

HEALTH CORNER



Direct Answers

from Wayne & Tamara

Pussyfoot

If you get some free time, I'd like your advice on something. My husband and I have been married about 20 years, and things have been getting progressively worse. He has never hit me, but he is very verbally and emotionally abusive.

I did leave once, about 10 years ago, and came back. It was okay for a while, then back to normal. We've both been married before. I have a married son from my first marriage. My husband and I together have a son and a daughter, 16 and 12.

I strongly considered divorce, but since I've been there before, I naturally have fears about going through it again. This husband would be vindictive, I'm sure, and he seems to be so set on me not "getting anything that belongs to him."

I'm not worried about the stuff. I would want to be sure I can meet the needs of my two kids at home. What is the best way to bring up divorce in a way that he would know I mean business, yet in a way that would keep me and the kids safe if he got really ticked off?

Is there a way of having the two of us sitting together in a lawyer's office and having the lawyer bring up subject?

Olivia

Olivia, a woman told us her husband was secretly drugging her to have sex while she was powerless. Our answer to her was simple: get out of the house and notify the authorities. She wrote again and said, "Are you crazy?" As if we were crazy for pointing out the danger she was in.

People are so self-deceiving, they cannot understand the risk when they are sleeping with the enemy or dancing with danger. Just how could you trick your husband into a lawyer's office and have the lawyer say what you are afraid to say?

You skirt the issue in your letter, as if afraid to plainly state, "I am afraid. I am afraid to do what my fear requires me to do." You haven't contacted a nonprofit or government agency, or any safe haven for abused women. Nor did you say you contacted the police.

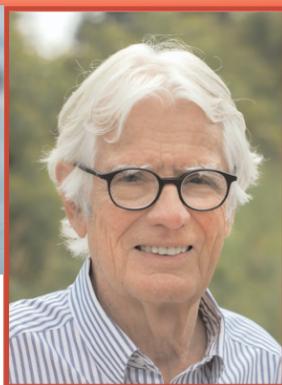
What is your chief problem? You are imprisoned by the lack of knowledge. But you can free yourself by getting informed. Yes, you should absolutely act on the side of caution. But now, you cannot assess and adequately respond to the risk you and the children are under. In addition, you don't know your rights or your children's rights, as his offspring.

We are not lawyers so we cannot dispense legal advice. What we can say is we agree with going to an attorney. But do not advise or inform your husband. Go by yourself and get educated on your rights. What your husband threatens has no legal standing, and he speaks solely as an abusive man. You, like everyone else, know about groups that help women in peril. Though it is difficult, realize and accept that you are one of them. This issue wasn't dealt with 10 years ago, which makes it harder to deal with now, because you went back to a verbally and emotionally abusive husband. You are in danger. Say it out loud.

"How do I get someone else to tell him?" is not the problem. Accepting what you must do is. Have a lawyer evaluate your position, consult professionals who deal with abusers every day and get to safety.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com



The Doctor Game

By W. Gifford-Jones M.D.

What You Should Know About Low Intensity Light Therapy

Years ago I nearly made a bad decision. I was asked to attend a pain conference and initially declined. The meeting was about treating pain and other medical problems with low intensity light therapy (LILT). I thought it resembled old-fashioned snake oil. But then I noticed the speaker's credentials and decided to attend. Now for the last 15 years, I've seen how this natural remedy is able to treat a variety of acute and chronic conditions.

Dr. Mary Dyson, Emeritus Professor at King's College, University of London, England, an international expert spoke about wound healing. She provided evidence that LILT gives a jump-start to the body's natural healing process, delivering energy that is transformed into biochemical energy. The end result is increased blood supply and accelerated healing.

Later, at another medical meeting, I met Dr Tina Karu, Professor of Laser Biology and Medicine of the Russian Academy of Science in Moscow, an expert on basic laser research. It was obvious these distinguished scientists were not gypsies pedaling snake oil medicine.

Dr. Fred Kahn, Director of the Meditech Laser and Rehabilitation Centre in Toronto explains that LILT also triggers release of endorphins, morphine-like substances, that inhibit pain sensation. It also increases cortisol, the forerunner of cortisone, and angiogenesis, the formation of new blood vessels.

My first personal experience with LILT occurred 13 years ago when an attack of sciatica, due to a ruptured spinal disc, struck like a pain from hell. A neurosurgeon gave me bad news. Surgery offered only a 70 percent chance of relieving the pain and might make it worse. So I declined surgical treatment as I believed the odds were better at Las Vegas.

I also remembered writing about LILT, so after discharge from hospital, I arranged to be treated at Dr. Kahn's clinic in Toronto. A few weeks later I was pain free and grateful that this natural remedy had prevented a major operation.

During visits to Kahn's clinic I learned that the majority of his patients suffer from degenerative arthritis involving the lumbosacral spine. And 60 percent of these patients also have degenerative disc disease causing compression of spinal nerves or spinal stenosis, a narrowing of the diameter of the spinal column. In the process of evolution humans have paid a price for standing upright.

Another large number of patients suffer from a variety of sport injuries. And there were several patients diagnosed with the Shoulder-Neck-Arm-Syndrome and the Carpal Tunnel Syndrome both related to long hours working at the computer. These younger patients respond quickly to LILT.

But LILT treats more than aches and pains. Dr. Kahn has an impressive number of photos showing how LILT treats several skin conditions such as psoriasis, allergic contact dermatitis, acne, ringworm, impetigo, herpes lesions and warts, many of which fade away after 5 to 10 treatments.

But what was more dramatic was the effect of this therapy on chronic ulcers. Patients, particularly those with long-standing diabetes, are prone to develop chronic leg and foot ulcers due to atherosclerosis (hardening of arteries). Dr. Kahn reports show that the average cost of treating these ulcers in a health care facility is \$27,000, and it can be done by LILT for \$1,000! Yet it is ironic that in spite of this financial benefit, the health care system does not cover the cost at his clinic!

Many patients are often told, "You have to live with your pain." But this is not always the case as Dr. Kahn claims LILT improves over 90 percent of his patients. Equally important, it's a natural remedy that does not require prescription painkillers.

My ancestry is Scottish so I don't like to spend money needlessly. But like other aging people it's hard to escape aches and pains. So several years ago I purchased a Low Intensity Light Therapy home unit that I often use while reading the morning newspaper. It's proved to be a valuable asset for me and other members of my family when an infection, injury, or aging joint becomes painful. See my new web site "docgiff.com" for more information. Or contact Dr. Kahn's clinic at info@bioflexlaser.com.



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