ORCOIRC

Self-Help groups
Anyone seeking information on a variety of self-help groups may call the
Wichigan Self-Help Clearing House at
(87) 777-5556.
Grief support
Angela Hospice ofters angoing grief
support groups every second and
fourth Tucsday of the month at the
Canter Linfor Meaburdh Road, Livoola. center, 14100 Newburgh Road, Livonia Call (734) 464-7810.

The MDOA-Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration 81dq., 3601 W. 13 Mile Road, Royal Oak, Call Kathle at (248) 544-1097.

Coll name at Carp 3-441077.

He Women's Resource Center at Schoolcraft College will offer a Schoolcraft College will offer a Divorce Support Goup' 7-9 p.m. the second and fourth Tuesday of each month, Call the WRC at (734) 462-4443.

Prevairment of the most strain and the strain and t are facilitated by a bereavement coor dinator from Heartland Hospice in Southfield, Call (800) 770-9859.

Southness, Carl and Provided Systems Support group for overeaters meets 7 pm. every friday at Providence Park Novi, 4760 (Sand River Avenue, Novi Holptine: (313) 438-HELP or (248) 474-9456.

(3)13 43/HLIP OF CEAD 14/4/95/6.
Klochalics Anonymous
Everyune is welcome to Providence
Hospith-Isponsored AA meetings held:
noon every Tuesday and Thursday at
Providence Medical Office Center Hoyd
39500 W.10 Julie Road (all Haggerly),
Hoyi: Call (248) 348-9362; noon every

French fries, chips and packaged foods?

PDR for Nutritional Supplements described a double-blind study of 30 persons with hipolar disor-der (formerly called manic-depressive illness). Half hete group received fish oil sup-plements, and half received olive oil. Those given fish oil improved more during the four-month study and expe-rienced lancer remissions.

rienced longer remissions compared to those who used Eating fish also helps

Eating fish also helps other mental illnesses. Countries with higher average fish consumption have lower rates of homicide and suicide. During research conducted in Sheffield. England, pattents with schizophrenia supplied with 10 grams of fish oil daily showed significant improvement.

improvement.
It is interesting to note the rising incidence of depression, mental illness, violence and ADHD correlates to a change in fat consumption in the United States.

m ine united States. According to Dr. Jay Danto, from Abode Integrated Medicine in West Bloomfield, Americans in

the past consumed omega-3 fat (healthier fat) in a ratio to omega-6 fat (ment fat) of 1:4. Now it is 1:20, in favor of the less healthy fat!

A nine-year study at Tlufts University, reported in All about Omega-3 Oils, showed that persons who had the lowest levels of omega-3 fats at the beginning of the study were 160 2 imes more likely to suffer from dementia at the end of the study. A Netherlands study found that men who ate the most fish had the best mental function. So pass the tuna fish sandwiches (on whole-wheat bread to get added omega-3 fat from wheat germ), and preserve your brain and your memory!

Sandy Barmann has an M.S. In biochemistry and is the author of Feed the Brain for Learning. She has served as a college blochemistry instructor, a health editor and

a director of senior health promo-tion at a local hospital. You can

neroinofree2000@yahoo.com

For more information about food, beverages, and the brain, Join Baumann's class. Feed the Brain for Learning and Memory. At learny ford Community College on Saturdays, Feb. 1 and 8, at a cost of SAMPATEN. For Community College on Saturdays, Feb. 1 and 8, at a cost of SAMPATEN. For can reporter by cattling (877) 855-522.

BRAIN FUNCTION

FISH

FROM PAGE C4

MENTAL ILLNESS PDR for Nutritional Wednesday at Mission Health Medicat Center-Livonia, 37595 Seven Mile Road, Livonia, Call (734) 953-1188; and 8:30

Livonia, Call (734) 953-1188; and 8:30 m every Welsonsday at Providence Hospital, 16001 W. Nine Wile Road, Southlield Call (263) 333-491. Thyroid cancer Throid Cancer Survivors Association, Inc. support group meets 7:8:30 p.m. thourh Tuckady of each morth at the Phomosth Public Library, 221.5 Main Street, download Physiola, 1600 (2000) 15:100. The Cold Room for more information about the Default Survivors Survivors Association, Inc. 5:100 (2000) 16:100. ThyCa SE Michigan Support Group, call Mary Rose at (734) 377-280t e-mail SE-Mi@thyca.org or visit www.thyca.org. Call toll-free (877) 588-7904.

Suffer from constant headaches? Join the Headache Foundation Support Group, which meets 7 p.m. the first Wednesday of the month at Providence Northwestern Medical Center, 30055 Northwestern, Farmington Hills. Call (248) 258-1973. Family members invited.

ambling
The Gamblers Anonymous Support
Groups meels 7:30-9 p.m. Mondays at
St. Mary Mercy Hospital, 36475 five
Mile Road, Livonia, in Classroom 4, Call
(734) 655-2944 or (800) 494-0277.

oing dependency.

Cancer

Join "Focus on Living," a cancer sup
port group offered 7-8-30 pm, the first
Wednesday of each month at 5t. Mary
Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each ramines come together to help earn other in Iring with a cancer diagnosis and treatment, Co-sponsored by the American Cancer Society, Call (734) 655-8940 or 1800) 494-1650.
Tremor Disorder Support
Sharl Linsilver of Orchard Lake leads a local support group for those who suf-

fer from Essential Tremor, a debintaling and incurable movement disorder. The group meets 76-30 pm on the second Truscady of the mooth at Temple street, 5725 Wallout Late Rood in West Bloomfield Contact finisher at (248) 638-1438 of Trimburer 2 actifishing the control of the second truscady of the mooth at Temple street, 5725 Wallout Late Rood of the Control of th fer from Essential Tremor, a debilitating

Monday of the month at Providence Hospital-Southfield, 16001 W. Nine M Road, Southfield, Call (248) 849-5342.

troke
The St. John Health System-Providence
offers a Stroke Support Group 7 p.m.
the first Thursday of the month at
Providence Park-Novi, 47601 Grand
River, Ave., Novi. Call (248) 465-4190

Menopause
St. Mary Mercy Hospital's Menopause
Support Group meets 7-9 pm. the first
Wednesday of the month. Call the hospital's Marian Women's Center at (734)
655-1100. Next meeting is Feb. 5

JANGARY

Emotional healing

motional nealing
Unity Church of Livonia will present an
energy-psychology workshop on
Emotional freedom Technique 12:30
p.m. Sunday, Jan. 19. Learn how to create rapid selief from anxiety, anger, stress, frauma and phobias by fapping on stress-release points of the body. Unity is located at 28660 Five Mile Road between Inkster and Middlebelt. Call (734) 421-1760.

Prostate
Dr. J. Edson Pontes will discuss surgical techniques for prostate cancer -

current status, new developments and following concerns - 6.15 p.m. Tuesday, Jan. 21 at the Weisberg Cancer Center, 31995 Northwestern Hwy, Tarmington Hills, Free supperflecture, RSVP 248-538-6514.

538-6514.
reastfeeding
Certified lactation consultants at St.
Mary Mercy Hospital, Lindolia, explain
the benefits of breast milk, getting a
good start in the hospital and how to continue breastfeeding at com-Offered 7-9 p.m. Thursday, Jan. 23, in Classroom 2, Call (734) 655-1100 or

(800) 494-1615. Overeaters

Call (13) 438-HEP or (243) 474-955. Chronic Illness: Chronic Illness Coalt-lion presents Chronic Illness Coalt-lion presents Taking Change of Intomyelpis 10 am to 430 pm. Saturday, Jan. 25, at the Burton Manor in Lional. Euroh provid-ed Eight speakers, including Dr. Carol Easib, board certified intermal tologist. Coat is 527 for health care professionals (48 Hursing Contact Hours have been approved by corprovider Madona University) and 50 for general public. CAll Gay Bimberg at (800) £75-0673. Lymphoma

Ine Weisberg Cancer Center, 31995 Her Hesberg Law, Farmington Hills, will present "Understanding Non-Hodgkin's Lymphoma" 6 p.m. Wednesday Jan. 29. Free supper lec-ture. Call (248) 539-6507.

Yoga

St. Mary Mercy Hospital, 36475 Five
Mile Boad, Livonia, will present a yoga
fecture by Sadinguru Jaggi Vasudeve, a
master yogi and mysic. 6 309-39 or
mustday, Jan. 30, in the Auditorium.
Lecture offers 2 O credits hours of

Category 1 CME credit for physicians. Call (734) 655-2923.

FERRUARY

fomen's health St. Mary Mercy Hospital of Livonia offers "Ladies Hight Out" 6-9 p.m. Wednesday, Feb. 5, with bone density screenings, massage and vendors. Guest speaker Meredith Salhaney will present a lecture, Don't be a Victim. at 7 pm. Learn to spot the signs of a dam gerous situation and keep yourself safe. Registration required. Call (734) safe. Registration regulaed. Call (7: 655-1182 or toll-free (888) 494-1617.

655-182 or foll-free (888) 474-1671. Thyroid Michigan Thyroid Disorders Support Michigan Thyroid Disorders Support Group will meet 6:30 pm. Monday feb. 10.0 at the Phymouth Library, 223 S. Min. Street, Phymouth Library, 223 S. Min. Street, Phymouth Library, 223 S. Min. Street, Phymouth Library, 223 S. Min. Centric, will be the guest speaker. For more indurmation, call Tracy Green at (734) 45:79:45; e-mail mithyrioid-Scornesia shed or visit http://min.ometown.com/oe/thyroid. Diabetes

The Diabetes Support Group at St. Ine Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will hort a discussion on Task the Pharmacott 7-83 Dp m. Wednesday, Feb. 12, in the hospitar's Auditorium. The Speaker will be Hawi's Seiman, R.Ph. The Diabetes Support Group presents a new topic on the second Wednesday of cach month for adults with deabetes and Jamily members. There is no charge, and pre-registration is not required. Call (734) 655-6961.

Infant Care
St. Mary Mercy Hospilal of Livonia
offers an Infant Care Class 6 30-9 30
p.m. Thursday, Feb. 13, in Classroom 1.
Learn about feeding, bathing, sleppin
infant safety, immunizations, signs of

iliness and caring for the sick infant. Call (734) 655-1100 or (800) 494-1615. top smoking Providence Hospital and Medical Centers with hold the Wellness Seminar for smoking cessation at the following times and locations: 10 am to noon Saturday, Feb. 15, at Providence Hospital, Medical Maddies (2750) Saturary, Peb. 15, at Providing, 22250 Providence Drive, Southfield, and 6:30-8:30 p.m. Wednesday, Feb. 19, at the Mission Health Medical Center, 37595

6.30 JBm. recurrouse; return. 7.50 cm. Mission Health Medical Cerelet. 7.1975 Seven Mile Road (at Herward). Livonia. Cast 18773-345-500. Relight reduction. Providence Hospital and Medical Cerelers with bod the Wellness Seminar for weight reduction at the following Limes and locations: 19 jbm. 58.81469.; Peb 15, at Invadence Hospital. Medical Baulding. 22250 Providence Drive. Southfield: and 500-83 pb. mi. Seuthoff. 616. Soil 93 pb. mi. Seuthoff. 616. Soil 93 pb. mi. Seuthoff. 616. Cerelet. 7.1975 Seven Mile Road (Lecter.) 7.1975 Seven Mile Road (Lecter.)

(800) 494-1650 (out-of-area only)

MARCH

Prostate Screening
S. Mary Mercy Hospital of Livonia will
hold a "Prostate Screening and Merc's
Heith Fair" 8 am. to 4 pm. Saturday.
March 1 The program will include
blood letts for prostale specific artigen (PSA). Told cholesterol and HIUL
prostale exam by a physician, and
blood pressure hetek. A 500 donation
is optional. Proceeds will benefit St. Mary Mercy's new carcer center, Call (734) 655-8963 to register.

ACUPUNCTURE

ask some tough questions and then decide for herself. For although many states have licensing boards that set stan-dards of practice dietating who may practice acupuncture, in Michigan there currently is no such licensing arency.

Michigan there currently is no such licensing agency.

"Anybody can put up a sign and say they do it with no training at all. The people in the state are the ones that are hurt by it," Burke sald.

state are the ones that are hurt by it, Burke said.

Although acupuncture is unregulated in Michigan—which means there are no laws or professional organizations governing its use—Michigan is one of 12 states now in the process of getting regulation. The resistance has been too great, Nuncz said. However, he expects approval for a board of acupuncture within two years. Dr. Timothy Ying is an emergency medicine and family practice osteopath who has a private practice in Truy and also offers acupuncture at Beaumont Hospital's newly opened Integrative Medicine program in Royal Oak. He attended an acupuncture training program for physicians in California.

I was quite impressed with

California.

California.

In the represent with the rapy there, he said.

The treatment of pain related to musculo-skeletal disorders expectally eaught his attention. Western medicine doesn't treat the pain syndrome very well, he said. Ving has combined his interest in esteo-manual medical therapy with acupuncture.

W. BLOOMFELD AMEDIA HILLS CRISTON

"I integrate Western and
Eastern theory... It increases the
dumtion of the therapy," he said.
Although 80 percent of Ying's
work is the treatment of chronic
pain, he also offers are puncture
for treatment of the side effects
of cancer therapy, menopausal
hot flashes, smoking cessation
and nore. The World Health
Organization says acupuncture
can effectively treat problems as
diverse as asthma, arthritis or
hiccups, and the practitioners hiccups, and the practitioners interviewed also treat a variety of conditions and symptoms

CHOICES

In the pool of acupuncture practitioners, the consumer will find traditional doctors of Oriental medicine from various Asian traditions, licensed acupuncturists from various state licensing boards with differing standards, as well as nurses, chiropractors and physicians from osteopathic and/or medical backgrounds. Each practitioner brings a unique set of skills and training, along with sometimes a widely varying philosophy on this ancient healing art.

Burke, for example, was a massage therapist before she began formal classes in acupuncture in California. She also worked with a personal mentor, and bad treated more than 1,000 clients before receiving her doctorate in Oriental medicine in Hong Kong and licensure from the California state board. Burke, who has been in practice for more than 15 years, recently moved her practice

from California, where she is licensed, to Berkley. Her colleague at the Acupuncture Health Alliance is another Michigander who returned home from Cahfornia after graduation and licensing. Soya Lee is a registered nurse who pursued a master's of selence degree in traditional Oriental medicine because she felt something is missing. Irom the strictly Western approach she

missing" from the strictly
Western approach site
observed in hospitals.
"It's very gratifying to work
with patients on lifestyle modifications," she suid.
Lee, a black belt in The Kwon
Do, feels she's meeting a need
here for acupuncture and traditional Chinese medicine, which
she describes as a "wonderful,
subtle medicine."

Although acupuncture is becoming widely acceptable and available in the Detroit area, the becoming widely acceptable and analable in the Detroit area, the client can expect to pay out-of-pocket for these services. In some cases, depending on the individual plan, acupuncture performed by or under the supervision of a physician may be covered by with insurance policy. But finding a practitioner that meets your specific needs requires some research on the consumer's part. Find out what kind of training your dector bad in acquincture, and how long they we actually been doing acupuncture. After that, relax and let your body benefit from the unique healing being offered it.

As Burke says about acupuncture, "The meeticine speaks for itself."

Sale ends 1/3100 or white supplies lest. Some stores may not have all models on display. See Store for Details

CITY OF BIRMINGHAM, MI SEALED PROPOSALS REQUESTED

SEALED PROPOSALS REQUESTED

Senied proposals endorsed "City of Birminsham Janiterial
Serieca," will be received in the Office the City Clerk, 161

Serieca, will be received in the Office the City Clerk, 161

200 pm. Tureday, February 11, 2003, after which time bids will be publicly opened and reed Bidder mill be required to national publicly opened and reed Bidder mill be required to national problem of the City of Birmingham is accepting sealed bid proposals for the work to be performed as specified in the City a specification for juntacinal services for three of their facilities.

Specifications and bid forms may be obtained at the Birmingham Municipal Bulding, 161 Martis 8t, Birmingham, Michigan.

The acceptance of any proposal made pursuant to this invitation shall no be binding upon the city until written notice has been delivered to the successful bidder.

CARLOS JORGE, Building Maint. Supervisor

Wayne State University

Have you been diagnosed with lung cancer? You may be eligible to participate in two lung cancer studies.

Who can participate?

•Anyone aged 18-49 diagnosed with lung cancer after 901/1999, or

•Women aged 18-74 diagnosed with
Adenocarcinoma of the lung after 11/01/2001.

What does the study involve? A one-hour interview #A blood sample #A sample of check cells #A sample of tumor tissue, if you had SUPPETV

-Participants will be paid.

If interested, picase contact: Geoff Prysak, MPR (313) 833-0715 x2557 or toll free: (866) 828-2339

WINTER REBATE SALE! Treadmile & LIFETIME WARBANTY! Life Fitness TRUE Fitness 540 Treadmills REBATE \$500 REBATE 5300 Athlon 4000 Treadmill Ratall \$999 Sale Price \$949 174 or 191 Treadmills REBATE \$50 \$899 REBATE \$500 L REBATE \$400 All Files Life Fitness Ital or XSI Ellipticals REBATE S 200 Weight Machines SALE plus Parabody Magnetic Cycle Athlon 3005 Retail \$399 Sete Price \$379 sete Price \$379 REBAIL \$50 You Pay Only 7 REBATE \$100 oo Self Spotting Pachine REBATE S 200 REBATE 5,4,00 You Pay Only \$329 Olympic Bench Proboty 807 War Worker Retail Parabody 210lb, Dumbbell Starter Set Products 870 Berch, 870 Dam 8.10.15.20,75.300 Available Retail \$400 Sale Price \$334 FF PANE \$335 You Pay Only Retail \$359 Sale Price \$270 \$200 OFF REBATE \$550 SAVE S89 \$309. THE FITNESS EXPERIENCE

