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LIBRARY NEWS: Four practitioners to speak on health Nov. 18

Alternative health on the agenda

Come to the alternative health evening on Wednesday, Nov. 18, 7 to 8:30 p.m. at the Whitchurch-Stouffville Public Library.

A brief 15 to 20 minute overview of four different areas of alternative health will be presented by four local practitioners.

Pharmacist Farid Wassef will speak generally about the tenets of good medicine, which is the name of his article published in the American Journal of Natural Medicine. In this article we are encouraged to examine how we define health, disease, and aging.

Perhaps the black and white model which assumes that health is the absence of disease, and that the development of disease is a function of aging is an out dated idea.

Dentist Dr. Hans-Jurgen Schwartz will introduce what could also be an outdated technology, not to mention a political hot potato.

In 1812, Joseph Bell, a British chemist, introduced a "silver paste," which consisted of silver filings from coins and mercury. During the 1800s concerns were raised about the possible mercury toxicity which caused the American Society of Dental Surgeons to "make mercury usage an issue of malpractice, mandating that its members sign an oath not to use mercury-containing materials."

Massage therapist Marita Conzil will introduce some old practices which have resurfaced to rejuvenate our bod-

ies. Massage therapy provides an alternative health option to help alleviate the soft tissue discomfort associated with everyday and occupational stresses, muscular over-use and many chronic pain syndromes.

Therapeutic Touch is a contemporary interpretation of several ancient healing practices.

Shiatsu is a "non-invasive physical therapy designed to stimulate the body's inherent ability to heal itself."

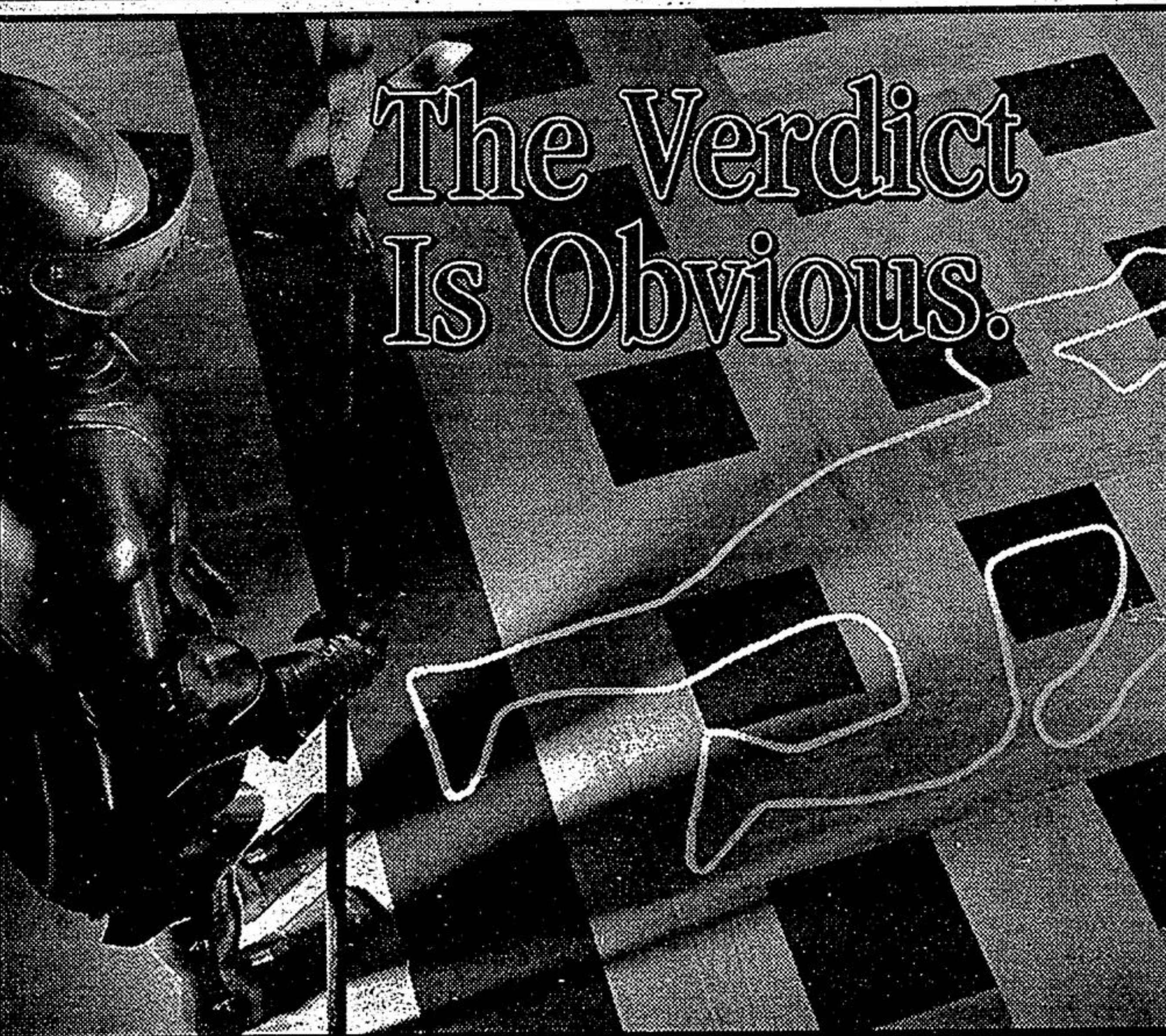
Chiropractor Dr. Allen Turner will inform us of his method, which is a "non-chemical, non-invasive treatment for correcting disorganization with the central nervous system."

He describes the central nervous system as being like the body's super information highway. It is responsible for carrying all necessary messages to the brain by travelling up the spinal column to the base of the skull.

When there are blockages along this route, due to structural misalignment, the brain does not receive the required information needed to command the body, resulting in an individual's inability to reach its full potential intellectually, physically and emotionally.

Look in the library's Vertical File under the heading Health to see a variety of articles and pamphlets provided by these practitioners.

This column is submitted by the Whitchurch-Stouffville Public Library



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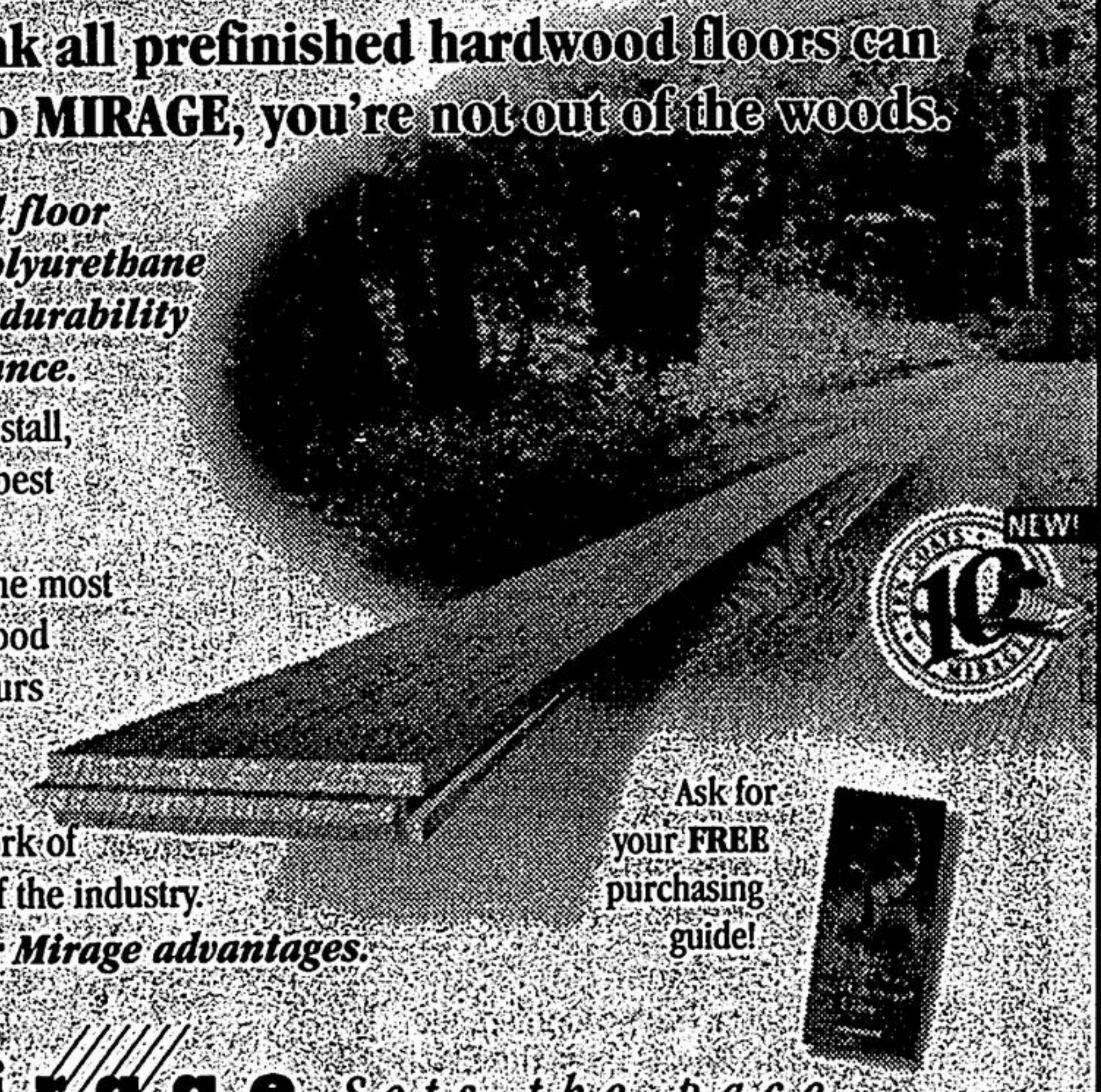
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