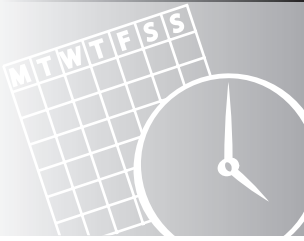


health notes



notices

Mountaintop Unity: Free spiritual prayer meetings led by Rev. Christina Lee with guided meditation, prayer, healing and conversation on Monday Feb. 19, 7 p.m. Info: 604-787-1477

or www.unitymountaintop.ca.

Osteoporosis — New Ideas to Consider: Monday, Feb. 19 and March 19 at 2 p.m. at the Capilano Library, 3045 Highland Blvd., North Vancouver. For more information, phone 604-987-9395.

Diabetes and Food Related Questions: A registered dietician will answer your questions at a free information session, Tuesday, Feb. 20, 1:30-2:30 p.m. in the Diabetes Education Centre at Lions Gate Hospital.

North Shore Caregiver Support Program offers a free drop-in program for informal caregivers on Tuesdays, Feb. 20, March 6 and 20, April 3 and 17, May 1, 15 and 29, June 12 and 26 from 2 to 4 p.m. and

on Saturdays Feb. 24, March 10 and 24, April 7 and 21, May 5 and 19, June 2 and 16 from 1-3 p.m. at North Shore Community Resources, second floor, Capilano Mall. Registration and info: Frances Levine at 604-982-3320.

Creativity, A Gift from Your Guides: A talk, slideshow and discussion with Malcolm Smith, PhD on coincidence, inspiration for artists and scientists, creative problem solving, research and invention, Wednesday, Feb. 21, 7:30 p.m. at Spiritus Healing Center, 1591 Bowser Ave., North Vancouver. Info: 604-982-0014. Registration is required. Suggested donation: \$5-\$10.

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Advocacy a strong focus

From page 18

parents explain. Without treatment Trey's symptoms would worsen and impact his quality of life. He is, however, still young, and Hunter's syndrome has not had a chance to take a major toll. Enzyme replacement therapy cannot reverse damage but it can prevent further damage, says Deb.

The Purcells don't know exactly what will happen to Trey over the next five, 10, or 20 years but they are much more hopeful now than they were after Trey was diagnosed one year ago.

What they do know is that if the treatment proves successful they will spend every Monday for the rest of Trey's life at the hospital. It's a sacrifice they are thrilled to make, his mom says.

"Even though it's annoying going to the hospital every week it'll never get old because you know your kid needs this," Deb says.

"I'm happy we don't live in Prince Rupert though," Ryan adds with a laugh.

And that's one of the problems the Purcells want to address. They're happy with the situation Trey is in now but they know other families are not so lucky, says Deb.

Rare diseases like MPS-II get little attention from governments and pharmaceutical

companies. Elaprased was developed as part of the United States' orphan drug policy — a governmental incentive program that encourages research into rare medical afflictions. Canada does not run an orphan drug policy and that is something the Purcells want to change, says Deb.

They're also very active in the network of people affected by MPS, obviously a tight group due to the disease's rare nature.

In fact, Deb's quest to find out what is happening to her son has made her somewhat of an expert, she says.

She abandoned her formal education when Trey was diagnosed.

"I was working on a master's degree before all of this and that sort of doesn't feel that important anymore," she says, adding that she has learned more this year than any master's program in the world can teach.

With her new education, Deb, who was born and raised in North Vancouver and now lives in Vancouver, is intent on advocating and fundraising for Trey and the Canadian MPS Society.

"Elaprased is a treatment, not a cure," she says in a letter to the North Shore News. "So until we find a cure, I will not stop."

More information about Trey and MPS-II can be found at www.treypurcell.com or by visiting www.mpssociety.ca.

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Whole Body Detox

Ozone Steam Bath

Since ancient times, people have recognized the curative power of warm steam.

Through the centuries, men and women have used steam to purify the skin, soothe sore muscles, and boost circulation and simply to relax. Steam is a natural, effective way to promote a refreshing sense of well-being.

With Ozone Steam Bath, the warm and gentle steam vapor surrounds your body causing the pores to open, allowing ozone to enter through the skin and cleanse the blood, the fat and the lymph. Toxins are oxidized and sweated out. The body is purified, the muscles relax, and the tension of the everyday world dissolves.

Ozone also occurs commonly in nature as a result of lightning strikes during thunderstorms.

The "fresh, clean, spring rain" smell that we notice after a storm results from nature's creation of ozone.

If natural ozone ceased to exist, life on this planet would also cease to exist.

Ozone is nature's way of purifying the air we breathe.

The multiple benefits of Ozone steam saunas are apparent from the very first time you treat yourself to this luxury.

Ozone is not a drug. It is a therapeutic tool of great power which can aid the body in regaining health. However, in the end, it is the immune system that heals the body.

Since ozone has a well-known calming and analgesic effect, ozone therapy plays an important role in enhancing the immune system,

By using the ozone steam cabinet, the individual easily enters into a calm and relaxed state of mind.

The lymph system contains the majority of the water in the body and since the lymph system has no pump like the heart, the lymph tends to become toxified and sluggish. The use of the ozone steam sauna will go a long way towards cleaning the lymph.

Repeated treatments with ozone are required because viruses and bacteria seem to be more susceptible at different stages of their growth cycle.

The beneficial effects of ozone are cumulative, as the body becomes cleaner, stored toxins are eliminated and the overall health is steadily improved.



WHAT DOES OZONE DO?

- Stimulates the immune system
- Supports & enhances the healing process
- Purifies the blood & the lymph
- Reduces inflammation
- Reduces pain, calms the nerves
- Improves memory
- Oxidizes toxins, for elimination through the skin, lungs, kidneys & colon.
- Oxidizes lactic acid, relaxes and loosens muscles, & increases flexibility
- Increases the amount of oxygen in the blood
- Providing the most complete relaxation for the over stressed person
- Speeds up the metabolism process, resulting in a loss of 200-450 calories in a 30 minute session

Ion Cleanse Footbath

Safe and effective body detoxification

We have become a nation of adding chemicals to our body in the form of hair color, perfumes, creams, fabric softeners, water treatments, nail polish, artificial nails with adhesives and bonding agents, cosmetics and over the counter drugs all of which have further impacted our system. Our food, water, and

contaminated air have added to each person's toxic load, and our current life style of fast food, bottled beverages and snacking on devitalized products has additionally contributed. Because of our poor diets and high stress, we tend to accumulate and store excessive quantities of waste products.

As we are continually exposed to these toxins, our innate detoxification system becomes overloaded, and the accumulation of toxins can effect on normal metabolic processes.

Detoxification is a two-part process:

- 1 loosening or freeing the toxins from the body's tissues, and
- 2 expelling the toxins from the body.

An ion cleansing foot bath does both parts of the process during each session.

This foot bath **DRAWS OUT TOXINS** from your body through the soles of your feet.

All you do is put your feet in the water and relax for 20 to 30 minutes. The water

will change color due to the release of toxic substances through the 2000 pores on the sole of each foot. With each session the water may look different depending on what toxins are present in the body and on what part of the body is releasing toxins during the session. Ion cleansing foot baths are a pleasant, non-invasive way for most people to detoxify the body.

BENEFITS:

Patients and practitioners have reported many great effects from using the system. They include:

- fewer skin problems
- reduced restlessness
- relief from stress & pain
- reduced Candida and yeast infections
- increased joint movement & energy
- better sleep & well being
- heavy metals removed
- increased oxygen in your body
- reduced unwanted fluid retention
- immune system booster
- safe for children 4 and up
- and many more



DETOX CENTRE

For an appointment please call: Dr. Ramin M.D., D.O. (TEHRAN)
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