

Rx briefs

Alzheimer's

St. Mary Mercy Hospital is presenting a two-part workshop on the challenges of Alzheimer's Disease from 7 to 9 p.m. on Thursdays, Feb. 6 and 13, in the St. Mary Mercy Hospital Auditorium.

The Feb. 6 workshop will focus on facts about Alzheimer's as well as understanding behaviors. The Feb. 13 workshop will cover legal and financial considerations related to Alzheimer's.

This is a free workshop, and pre-registration is required. For more information or to register, please call (734) 655-8940 or (800) 337-3827. St. Mary Mercy Hospital is located 34675 Five Mile Road, at Levan Road, in Livonia. Participants should use the Five Mile Road entrance.

Hospice volunteers

Hearland Hospice, of Southfield, serves patients with a limited life expectancy and provides support for their families and caregivers in the Tri-County area, including Ann Arbor and Ypsilanti. We are looking for caring, compassionate and dedicated individuals to be trained as hospice volunteers.

Volunteer training classes are offered throughout the year at different times and in various locations. Sign up today for our next training session: 9 a.m. to 3 p.m. Saturday, Feb. 15 and Feb. 22, Hearland Hospice, 28588 Northwestern Hwy., Southfield. Call Mary at (800) 770-9959.

CPR classes

Every year, approximately 5 percent of people who go into sudden cardiac arrest outside a hospital owe their survival to CPR. Used effectively, cardiopulmonary resuscitation can save lives. St. Mary Mercy Hospital in Livonia is offering CPR classes 8 a.m. to noon Saturday, Feb. 15, free of charge. Both adult and pediatric classes are offered.

Valuable lifesaving information and skills will be taught, including CPR and rescue techniques for choking and signs of life-threatening emergencies. Information will be practical. Participants can choose to attend one or both classes and will receive a written exam and CPR certification card.

Pre-registration is required. Please call (734) 655-8940 or (800) 494-1650 (out-of-town callers only). For additional information or directions, please visit our Web site at www.stmarymercy.org.

Health & Yoga

St. Mary Mercy Hospital, Livonia, will host Sadhguru Jaggi Vasudev 6:30 p.m. Thursday, Jan. 30, in the hospital's Auditorium. Sadhguru is a mystic, yogi and spiritual master with a unique insight into human health and well-being. He has synthesized the millennia-old techniques of meditation and Pranyama (controlling vital energy) into the dynamic Isha Yoga. Join Sadhguru and learn how to optimize your physical, mental and spiritual health. No fee. To pre-register, call Diane Stacey at (734) 655-2923. For more information, contact Dr. Kalpana Rajdev at (248) 475-4786.

Healthy Living

FOR SOME,

ACUPUNCTURE

IS THE ANSWER

BY CAROL COMAND
CORRESPONDENT

Helen O'Donnell got tired of the steroids, pharmaceutical drugs and antibiotics prescribed to her by her physician for recurrent upper respiratory infections. Now when she feels the beginning signs of a cold or allergy taking root, she heads for the acupuncturist.

"I've been through the gauntlet with sinus specialists and drugs," says the letter carrier from Ferndale. "You get immune to them, and then you're sick four times a year."

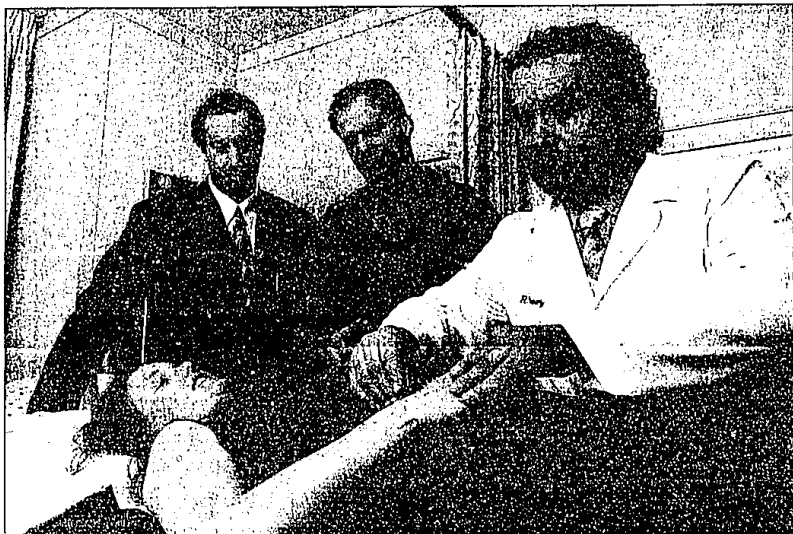
Since O'Donnell began treatment last summer with Susan Burke, an Oriental medical doctor who practices in Berkeley, O'Donnell hasn't had any of the allergy symptoms that made her outdoor job a challenge. The 41-year-old also swears by Burke's treatment for PMS symptoms.

"I'm on an even keel for the month," she said. Raymond Merriman, 56, a financial market analyst and author who lives in Farmington Hills, has been using acupuncture for years to relieve stress and keep his energy flowing.

"It's the quickest and most efficient way to maintain reserves of energy," said Merriman, who coaches travel baseball in his spare time. As the 4,000-year-old practice of acupuncture, once suspect to Western medicine, catapults its way into mainstream medicine, its users must decide not only if it's worth the out-of-pocket costs, but from which new camp of practitioners they should choose. Although acupuncture in Michigan was rare in the '70s, today the consumer can find treatment with independent clinicians or among the newest offerings at area hospital centers for complementary/alternative therapies.

WHAT IS ACUPUNCTURE?

Acupuncture is the art of painlessly inserting fine needles into points along pathways in the body, called meridians. Chinese medicine recognizes a vital energy or life force in people and in nature. This energy, called qi (pronounced chee), is what motivates growth and feeds the body's organs through the flow of energy. If the flow is disturbed by emotional or physical impediments that block life energy to



From left, Michael Seidman, M.D., medical director, Robert Levine, Ph.D., research director, and Ramon Hunez, certified acupuncturist, attend to patient Denise Jacob at the Henry Ford Center for Complementary and Integrative Medicine in Novi.



Susan Burke performs acupuncture on Farmington Hills resident Raymond Merriman at the Acupuncture Health Alliance Center in Berkeley.

the tissues and cells, than a condition of "disease" may develop. A practitioner may use one of 1,500 acupoints to restore balance to the patient's energy pathways. To maintain the body in a

state of energetic balance, the "yin and yang" must balance. A yin condition would indicate a lack of qi, perhaps revealed to the doctor by paleness, cold extremities, slow pulse and depression, while the patient with a yang condition, or excess of qi, might exhibit a red complexion, fast pulse and agitation. Acupuncture is just one tool in the toolbox of the doctor of Chinese medicine. It is a holistic approach that includes counseling on all lifestyle choices, as well as the addition of healing herbs.

PRACTICE

At the Henry Ford Center for Complementary and Integrative Medicine in Novi, Dr. Ramon Hunez provides acupuncture to patients with a variety of problems. His interest in acupuncture began 30 years ago when he apprenticed with a master of martial arts. A 10th degree black belt, he said the Asian way is to learn martial arts, exercise and the treatment of injuries from a master.

How to train in acupuncture

The degree of training and schooling required by the states that do license can vary significantly. In California, one of the stricter states, to be eligible to sit for the acupuncture licensing exam, one must graduate from a state-approved school and have completed four academic years of education with a minimum of 1,548 hours of theory and 800 hours of clinical training. Medical doctors in California, and most states, can legally practice acupuncture without any additional training. Although there are no mandatory requirements for physicians to practice acupuncture

if they choose to add it to their practice, the American Academy of Medical Acupuncture is a national board of physicians who designate certain programs for physician education as meeting standards for acceptable practice of acupuncture. After a 200- to 300-hour program, a physician can be board certified in acupuncture.

Sources: *Between Heaven and Earth: A Guide to Chinese Medicine*, by Harriet Beinfield, L.A.C. and Eileen Krongold, L.A.C. OMD Web site: www.medicalacupuncture.org

"The phenomenon of schools (of acupuncture) is a recent occurrence," he said, adding that a U.S. school of acupuncture was rare 15 years ago. Today there are 88 schools of Oriental medicine

and acupuncture in North America, 12 in the Pacific states. Are all acupuncturists created equal? The consumer needs to

PLEASE SEE ACUPUNCTURE, C5

Researchers confirm that fish is brain food



Sandy Baumann

Do you remember the old saying that "fish is brain food"? Research is showing that this saying contains truth. Lately, researchers are finding that fatty fish contain omega-3 fats that promote brain health.

DEPRESSION

According to Dr. David Williams in the December 2002 edition of *Alternatives*, countries with the highest consumption of fish have the lowest levels of depression and

vice versa. In New Zealand, where the average fish consumption is 40 pounds per person a year, 6 percent of the population experiences depression.

By contrast, the Japanese eat an average of 140 pounds of fish per year, and only 1 percent struggle with depression.

He goes on to report that these unacquainted fatty acids have the ability to "store" energy from sunlight, thereby helping alleviate the winter-related depression, called "Seasonal Affective Disorder"

(SAD), associated with gray Michigan days. The seal blubber consumed by residents in Arctic regions contains large amounts of these fats, reducing the winter-related depression in these low-sunlight regions.

This would make sense, since seals feed on ocean fish, which are a wonderful source of omega-3 fats.

ADHD

The Institute for Natural Resources reports that 40 percent of

children who were diagnosed with ADHD were low in omega-3 fat.

They also indicated that breastfed babies average 10 points higher in IQ than formula-fed babies, because many infant formulas do not contain the omega-3 fats found in breast milk.

Is it only a coincidence that rate of ADHD diagnosis is rising at the same time that children are consuming more partially hydrogenated fats (trans fats) in the form of

PLEASE SEE FISH, C5