

FROM THE COVER

AS THE LEAF TURNS, IT BEGINS TO FALL
My Memory of the Fall is a Rake!

By Bill Finley

Thousands of people travel thousands of miles to see the panorama of changing fall color. Those folks seem to be glad to be rid of summer.

Certainly there is visual grandeur in a whole forest doing its magic October dance. Gazing at those billions of fluttering wooded pixels on someone else's land escapes the consequences of gravity's push to the ground.

My falling leaf experiences were in Washington, DC and Baltimore, both cities known for their stately oaks. The good news was that I lived in older neighborhoods, the bad news was three feet of leaves every weekend. Thank the heavens for autumn leaves and the City leaf-sucking machines that took away the huge piles



I raked into being.

Gone from our Fall existence are the bonfires at the curb, a pre-environmental ritual. The ashes just blew away to add to the nasal loads of allergy sufferers. The little kids jumped and thrashed scattering the neat piles adding to the mix of joy and sweat.

Alas, we now live in the tropics where falling leaves are seven feet long with tough whiskery brushes and accompanied by head shaped, liquid filled nuts that southern gravity can make into deadly missiles.

The girl on the cover could be Jane Russell's granddaughter whose grandma once rustled in the hayloft scene from "The Outlaw." Ah, the simple pleasure of the cleavage of yesteryear.

Diabetes Doesn't Have To Be Painful

If you have diabetes and numbness, tingling or burning pain in your feet, you may have a serious complication known as diabetic peripheral neuropathy. Until recently, diabetic neuropathy had been considered irreversible. Published clinical studies on a new treatment called Anodyne Therapy have shown restored sensation, improved wound healing and reversal of symptoms of Diabetic Neuropathy. In addition, a new study shows that Anodyne, in combination with physical therapy can improve balance and reduce the risk of falls by 96%.

Anodyne Therapy is non-invasive, drug-free and safe. The Anodyne Therapy System uses monochromatic infrared photo energy (MIRE) to increase local circulation and reduce pain by disassociating nitric oxide (NO) from hemoglobin. A low level of nitric oxide is common in patients with diabetes and is recognized to be a major contributing factor in the loss of protective sensation, foot ulceration and pain of DPN.



Donna Ramos

Most patients say that Anodyne Therapy feels warm and soothing. Others say they feel some tingling and pulsing. Some patients respond very quickly in our comprehensive program, while others take longer. We will work with you as long as you are willing and we can show that your condition is improving.

10-24 therapy sessions include:

- ☐ Anodyne Therapy to temporarily reduce pain and increase circulation to tissues and nerves
 - ☐ Stretching and strengthening exercises
 - ☐ Dynamic and static balance exercise
 - ☐ Massage and the use of other therapeutic modalities for pain
 - ☐ Sensory integrative techniques to put it all together
- "Good Hands Physical Therapy" is offering this exciting new Peripheral Neuropathy Treatment Program with the clinically proven protocols used in these studies. Call today at (954) 297-0425 to see if this program can help your condition. Diabetes doesn't have to be painful and "Good Hands Physical Therapy" can help.

Looking Good! Toyota **SCION**



Call me...It's my specialty!

754-244-8585

Joe Richards, Lipton Toyota/Scion

In the United States more gold is used to make class rings than any other piece jewelry.

(From: Random Kinds of Factness)

Getting To The Root Of The Problem

In the Wake of the VIOXX Verdict, Enzyme Supplementation Provides Promises

Although the recent regulatory actions and controversies involving COX-2 inhibiting pharmaceuticals, such as VIOXX, Bextra and Celebrex, have caused much confusion over finding safe alternatives for arthritis pain relief, there is an upside to all this confusion. That is that the recent controversies over these drugs, which are normally taken over the course of lifetimes for the chronic pain and inflammation of arthritis, will cause people to seek natural alternatives—alternatives that may actually get more to the root of the problem. Among these alternatives, enzymes provide promise for relief as well as healing of joint degradation.



Tara Levy, ND, President, California Naturopathic Doctors Association

An up-and-coming area of nutritional supplementation is the use of enzymes for nutritional and systemic health benefits, such as arthritis. According to Dr. Harry Friedman, D.O., "enzyme nutrition therapy is a 'valuable resource that is

dietary supplements for people with chronic arthritis and see consistent results. Particularly, I use a high quality enzyme preparation, called RPR, manufactured by Theramedix (available to health professionals only) with a recommended dosage of two capsules, two times daily."

Another line of high quality enzymes that is available in the health food stores is from a company called Enzymedica. Enzymedica carries a product called Repair that may help in the inflammation of sports injuries, as well as chronic arthritis. According to Tom Bohager, President and Founder of Enzymedica, "it is important to get a high quality enzyme product that is measured by its activity and not weight content.

For plant-based or fungal enzymes, it is important to look for products that are measured using the only FDA-approved method for measuring this activity, as specified by the Food and Chemical Codex (FCC), and this should be listed on the label."

Enzymes not only help in arthritis and injury repair, but in digestion and other more systemic health conditions. Naturally, we produce enzymes in our bodies for two purposes: for the purposes of digestion and for other metabolic functions.

However, proponents of enzyme therapy are quick to point out that as we age, we decrease the amount of enzymes we produce. Additionally, our diets these days tend to be high in processed foods, which is known to kill the natural enzyme content of the food.

If we do not get enzymes from the food we eat for the process of digestion, we have to produce them ourselves. This results in more energy in the body going to digestion than in the metabolic functions that are needed to keep our bodies healthy. Add to this the fact that as we age, we decrease all enzyme production, and it is easy to see how supplementation may help us feel more youthful.

To learn more about enzymes, see Theramedix (www.Theramedix.net) or Enzymedica (www.Enzymedica.com) websites or call 888-918-1118.

often overlooked for cases of inflammation, particularly in chronic arthritis and sports injuries," Dr. Friedman said.

He explained that as we age, many of us experience a decline in the amount of enzymes we are able to produce. It is then no coincidence that we are learning of a link between inflammation and chronic diseases of aging. Enzymes play a crucial role in the body in clearing inflammation. Not only by having a direct anti-inflammatory action, as many other agents do, but also by working on a biological level to actually heal the inflammation and clear away many of the inflammatory substances in the site of inflammation and infection. The result of this clearing effect is increased circulation at the site of inflammation, and an expedited healing process.

Dr. Friedman explained how the scientific studies that show the anti-inflammatory properties of enzymes are increasing. "I use proteolytic enzymes in my practice as

"Transportation Provided"



"We'll Change Your Life"

Good Hands Physical Therapy is owned and operated by licensed therapists with over 45 years of combined experience. **Get Better Faster with One on One Sessions** - Our goal is to provide a quality hands on approach to treating a wide range of disabilities & disorders that impair function and quality of life.

- ❖ SI Joint Dysfunction
- ❖ Tendonitis
- ❖ Bursitis
- ❖ Stroke
- ❖ Hip/Knee/Shoulder Replacements (pre & post)
- ❖ Prosthetic/Orthotic Training
- ❖ Peripheral & Diabetic Neuropathy
- ❖ Balance & Gait Disorders
- ❖ Post-op Rehabilitation
- ❖ Carpal Tunnel
- ❖ Lumbar & Cervical Disorders

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Certified Anodyne Center for Treatment of Peripheral Neuropathy