

Book review

Being sick can mean good, healthy reading

By Dr. Charles Godfrey
Sick and Tired of Being Sick and Tired is a catchy title with immediate appeal to the many people who suffer from a variety of disorders that result in a chronic sapping of the sense of good health and vitality.

Dr. Neil Solomon, an eminent endocrinologist, who was formerly with the John Hopkins University, has teamed with a psychologist, Dr. Marc Lipton, who specializes in the treatment of stress-related disorders, to produce this guide back to better health (Wynwood Publishers, \$26.95). Neither of the authors is sick, nor tired, and, in 317 pages, take the reader through a maze of diseases and cures.

Whether you are suffering from hayfever, are allergic to dogs or have blips in your psychological health as a result of decreased energy levels, this book offers you relief. In subjects ranging from how to stop snoring to a method to increase the efficiency of your auto-immune system, this team has discovered a factor that is common to many conditions and, what is more, can be treated and repaired.

Drawing on his ability to analyze the results of a number of diverse health conditions, the senior author has identified a previously unknown chemical produced in the brain under certain conditions of stress. This substance triggers a hyper re-activity of the body to any stress that can result in an illness that may not seem at the first glance to have a clear-cut medical cause. He labels this condition Profound Sensitivity Syndrome or PS 2. He suspects that, in many cases, this state can begin with a chronic infection by the Epstein-Barr virus, which seems to have become more common in our western society.

Now, neither of the authors has actually separated this brain chemical, which seems to act between the body and the mind, but infer its presence by observing the result of treatment, both physical and mental. And their proof is based on a series of anecdotes (or testimonials!) of a large number of patients who have benefitted from their therapeutic regimen. They tell of Karen, a chronically ill young woman, who shows sudden improvement in her blood and urine test after a church sermon. Her PS 2 factor is reduced and her body is no longer allergic as she finds a purpose in life.

Then, too, there is Irene, a young

wife with a bad back that is due to her elevated Profound Sensitivity because of faulty thinking. This condition is caused by the unreasonable demands made on her by her husband to manage the house and the children. Dr. Solomon is able to reduce the PS 2 by a combination of medicines and advice with a resultant easing of the backache.

In the course of reading the book, you encounter about 50 Barbaras, Susans, Bills or Bobs, who are presented, analyzed, treated and cured for the readers' edification. Their ailments range from early stage rheumatoid arthritis through thyroid disorder, allergies, gastrointestinal problems, pitting of the teeth, nausea and vomiting and simply being sick and tired.

COMPLICATED

The treatment is complicated and requires a maximum amount of self-commitment on the part of the patient in the therapeutic regimen. In addition to the standard medical tests, it is necessary to make out lists of your problems and faulty thinking (so they may be changed), a receptivity quotient (which indicates how effective your doctor is), your health traits (a base on which to reprogram biochemical responses), an exercise and fitness profile, and a thought journal that enables you to chart your negative thought patterns.

Having established this base of knowledge, the authors show you how to boost your defences against the PS 2 by a healthy diet (including recipes for sauteed liver in sherry) or by suppressing T-cell activity (by avoiding exhaustive exercises that influence the number of suppressor cells). This approach can be enhanced by reading about stretching exercises; learning to breathe correctly and the relaxatol technique. It is also necessary to include imaging, meditation and thermal biofeedback in some cases.

Keeping up with the Joneses is a pleasure in Indy flick

AT THE MOVIES

By DIAHANN NADEAU
Herald Special

The real boys of summer have arrived: the father and son team of Sean Connery and Harrison Ford are the Jones boys, and keeping up with these Joneses is a pleasure. I found this latest installment in the Indiana Jones series a vast improvement over the last one, although it does not manage to recapture the magic of the first.

The Last Crusade is the search for that holiest of relics, the Holy Grail. (This quest, however, bears no resemblance to Monty Python's.) Sean Connery plays Henry Jones, an archeologist with a passion for Grail lore. He leads a project in Venice, where he disappears. Fortunately, Henry's son is Indiana Jones, that noble pursuer of adventure and archeology. Indiana is sent to the rescue and then the two "take on Nazis ('I hate those guys') in their search for the Grail.

It is a straightforward plot, and I liked that. I think there is enough mysticism and mystery connected to the Grail (even for atheists), to make any subplots unnecessary. What serves as a subtext in this movie is not adventure but the relationship between father and son, the genesis of Indiana Jones.

The film opens in Utah in 1912, where Indy is a boy scout with a penchant for adventure and archeology already well developed. It is an exciting beginning, and River Phoenix is fascinating as the young Indy. We find out how Dad neglects him in favor of his work, and how he obtained that treasured fedora. We also get a good dose of snakes. (This movie is not without

its share of rats and snakes, although it is not overdone as in the last one).

Dad!" This is not a role that will ever garner him an Oscar nomination, but Ford carries it off with elan and joy.

Sean Connery is wonderful as Dad; grumpy, masculine, yet endearingly naive. There is a lovely sense of humor running beneath the surface, and Connery's Henry is loving without ever giving an inch.

The movie is not as exciting as the first one, but perhaps that is because the novelty has long worn off and there have been many imitators.

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