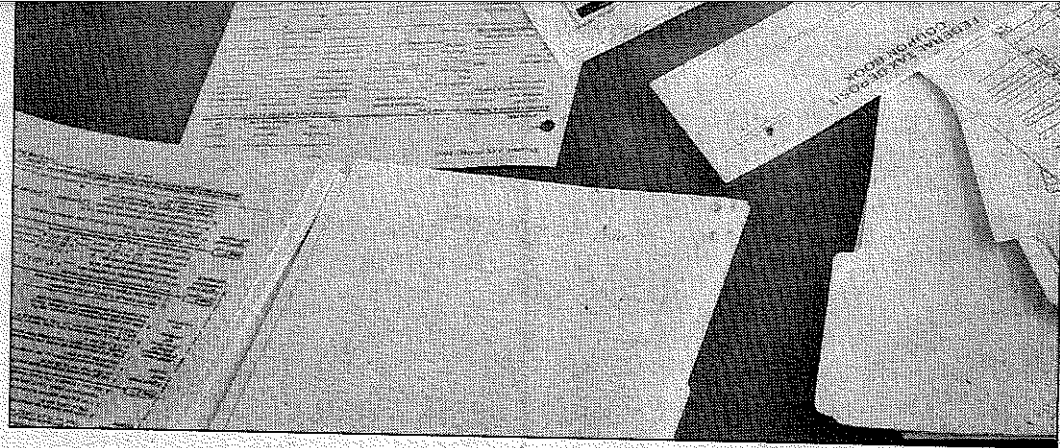


treat adverse effects of PMS in women.

L-Theanine has been commercially manufactured under the name Suntheanine. Solibra-SR is one of the few manufacturers that market Suntheanine.

According to the Food and Drug Administration Final Rule under Food Labeling - 21 CFR Part 101.93, acceptable claims for Suntheanine include an easing of anxious feelings and promotion of a relaxed state.

It can also be used as an occasional sleep aid or to restore mental alertness.



Surveys indicate that work is a leading stress inducer. Reducing stress levels can be achieved with alternative treatments.

## Dry Hydrotherapy effective in treating multiple ills

There is a growing demand for therapeutic alternatives to relieve pain, inflammation and muscle spasms, while increasing blood flow and circulation without the use of prescription medications.

Dry Hydrotherapy technology, which has been available to college and professional athletes for years, is now being used by physicians and hospitals to increase the healing and wellness of their patients.

Michael Lagana, D.C., executive director and founder of Backsmart Wellness Center, P.A., in Edison, was the first to implement this new technology into his Wellness practice in New Jersey.

According to Lagana, "The AquaMed 220 is the premiere therapeutic device that gives

patients an incredible full body healing experience."

Most commonly, his patients have commented that they, "...absolutely love it." Simply put, dry hydrotherapy provides a unique experience to patients, promoting accelerated healing, stress reduction due to tension, alleviating chronic back pain, treatment of fibromyalgia, arthritis, rheumatism, sprains, strains, lymphadema and improving muscle tone following surgery.

Backsmart Wellness Center, P.A., is one such organization that is dedicated to helping patients benefit from the healing power of water. Patients will enjoy, not only the warm, massaging, healing sensation delivered through dry hydrotherapy, but also, the convenience

of not needing to disrobe in order to appreciate this revolutionary technology.

From the moment the treatment begins, patients are able to control the intensity, direction, duration and area of the hydrotherapy. A unique advantage of this machine is a simple hand-held device empowering

the patient to control the treatment process. Patients go home having enjoyed a fulfilling healing experience and an immediate improvement to their well-being.

Backsmart Wellness Center, P.A., is located at 760 Amboy Ave. Call (732) 661-1121 or visit the Web site: edisonpainrelief.com.

### Involved In A Car Accident?

If you've recently experienced even a minor car accident, you could be one of the 91% of all car accident victims that unknowingly inherit hidden injuries (even if you currently do not feel pain). The **FREE REPORT** below reveals a simple test that will uncover any hidden injuries you may unknowingly have. Not knowing this simple piece of information could cost you time, money, and years of pain and suffering! Don't risk it and find out too late. Get the **FREE REPORT AND BE CERTAIN YOU'RE OKAY.**

**GET IT INSTANTLY:**

**FREE REPORT** available for a limited time only. Just call our toll-free 24 hour **FREE Recorded Message** at **1-888-899-1905!**

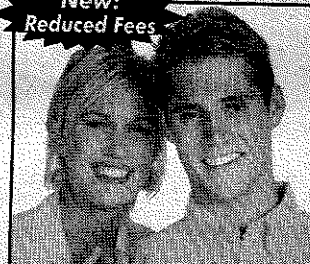
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Skilled Individual Care

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(\$298 value)

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\*In the absence of gum disease. Offers may not be combined. If you have insurance to cover these services, we offer the option of a \$20 gift certificate. Offer expires 2/28/07.

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I am so sure that you will be pleased with our services that I will refund the full amount of your Introductory Coupon (above) if you are not happy with us. Dr. Robert Dubman.

Unity Dental participates with most insurance plans.

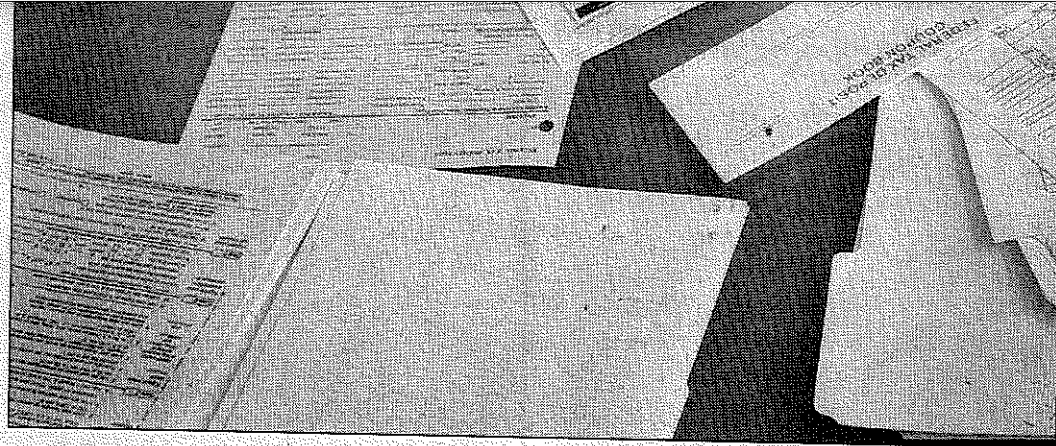
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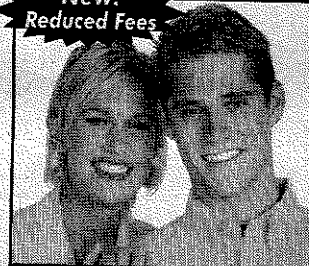
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# LCD Therapy offers relief from chronic pain

## An alternative to surgery, treatments help many patients

If you have chronic neck or back pain, a new therapy can dramatically reduce that pain for many people. Every year, more than 14.3 million medical office visits are reported for back pain. It's the second most frequent reason that people visit their doctor. The results of these visits are predictable. The options are often rest, hot and cold packs, pain medication and physical therapy. Chronic sufferers often hear that only two paths exist — either live with the pain, or undergo surgery.

According to Michael Lagana, D.C. of Backsmart Wellness Center, Edison, LCD Therapy offers a fresh new alternative to those who suffer from neck and back pain. LCD Therapy is a non-invasive, in-office procedure that may offer quick relief as well as long-term results for herniated, bulging or degenerated discs, sciatica, and low-back pain.

LCD Therapy uses an FDA-registered computerized mechanism that provides for exacting treatment of the cervical spine (neck) as well as the lumbar spine.

Lagana states, "This is the newest approach to nonsurgically treat the actual cause of

back pain. If you have bulging and herniated discs, sciatica, post-surgical failures, arthritis and related challenges, you have an altogether new chance to possibly relieve nagging and chronic pain. Thousands of people across the country are using LCD Therapy and reporting impressive results. Up to 70 percent of those who try LCD Therapy are reporting relief of their pain. They are requiring less medication and are able to enjoy normal everyday activities again."

"MRI images suggest that LCD Therapy may help the body to re-hydrate the discs. I am not aware of any other therapy - whether physical, chiropractic, invasive injections or surgery — that provide this type of success rate," he adds.

Lagana explains, "Treatment is non-invasive and does not require drug therapy. The procedure uses a proprietary FDA-registered computer-controlled machine to provide gentle distraction of the afflicted spinal areas. Many patients have been successfully treated with LCD Therapy. It delivers genuine decompression to the area of the spine that needs it, which may offer immediate relief to and

may allow the body to flood the area with oxygen and blood, plus vital nutrients of which the area has typically been starved."

Many patients report that decompression effects of the LCD Therapy treatment begin almost immediately. "Some patients report pain relief after only a few sessions. LCD Therapy enables many patients to return to work and return to a more active and fulfilling lifestyle faster than anything I've witnessed," Lagana reports.

He says the benefits of decompression therapy are as follows:

- No surgery,
- No injections or needles,

- Procedure is non-invasive,
- There is no recovery period,
- Average treatment time is about four weeks with minimal follow-up.

"Many people are suffering needlessly. LCD Therapy can help back pain sufferers get their lives back, and we're pleased to offer it. With a simple examination, we can determine if someone is a candidate for LCD Therapy," Lagana says.

Backsmart Wellness Center, P.A., is located at 760 Amboy Ave., Edison. Call (732) 661-1121 or visit the Web site: [backsmart.net](http://backsmart.net).

## HEARING AIDS

WOULD YOU GO TO A DOCTOR WHO  
PRESCRIBES JUST ONE BRAND OF MEDICINE?

**ALL HEARING AIDS  
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Before you get a Hearing Aid, consult an audiologist who knows about hearing loss.

Over 25 Years Experience - Fellow American  
Academy of Audiology Board Certified A.C.C.A.

# Center adopts cold-laser technology as drug-free pain relief and healing aid

With recent concerns about the safety of prescription pain medications, many people are looking for serious therapeutic alternatives. Relief from pain, the reduction of inflammation and faster healing are topics that interest patients as much as they do health-care and wellness providers. The latest weapon against pain that is also an accelerated healer of soft-tissue injuries works on a principle similar to a laser pointer. The FDA now approves the healing power of light.

This remarkable technology goes by several names - light therapy or phototherapy, "cold laser" or "soft laser" therapy - and is a revolutionary technology for the treatment of soft-tissue injuries, pain and inflammatory conditions.

The North American Association of Laser Therapy defines it as "photobiomodulation, a therapeutic physical modality that uses photons from the visible and infrared spectrum for tissue healing and pain reduction."

Only recently cleared by the



**Michael Lagana, D.C.**

FDA for use in the United States for the treatment of pain and stiffness associated with arthritis, this therapy is particularly important and timely in light of recent published concerns regarding the safety of traditionally prescribed arthritis pain medications.

Backsmart Wellness Center

P.A., of Edison, is a health-care organization that has recently "seen the light" by adopting the use of cold laser equipment. Backsmart Wellness Center specializes in physical therapy, chiropractic massage therapy, acupuncture and nutrition counseling.

Its founder and director, Michael Lagana, D.C. says, "Light therapy has been used extensively throughout the world for more than 20 years and is backed by extensive research with more than 500 published studies covering a wide range of conditions. It has been proven effective in the treatment of carpal tunnel syndrome, epicondylitis, fibromyalgia, osteoarthritis, rheumatoid arthritis and other problems."

"From simple sore muscles and minor sports injuries to severe and chronic tendonopathies to arthritis, light therapy can bring remarkable relief. This technology is making an enormous difference in the well being of patients."

Researchers have found that

low-level light can have a favorable effect on bursitis, tendonitis, sprains, strains and chronic inflammation. They also have found that it promotes faster wound healing and appreciable reductions in pain.

The light-therapy equipment is a small, high-tech device that looks like the first cousin of the more familiar sonogram machine. It's easy on the patient, completely safe, painless and quick. Effective dosing can be as brief as 30 seconds with dramatic results.

Lagana states, "Often, we can obtain a degree of pain relief on the first visit. Even though evaluation and treatment planning consume some time during an initial visit, there's always time for light therapy on a routine visit because it can be adminis-

tered so swiftly and gives relief very quickly. The patient goes home feeling an immediate improvement."

Backsmart Wellness Center, P.A., is a comprehensive facility providing care, service and education in physical therapy, chiropractic care, acupuncture therapy and nutritional counseling by a registered dietitian. Chiropractic physicians, supervised massage therapy, cold-laser therapy, dry hydrotherapy, decompression therapy of disc-related disorders and injury prevention education. Home wellness products are also available.

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