

Alternative Treatments for the Aches and Pains of Winter

By C.J. Franz
Staff Writer

BURBANK – Fall is here and we are marching into winter! The air is crisp, the leaves crush beneath our feet and even here in SoCal, there will soon be the smell of fireplaces burning as the nights get colder. Those chilly nights are welcome by many, but for those who suffer from rheumatic disorders, winter is not a welcome time of year – as the cold weather brings pain, stiffness and muscle aches.

According to the American College of Rheumatology, fibromyalgia is the second most common rheumatic disorder in the United States behind arthritis. Prescription medications have proven limited in the relief they can provide, thus encouraging university and research institutions to probe the success of alter-

native treatment methods.

Last year, at the International Association for the Study of Pain's 11th World Congress, Mayo Clinic scientists announced that "acupuncture can provide significant relief from the symptoms of fibromyalgia."

According to *Arthritis Today*, The World Health Organization recommends acupuncture for more than 40 conditions as diverse as asthma and chronic pain. In 1997, a National Institute of Health panel found acupuncture to be an acceptable treatment for many pain conditions, including fibromyalgia and general musculoskeletal pain.

Many insurers and managed health organizations now realize the benefits of including acupuncture treatments in their health plans.

Dr. Mindy Dai, M.S.O.M., L.Ac., who was recently voted "Best Acupuncturist" by readers



Dr. Mindy Dai, M.S.O.M., L.Ac., of Valley Acupuncture and Herb Center.

of the *Burbank Leader*, explains, "My goal is to determine at what points the flow of energy has stopped. If I can re-establish that flow, my patients are usually amazed with the results."

Dr. Dai has been successfully treating patients suffering from arthritis and fibromyalgia for many years. An alternative medicine specialist, Dr. Dai specializes in acupuncture, Chinese massage, detoxification and ancient Chinese herbal nutrition therapy. She was not at all surprised by the results of the Mayo Clinic study, offering, "For arthritis and fibromyalgia, I encourage my patients to combine an alternative treatment plan with their medication. I find that is very successful. Using acupuncture, massage and herb therapy, often times my patients are able to reduce the dosage of their medications and/or the frequency that they need it. I also offer cus-

tomized dietary plans and exercise regimens to those who are interested."

Dr. Dai shares, "Each patient responds to treatments at a different pace and success rate and with varying results. I consider it a gift to have a successful practice that allows me to alleviate pain from peoples' lives. My patients are loyal, happy people who pay me the most amazing compliments about how I've helped them enjoy life again. I can't think of any career that could be more rewarding."

Dr. Mindy Dai would be happy to answer any questions you may have about the alternative treatments she offers. Her new treatment center is located at 2031 W. Alameda Ave., Suite 206, in Burbank. Call (818) 843-1588 or (818) 216-4887 to schedule a consultation. Visit her website www.drmindydai.com for more information.

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Blackwell

sold out. Mr. Corren, an incredible performer himself, truly held this wonderful, fun show together. He sings and plays piano to charm the entire audience. Florence lived in her own fantasy world and at the end it truly broke our hearts. A unique and fabulous experience, and the show runs for about a month at the Brentwood Playhouse. Absolutely call for tix, but you have to be ready for a totally different, but wonderful experience.

We Are Sad Indeed

Charity event planner and executive in PR, Judith Ann Butala passed away Oct. 10. Confidant and great friend of Connie Stevens and loved by everyone who knew her, she was formerly married to Tony Butala, lead singer of The Lettermen. Because of Judy's great love for animals and wildlife, she asked that in her memory, donations be made to the Shambala Preserve (www.shambala.org). We know she would love that. She leaves four children. We will not forget this great lady. Peace.

A Different Experience... Try It, You'll Like It

Vox Femina Los Angeles launches its 10th anniversary sea-

son as they perform the first concert of the season called "Defying Gravity: Flying High on L.A." The concert will feature the works of Emma Lou Diemer, especially written for Vox and string quartet. Vox Femina is a Los Angeles-based woman's choral ensemble

dedicating themselves to women composers. That's good news. Saturday, Nov. 11, 8 p.m., at the Zipper Concert Hall in L.A. You will find this a very rewarding experience.

All FYI, Mr. Blackwell

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Mindy Dai, M.S.O.M., L.Ac, MD (China)

- California Licensed Acupuncturist • Herbalist
- MRI Fellowship at USC & St. Joseph Hospital
- Associate Professor & Radiologist in China
- Instructor at Universities of Oriental Medicine
- Over 20 years Chinese & Western Medicine
- Published in more than 30 Medical Research Publications

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