in his office," she said. "That was my one real attachment to my baby. The one thing that I could do to feel close. I hated to give it up."

It was her own battle with PPD and her reading that led O'Donahue, a nurse, to start a support group for women suffering from postpartum depression. The group meets twice a month in the Providence medical center in Southfield.

It's an informal group that gets together to share their feelings and concerns about PPD, and those who have been through it and survived can offer some hope to those going through it. "It's something you always live with," she said. "It's so sad to think you missed out on your child's infancy and you feel so guilty, but still talking with others and knowing that I might help someone else makes it worthwhile to continue my participation."

The support group also provides a list of area doctors who are supportive in the treatment of PPD, and medications that can be prescribed to help get through the rough spots.

There's also a hotline number

and those currently struggling with PPD can be linked up with a buddy who lives close to them in case immediate help is needed.

To help a loved one with PPD, O'Donahue recommends finding someone to come in and help with the baby and any other children every once in awhile for some relief. Also, spouses should focus a little extra attention on their wives and show some concern for their well-being rather than just the baby's.

"We like it when husbands come to our group because it shows they are really supportive and aren't just dismissing their wife's symptoms," O'Donahue said.

"Women receive so much nur-

ture while they are pregnant. The doctor and nurses are visiting with them every month concerned about how they are doing. Family calls all the time to check in. But people don't understand the importance of continuing that nurturing for awhile after the baby's born, too."

While some people doubt the legitimacy of PPD, women who suffer through it are quick to protest. O'Donahue said it was a nightmare for her and if she could have awoken herself, she certainly would have.

"There was no joy at all for me," she said.

To reach the PPD support group, call (810) 737-3612.

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Providence is pleased to announce that **E. Albert Tzeel, MD** has joined its staff in the establishment of a pediatric medical practice at **39500 W. 10 Mile Rd. Novi, MI 48375 (810) 471-4300** Hours by appointment.

E. Albert Tzeel, MD, graduated from the University of Michigan Medical School in 1988. He completed a residency in Pediatrics at the University of California in 1990. Dr. Tzeel is board-certified and is a Fellow of the American Academy of Pediatrics and a member of the American College of Physician Executives.

MISSION HEALTH
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On their way

Hats off: A full procession was included in the preschool graduation ceremony recently at First Impressions Pre-School on 13 Mile Road in Farmington Hills. Pre-kindergarten teacher Michelle Stowe presents a diploma to Caitlin Porretta and First Impressions director Jill Margolich gives Christopher Jackson his paper of recognition.

LEVON'S
 39500 W. 10 Mile Rd. Novi, MI 48375 (810) 471-4300

KIDS DAY Rotten Sneaker Contest

TUESDAY, JULY 11, 1995
 3:30 P.M. • SHIAWASSEE PARK SHOWMOBILE ENTERTAINMENT STAGE

Kids of all ages are invited to put their **worst** foot forward again this year at Kids Day! Bring the ugliest, nastiest, grubbliest sneakers you own—the pair you use for lawn mowing, house painting, and mud-puddle stomping—and enter them in the Rotten Sneaker Contest. Prizes will be awarded for first, second, and third place winners. All you have to do is show up on the showmobile stage at 3:30 p.m. with the best of your worst Rotten Sneakers!

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