

Seminar on stress planned

In a unique fusion of health care disciplines, five local health professionals are teaming up to offer a free, natural healing presentation on coping with stress, Tuesday, January 23, at 7:30 p.m. in the Gallery, Georgetown Public Library.

"We see the devastating impact that stress has on our patients; people heal better when stress doesn't have them running on raw nervous energy," said Dr. Robert Cranfield, D.C., chiropractor. "We thought about how we could best help not only our patients, but the community in general, to deal with stress and decided that pooling our talents for a free seminar was the right idea."

The health team members:

* Dr. Cranfield, in his 20th year of practice, and his associate Dr. Gary Butwell, D.C., bring chiropractic expertise to the team. They will focus

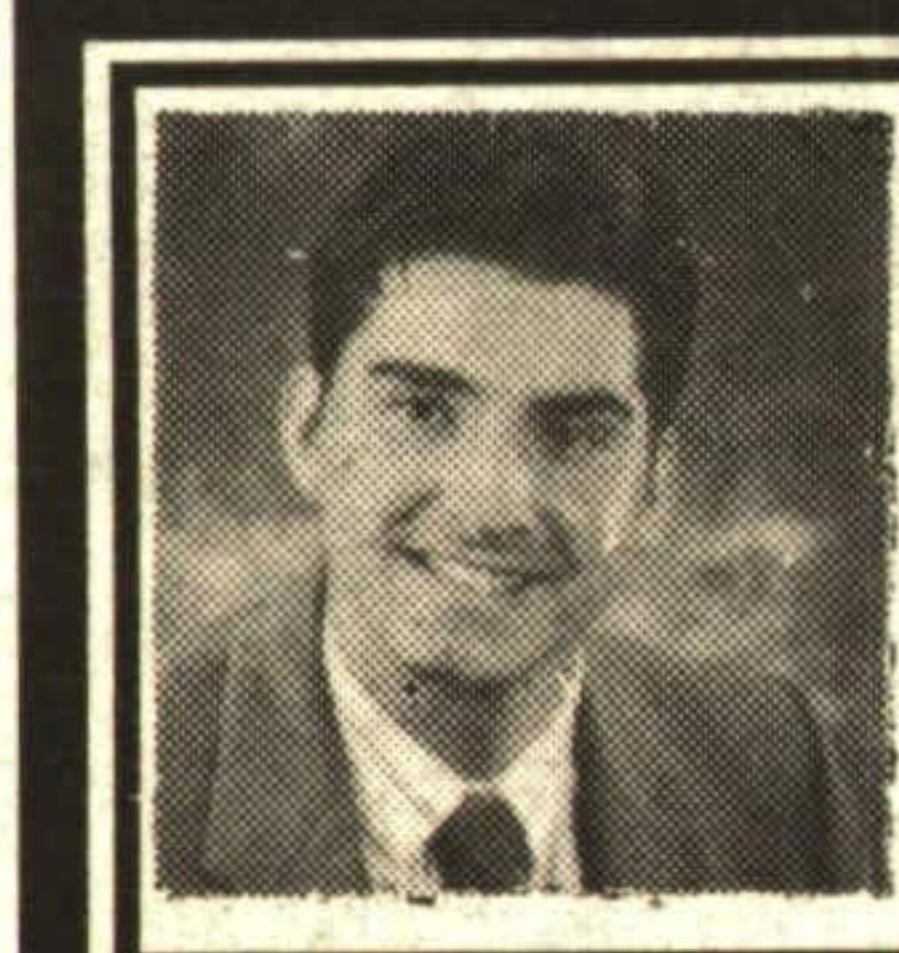
on the influence of mental attitude, rest, body chemistry and chiropractic on stress.

* Pedro Silva, an exercise physiologist who works with regional rehabilitation clinics, will explore the benefits of regular exercise for those with a "stressed-out" lifestyle.

* Massage Therapist, Sara Cockton, will detail the reactions of body muscle groups to stress. "I've seen a few patients come in with their shoulders up around their ears - that sure looks like a stress response to me!" she said.

* Dietician Gabrielle Allison works in private practice as a consultant. She will explore how diet can address the needs of a demanding lifestyle.

The seminar is free but advance registration is required. Call 877-4288 or visiting Cranfield Chiropractic in Norval to register.



... Lend Me Your Ears

By Cory Soal R.H.A.D.

Noise-induced hearing loss is especially undetectable because it is invisible. We can lose up to 30 percent of the 16,000 hair cells we are born with before we realize we don't hear as well as we used to. But just as the skin has a memory for repeated sun exposure, the effect of noise is cumulative, and once the critical 30 percent is exceeded, the damage has reached the irreversible stage.

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