

Yoga from page D4

and a-half years ago. "I started this to get some legitimacy," she said. "I just changed my whole attitude." She believes that yoga is often viewed by people as a form of religion. "It's absolutely not a religion. If people were just willing to give it a try — regardless of their physical or emotional condition — there is a benefit."

Bikram's Yoga

Melissa Burnett, co-director of Bikram's Yoga in Plymouth, said she started doing yoga six years ago to combat an asthma problem.

"I used to take a lot of medicine. I haven't taken any (medicine) in five years and I attribute all to yoga. I'm really, really healthy," she said. "It keeps me emotionally very happy too."

Burnett, an IYT (International Yoga Teacher) certified instructor, opened Bikram's Yoga a year ago.

She views it as a way to help others. "I am very passionate about helping other people help themselves."

The number of people in her classes are on the increase. "We've been swamped — just by word of mouth."

Karen Farkas, 69, of Livonia, has been practicing yoga for 30 years, and teaches classes at Schoolcraft College.

"I was a founding member of Registered Yoga Teachers of Greater Detroit," she said. She has seen a resurgence in interest in yoga in recent years. "Yoga seems to go in phases — it was very popular in '60s."

She has also noticed the discipline is gaining acceptance in the medical profession. "I like the fact that is becoming more accepted for fitness and relaxation. A lot of people come to my classes because a doctor has sent them," Farkas said.

They attend for a variety of ailments, including bad backs, neck pain, arthritis, fibromyalgia, colitis, headaches and insomnia, she said.

"Yoga not only helps you stay flexible, but it is very strength producing," she said.

However, the discipline also brings a peace of mind.

"It is obvious that contemporary life is very stressful; people are drawn to it for relaxation," Farkas said. "People really do become hooked on it. Yoga has made me much more content and reduced my anxiety level. I am also more physically strong and supple than I ever thought possible," she said.

Farkas added, "I can't imagine life without yoga. I expect to be practicing yoga on my hundredth birthday."

TUES, AUG. 14

POSTPARTUM SUPPORT

The Mother-Baby Postpartum Support Group at St. Mary's Mercy Hospital, Livonia, meets 10-11 a.m. in West Addition B. A certified lactation specialist will discuss the post-partum period of adjustment. Call the Marian Women's Center at (734) 655-1100.

GRIEF SUPPORT - ONGOING

New Hope Center for Grief Support, a Christian-based bereavement center, offers support to widows, widowers with children on the second and fourth Tuesday night of each month. The group meets at St. Kenneth's Parish in Plymouth from 7-8:30 p.m. There is no charge. New Hope for KIDZ, providing grief support for children between the ages of 4 and 11 meets at the same time. For more information on the groups call: (248) 345-0115.

WED, AUG. 15

STOP SMOKING

Providence Medical Center-Livonia: Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia, will host a Smoking Cessation program 6:30-8:30 p.m. One-time fee of \$59 includes hypnosis session, cassette tape, booklet and unlimited free repetitions of the semi-

nar if needed. Call (877) 345-5500.

BASIC LIFE SUPPORT

St. Mary's Mercy Hospital in Livonia will offer a two-day Basic Life Support Training Class designed for health care providers. The course provides an opportunity to build or refine life-saving skills to aid adult children and infants during cardiac and choking emergencies. CPR methods and the proper use of automated external defibrillators will be addressed. The training will be provided on Wednesday, Aug. 15 and 6-10 p.m. Thursday, Aug. 16 in the hospital auditorium. The fee is \$50 per person and advance registration is required. Call (734) 655-8940 or (800) 494-1650 (for out of town callers).

LONG TERM CARE SEMINAR

AAA Michigan is offering a free seminar on long term care in Livonia. Experts from AAA Michigan's Trust and Investment Services unit will discuss all aspects individuals should consider in preparing for personal care needs as they age. The seminar begins 7 p.m. at the Auto Club's Livonia branch office, 37383 Six Mile Road in Newburgh Plaza. Reservations are necessary and can be made by calling toll-free (877) 238-2488.

MON, AUG. 20

WEIGHT CONTROL

Learn to control overeating, bingeing, snacking and emotion eating by attending the Wellness Seminar for weight control hosted by Providence Medical Center-Livonia: Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia. One-time fee of \$59 includes hypnosis session, cassette tape, booklet and unlimited free repetitions of the seminar if needed. Call (877) 345-5500.

CARPAL TUNNEL SYNDROME

Pain, tingling, numbness and weakness in your fingers, hands and wrists are often symptoms of carpal tunnel syndrome. The syndrome can also make it difficult to lift and hold objects. Dr. Alex Tomko will be discussing the causes, prevention and a natural way of eliminating the painful condition 7-8 p.m. at 7272 N. Sheldon Road in Canton. Space for the event is limited, and reservations are required. For more information. Call (734) 416-2411.

WED, AUG. 22

HOLISTIC CARDIOLOGY

Dr. Kirk Lamen will speak at Unity of Livonia (28630 Five Mile Road) at 7 p.m. A board-certified cardiologist, he uses a holistic approach to healing. Call

(734) 421-1760.

WED, AUG. 23

TREMOR SUPPORT GROUP

The Michigan Tremor Support Group meets 7-8:30 p.m. at Temple Israel, 5725 Walnut Lake Road, West Bloomfield. Joyce Gibbs, Beaumont Hospital occupational therapist will demonstrate devices the assist tremor patients with their daily activities — including writing, drinking, eating, opening doors and golfing.

The meeting is open to anyone suffering from tremors caused by Essential Tremor or Parkinson's Disease, as well as their caregivers. Essential Tremor is a neurological disorder that may affect the hands, head, legs or voice. For additional information call (248) 685-2466.

TUES, AUG. 28

RITALIN, ADD WORKSHOP

Is your child on Ritalin or other drugs for ADD/HD? Do you think your child might have ADD, or are you looking for alternatives to drug therapy? The National Wellness Foundation is sponsoring a free workshop to inform and empower individuals about Ritalin, ADD/HD and available alternatives, 7:30 p.m. at the Crazy Wisdom Bookstore on Main Street in Ann Arbor. Seating is limited and reservations required. Call (734) 416-2411.

Work stress affects women differently

AUSTIN, Texas — Women seemingly escape the ravages of work-related stress, at least in regard to the oxygen-enriched neck arteries that carry blood to the brain, researchers reported recently in the periodical, Epidemiology.

In a study of nearly 500 utility company workers, the Cedars-Sinai Medical Center and University of Southern California researchers said. "Among women, there was no pattern of association between workplace

stress and the prevalence of carotid lesions" which are often precursors of stroke and heart attack.

Lesions were detected in more than one in four of the men and one in five of the women, overall, but were progressively more prevalent among men reporting higher work-related stress.

Outcomes

Male workers who reported "extensive periods of low control and low social support had worse outcomes when compared with

those with long periods of high control coupled with high social support," the researchers said.

Social support

Because the men and women were similar in their reported levels of work stress but differed significantly in reported social support over the 18-month study period, the researchers concluded, "Increased social support among women may dampen the atherogenic response to stress."

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