

# The BOSTON HEALTH JOURNAL *of Natural Self Healing*

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## Amazing New Breakthroughs for Chronic Pain

### **Two Therapies to Banish Your Aches**

If you have experienced chronic pain, then you know how frustrating and debilitating it can be. Sometimes drugs, physical therapy and other methods just aren't enough to free you from the constant ache. Fortunately, medical researchers are constantly looking for new ways to help people who suffer from painful conditions. Let's take a look at two amazing breakthroughs that could be the answer to your chronic pain.

### **Balance Your Body with ONDAMED**

One of the most exciting technologies for chronic pain is the "ONDAMED" from Germany. This machine is an electromagnetic frequency device that delivers a very specific, individual frequency to the patient, which is determined from biofeedback from the patient's pulse. This is like asking the body what frequency and intensity of the



### **Doctors Health Press Doing Its Part to Help Katrina Victims**

As doctors, our first priority is to help protect the health and safety of all people. The news of Hurricane Katrina was devastating to all of us here at **Doctors Health Press**, and we want to do everything in our power to help the relief efforts. To honor and assist the victims of Hurricane Katrina, **Doctors Health Press** has made a donation on behalf of our employees and subscribers to Feed the Children. Our thoughts are with all those in the areas affected by this tragedy. ■

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frequency it needs to help heal on a general level or to heal a specific area of the body.

The ONDAMED device offers 173 preset protocols of bundled frequencies to address common imbalances and also individual frequency settings for more specific problems.

This modality seems to help move the body toward a state of balance. With an increase in balance comes a more efficient nervous system, which leads to more restful sleep, normalization of blood pressure, balanced brain waves, and reduced digestive problems...just to name a few of the technology's many benefits.

I have had patients with chronic low back pain who had already received chiropractic care, acupuncture therapy and physical therapy without any relief. I found that with one to five visits on the ONDAMED, their pain was completely gone. I also had a patient who could not stop coughing. She had this problem for six months and it greatly affected her ability to sleep or attend family functions. She almost wanted to give up living due to the severe limitations her condition imposed on her life. After three sessions on the ONDAMED, this patient had an 80% reduction in her coughing attacks! Often, I also combine my ONDAMED treatments with homeopathic and nutritional remedies, which I find can improve a patient's health even faster.

If you have chronic pain or a problem with your health that is not resolving with conventional medical care, give ONDAMED a try. You can call the ONDAMED corporate office at (845) 496-6673 for a health care provider in your area.

### Speed Healing with Magnetic Therapy

Another incredible therapy is high-quality pulsed magnetic field therapy for local or whole body treatment. This therapy has over three decades of research proving its effectiveness in helping various conditions, including pain, arthritis, sports injuries, osteoporosis, carpal tunnel syndrome, fibromyalgia, fractures and wounds, tendonitis, back pain and sleep difficulties. It also helps in faster recovery from injuries, metabolic stimulation and weight loss.

Magnetic strength is measured in *gauss*. For general health, a good system of this type should generate 5.0 to 15 gauss. For deeper work, 30-50 gauss are best; 100 gauss is required for whole body treatment. In addition, the



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machine must change the type of pulse used every few minutes to obtain the best results.

What I like about this therapy is that it is affordable for my patients to purchase, so they can get an incredible therapy at home. Here is an example of how effective this therapy can be. I had a patient who injured her calf muscle, and who could not walk. With one visit involving pulsed magnetic therapy, she was able to walk normally and was pain-free.

I also treated the U.S. Olympic coach for judo the day he was scheduled to fly to Greece. He came in unable to walk because of a groin injury and he felt he would not be able to attend the games because of this. We used pulsed magnetic therapy and some laser therapy, and he walked out of the office in amazement, because the pain was gone and he was able to go to Greece without pain.

If you are interested in finding out more about this therapy, you can contact Stuart Grace at (415) 244 -7609.■