

**DIANNE'S
PHYSIOTHERAPY
SERVICES**

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CONSULTING, ASSESSMENT
AND TREATMENT

- Anti-Stress Massage, Reflexology
- Pain/Disability Management
- Back Care Education
- ADP Walker Assessments



DIANNE BAILEY, P.T. Reg.
192 Main Street East
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**FOCUS ON
Health**



A monthly section featuring good ideas for healthier lifestyles

The Weight is Finally Over!

With Beverly Hills Weight Management Program your weight problems are finally over! We teach you about healthy eating habits, behaviour modification and nutritionally balanced food programs. Programs professionally tailored to your body, personality and lifestyle.

Unlike many "diet programs" there is no need for calorie counting, fat counting or complicated meal planning. Our program is based on grocery store bought food. Beverly Hills success is based on its simplicity and long term results. **Best of all success is guaranteed!**

You'll receive all the support and encouragement you need while you are losing weight. Marion Healy, a trained Registered Nutritional Consulting Practitioner, has over 10 years experience in weight management and nutrition. Marion will guide you towards your goal with care and understanding. Experience and knowledge make the difference!

Due to the high levels of safety and attention offered by our program, we are frequently recommended by health care providers to their patients who need to manage or control their weight. With this kind of community support, you can be assured that your weight control will be safe and successful.

Our Four Part Program ensures your success.

- 1) **Pre-Diet Analysis:** Based on your confidential case history, we develop the weight control program that is right for you and begin to chart your progress.
- 2) **Weight Reduction Period** through a well-balanced nutritional plan, proper counselling and behavioural guidance, you will develop the positive habits and the mental foundation to make the program natural and effortless.
- 3) **Six week stabilization:** We gradually increase your calorie intake while closely monitoring your progress. With ongoing support your goal weight will become part of your life.
- 4) **One year Weight Management:** If anytime during the following year you gain three to five pounds, you are invited to return to the clinic free of charge to help you get back on target. This is our personal guarantee of your success.

Marion Healy, Registered Nutritional Consulting Practitioner, has over 12 years of experience in metabolic weight management and has been a regular contributor to Focus on Health and Ask the Professionals.

Pain Management

Pain affects each one of us at some point in our lives. Painful conditions that do not resolve in a short period of time lead to poor sleep, a reduction in movement and a decreased ability to enjoy life and deal with everyday stress.

Our clinic treats such conditions with the SYNAPTIC 2000. This device uses multiple electrical frequencies which create more normal electrical transmissions along the nerve pathways in the body. The result is an increase in the production of the brain chemicals which regulate pain. After treatments with the Synaptic 2000 pain is reduced, sleep is improved and muscles are more relaxed. This treatment technique is known as Synaptic Electronic Activation (SEA) and research has shown there is an increase in the secretion of serotonin, norepinephrine, ACTH, dopamine and endorphins. There is a reduction in the amount of Substance P which is a hormone which indicates the amount of pain a person is experiencing.

The Synaptic 2000 can be used to treat any painful condition. We have had very good results with Fibromyalgia, whiplash, sciatica, back pain, neck pain, tennis elbow, arthritis and sleep disorders. Early treatment of traumatic pain can result in a great improvement in the amount of time needed to feel better. Treatments consist of 20 minute sessions two to three times a week over a period of one to three months. Longstanding chronic conditions may need a longer period of time. The Synaptic 2000 has been approved by Health and Welfare Canada. No adverse effects have been reported using this device.

For more information call Milton Pain Management Clinic 878-5656.

Greg J. Lawrence B.Sc., D. Ch.
Foot Specialist/Chiropractor
(905) 878-6479

- ***NEW*** laser surgery for plantar warts and ingrown toe nails
- footcare
- corns/callous
- sports injuries
- orthotics
- footwear
- heel pain/arch pain

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Winchester Place, 154 Queen St. S., U. 112, Streetsville



Milton Pain Management Clinic

The clinic offers the following services:

- Chiropractic Treatment • Acupuncture
- Synaptic 2000 Treatments
- Nutritional Counselling
- Massage Therapy

Dr. Phillips 310 MAIN ST. SUITE 201 878 5656

OPENING DECEMBER 1, 1999

SECOND NATURE



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