



Sho-Tai founder Terry Bell (left) was in Georgetown recently to visit with Jeff Martin and his family. Martin has become a partner in the natural health company after seeing the benefits Sho-Tai produced in his ailing father, Dave. Photo by Eamonn Maher

Georgetown father, son throw support behind body-healing concept of Sho-Tai

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Staff Writer

When Georgetown native Jeff Martin started doing research into trying to help his cancer-stricken father, little did he know that he would find yet another business to run.

The 32-year-old Martin was already operating a marketing firm and Mexican Internet provider when he learned that his dad David, 63, was diagnosed with a malignant tumour in his lung in 2005.

Already battling a respiratory ailment that had him hooked up to a ventilator, doctors determined that the tumour was inoperable and gave the elder Martin little hope of survival, despite 37 radiation treatment sessions

during a three-month span.

"I used to have a radiologist who saw me in Brampton after the biopsy had been done and the response was, 'You've got lung cancer, there's no cure for that,' and then she left the room. That's basically how I was treated," said the 63-year-old Martin, a retired sales and manufacturing executive.

Jeff was on a business trip to Selkirk, Man. in November of 2006 when he met a group of people involved with the art of Sho-Tai, a form of non-invasive body analysis that employs ancient Oriental herbs and medicines, along with a combination of 12 holistic techniques, including muscle therapy, iridology and tongue reading. He quickly connected with Sho-Tai founder Terry Bell, a practitioner and herbalist for the past 27 years who tests thousands of "clients" per year for illnesses and bodily deficiencies.

"People think it's magic but we're really tapping into the electricity in the body and it's very easy to find," said the 52-year-old Bell, who oversees 16 certified Tai practitioners, mostly in Western Canada. "You cleanse the body first, then you repair and then you maintain and for the most part the body will heal by itself."

Dave Martin was introduced to Sho-Tai last April and after Bell suggested taking a variety of herbs, minerals, natural remedies and diet alterations, his frequent headaches cleared and he felt more energetic. And to the surprise of doctors, who continued to provide their own medical treatments, the small-cell carcinoma tumour in his lung began to shrink.

"There have been tremendous improvements in my health. How I compared it was that 15 years ago, acupuncture was considered a kind of far-out thing and nobody knew much about it and things like that were taboo with your family doctor," Dave added. "We're very fortunate to have met Terry and that our family doctor is very modern thinking and progressive and has taken specialized medicine training and is open to new things."

Dave's wife Barb, a nurse for 25 years, also became a Sho-Tai client and Jeff lost 25 pounds in nine months, no longer requiring to wear a device for his sleep apnea disorder. Soon after Martin decided he'd like to get involved with spreading the word about Sho-Tai, recently opening a clinic in Toronto.

As well as becoming a certified practitioner this summer, Martin's Kanatan company organizes Sho-Tai events while also providing support and resources for the thousands of clients in North America.

More than 250,000 people world-wide have been given a Sho-Tai analysis, which takes about 20 minutes and costs \$40. Practitioners analyze the body by touch, examining the eyes, nose, mouth, teeth, tongue and other areas while taking down level responses for the connecting organs and glands. The client is then given a summarized report of the examination and the practitioner may recommend a number of different measures to take. No equipment, machinery or chemicals are used and clothing doesn't need to be removed.

"Sometimes when clients step in the room, they sort of cower down like it's a doctor-patient relationship, and that's not what this is about," said Martin.

"We don't diagnose anybody. We simply analyze and we don't prescribe anything to people. It's just a straight recommendation and the choice to do something is up to them. We use the terms, 'finding a positive path to good self-help.' It's about understanding things in your body and what they mean. People have to self-monitor if they want to get better. It's about giving the body the ability to heal itself."

The Canadian Cancer Society on its website says complementary therapies can be used together with conventional treatments. It reads:

"They may help people cope with the disease, its treatment or side effects, rather than treat the disease itself. Many people say that they have been helped by these therapies, but research is needed to understand if they are safe and effective.

"An example of a complementary therapy is using meditation to help with stress or anxiety during radiation therapy."

A free Sho-Tai information meeting will take place Tuesday, Feb. 26 at the North Halton Golf & Country Club beginning at 7 p.m.

(Eamonn Maher can be reached at emaher@independentfreepress.com)

Making the Commitment to Better Brain Health

As we recognize Alzheimer Awareness Month and kick off the 2008 "Heads Up! For Healthier Brains!" campaign, the Alzheimer Society is encouraging Canadian families to keep to their resolutions by challenging people of all ages to join together and make the commitment to better brain health.

"Even with the best intentions, we all know how difficult it can be to keep on track with our New Year's Resolutions. The Alzheimer Society is hoping to provide both support and motivation to people by offering a variety of on-line incentives, says Scott Dudgeon, CEO of the Alzheimer Society of Canada. These include everything from the launch of Brain Booster, our new brain gym, to a contest in conjunction with Homemakers magazine that will encourage people to make their commitment to better brain health, as well as enter their name into a draw for a chance to win some great prizes."

Making the commitment is easy, and can include things like eating brain healthy food, staying socially connected, adopting an exercise program, protecting against concussions, or challenging your mind, by playing games like chess or number puzzles.

"Research is showing that by improving your brain health, you can help to reduce

your risk of developing Alzheimer's disease", says Dr. Jack Diamond, scientific director for the Alzheimer Society of Canada. "For people already living with Alzheimer's disease, many of these same things can help to improve quality of life, and may even help to slow the progression of the disease."

People are encouraged to visit www.alzheimer.ca to learn more, as well as sign up with their individual commitments. The Web site will also feature stories from other Canadians, highlighting their triumphs and challenges as they implement their own healthy brain pledges.



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