

FROM PAGE ONE

If you go

■ **What:** "From PMS to Menopause: Alternative Therapies to Help You at All Stages of Life," a Hot Topics in Women's Health program of Henry Ford Health System. Light refreshments to be served.

■ **Where:** Shenandoah Country Club, 5600 Walnut Lake Road, West Bloomfield, MI 48323

■ **When:** 5:30-6 p.m. registration; 6-7:30 p.m. presentation, Wednesday

■ **Cost:** Free

RELIEF

FROM PAGE E-1

with the quality of many available supplements, Seidman started his own company, Body Language Vitamin Company (www.bodylangvitamin.com), nine years ago.

"I'm a strong believer in FDA-inspected labs," says Seidman, who will also speak during the Oct. 4 program. In addition to being a nutritionist, Seidman is an ear, nose and throat surgeon, and director of Henry Ford's depart-



Beth Kohn, an acupuncturist, is one of three speakers slated to appear Wednesday at a program called "From PMS to Menopause: Alternative Therapies to Help at All Stages of Life."

Photo by Elizabeth H. Voss

ment of otologic and neurotologic skull base surgeons.

The power of the mind can be harnessed to alleviate discomforts women face, according to Robert Levine, co-director and head of research at the Northville center. Levine, a mind-body therapist and Ph.D. scientist in pharmacology, will speak about hypnosis and mind-

body strategies.

Health care providers at the Northville center work with patients' regular doctors, says Kohn.

Even though health insurance plans still often don't cover alternative therapies, they are growing in popularity because they work, says Kohn. Northville's center is four years old.

ADVICE

Couple who embrace diversity are sickened by family racist

Dear Abby

My husband and I find ourselves in a situation that, in our wildest dreams, we wouldn't have believed could happen. We have four married, happy and successful children.

One son-in-law, "Guy," chooses to work "under the table" jobs and has never had a steady income. Although they have a son, Guy chooses not to provide care for the boy when he's not working. In his words, "taking care of kids is not my thing." For reasons we don't understand and no longer question, our daughter dotes on the man and apparently has no qualms about supporting him. All this time, we have gritted our teeth and let them make their own decisions, believing this is their choice and none of our business.

Guy has now decided

that his purpose in life is to be a "skinhead." He has plastered his vehicle with racist slogans. My husband and I are sickened by his actions and have told our daughter we will not allow her husband to display his beliefs on our property. She knows we believe that racism is an abomination, yet she stands by him because she loves him.

We, of course, fear that our grandson will be indoctrinated into his father's beliefs. Also, our extended family embraces various ethnic backgrounds and religious beliefs that we now know our son-in-law hates. How should this situation be handled?

— Baffled and Disgusted

Dear Baffled and Disgusted, Cross your fingers and count your blessings. Because your son-in-law feels that taking care of kids is "not his thing,"

his influence on your grandson may be less than you fear. While a child might mimic the behavior of a parent who spends time with him, I'm not sure the same is true of a child whose parent ignores him.

It is clear from your letter that you are very uncomfortable around your son-in-law. The reverse might also be true. Your beliefs are so different from his that he, too, might like to keep contact at a minimum. If that's the case, you're home free. But continue to welcome your daughter and grandson.

If the boy starts spouting any of his father's racist dogma, personalize it for him. Example: "We don't feel like that in this house. Surely you don't feel that way about Uncle John or Aunt Sally or your cousins. They love you, and you know better than that!" It might start your grandson thinking independently or even make him ashamed. And that's the goal.

Write to Abby, P.O. Box 96440, Los Angeles, CA 90069.

BED-WETTING

FROM PAGE E-1

became a one-woman research department, digging through medical texts at the library, desperate to help her daughter.

She came upon a 60-year-old study from Montreal's McGill University that literally changed her life. It focused not on bladder size or maturity, but sleep patterns. The study found that all bed-wetters share a common deep sleep pattern, leaving the brain unable to act on messages it receives from the bladder to empty or lock down, and concluded the only effective treatment is changing sleep patterns.

So Moore, through "trial and error," began monitoring and changing her daughter's sleep patterns. Eight months later, she was no longer wetting the bed.

"I was free to do as I pleased and enjoy social activities," recalled Nixon, 38, now married with two stepchildren. "I felt unencumbered for the first time."

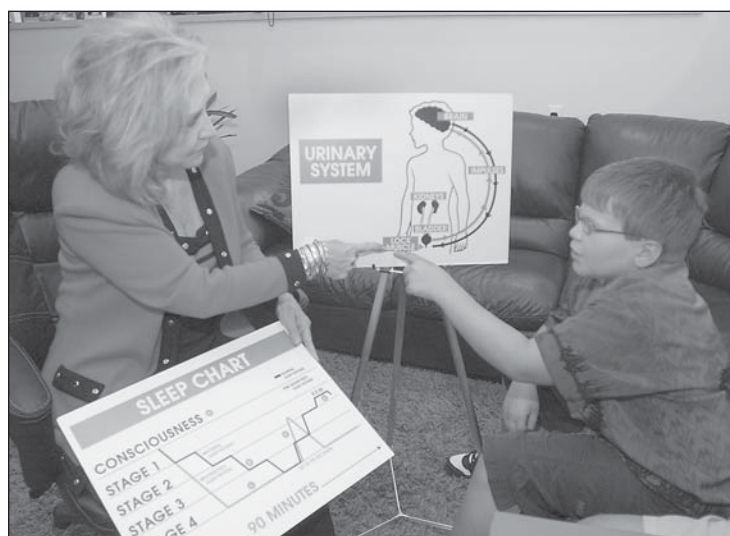
Eager to help others with her new-found knowledge, Moore began working out of her home, observing sleep patterns and gathering data on friends' children who were bed-wetters.

Her successes led to expansion and, today, mother and daughter head up the Enuresis Treatment Center Inc., 31500 W. 13 Mile Road in Farmington Hills. Moore said her clinic has helped thousands and boasts a 97 percent success rate after six months of treatment, much of it with patients who have unsuccessfully tried traditional medical routes.

The reason these avenues don't work is that "everyone is treating the symptoms, but no one is treating the cause,"

Moore said, adding deep sleepers are often misdiagnosed with attention deficit disorder because they awake tired and sluggish. "We explain there are no shots, no pills and no overnight visits. Most of these children have been through quite a bit before coming here."

Patients begin with an initial consultation where a history is taken. The consultation is \$75, the fee for the rest of the program varies. If a patient decides to continue, an individual program is developed in conjunction with psychologists, nurses and other medical professionals on the clinic's staff. It includes teaching parents how to intervene and disrupt deep sleep, along with bladder exercises. Patients then check in either



The Oakland Press/CHARLIE CORTEZ

Barbara Moore, director of the Enuresis Treatment Center in Farmington Hills, explains the urinary system to Andrew Nelson, 9, during a patient assessment.

in person or via phone, fax or e-mail every two weeks, allowing people from around the world to be treated.

"The patient begins to respond and the amount of urine decreases," Moore said. "They begin to wake up on their own. The brain and bladder begin to make that connection."

Moore eschews standard medical treatments such as alarms, drugs and motivational therapy.

"Alarms don't work, because the child doesn't hear it," she said. "Or parents are advised to have a child help them wash sheets, but for an 8-year-old, it's a punishment. To reward or scold them for something out of their control is not fair."

Dr. Lisa Pavone, a family physician with Beaumont Medical Center, Lake Orion, said there is a lack of information on the causes of bed-wetting, but physical reasons should always be eliminated first.

"The deep sleep theory is definitely out there, but it is controversial," Pavone said.

"Ironically, Moore said physicians have brought patients to her. "Doctors bring their own children here," she said. "It is not a medical problem that is causing it, so of course pediatricians don't understand it."

One thing Moore and the medical community agree on is that bed-wetting is often genetic.

"If parents had a problem with nighttime bed-wetting, you are more likely to have a child with a problem," Pavone said.

Moore said that's because the deep sleep disorder that causes bed-wetting is inherit-

ed — she had an uncle who was a bed-wetter into adulthood and often treats teens and adults.

Joan, a Royal Oak mother of three who asked that her last name not be used, learned about the genetic aspect firsthand. Her oldest son, Joe, now 14, was still wetting the bed at age 6. After going to pediatricians and trying medications, Joan turned to Moore's clinic.

"We didn't know it was a sleep problem, but things started to click," said Joan, adding she thought it was great she could vacuum without waking up her son. "That was a big enlightenment, to realize it wasn't severe and that it could be fixed."

She started noticing results in Joe after two weeks; within eight months he was cured. So, when her younger son David, 7, was still wetting the bed at age 6, Joan didn't hesitate to return to the clinic.

"It was easier the second time around. We knew what we had to do with David," Joan said. "We already knew he was a deep sleeper, so we took him straight there."

David was cured in six months.

"It was such a relief to us," Joan said, adding her sons could finally enjoy sleepovers and summer camp.

Nixon, who struggled with her own childhood self-esteem issues, understands the social aspect, which is why she is so glad the clinic can help others. "Every time I have an opportunity to help someone, it is an honor," Nixon said. "We've helped people in South Africa, Jamaica, Israel. That's the kind of difference we can make."

Growing Connections Conference & Organic Festival is Sept. 30

The 6th annual Growing Connections Conference & Organic Festival will focus on getting healthy from the inside out and the benefits of eating nutritionally dense foods.

The event, presented by Healthy Traditions Network, the metro Detroit chapter of the Weston A. Price Foundation, runs from 8:30 a.m.-6 p.m., Sept. 30 at Springfield Oaks Park in Davisburg.

This year's conference, "Extreme Makeover: The Health Edition," will feature a line-up of authors and experts who will speak on a variety of healthy living topics.

Among them will be Richard Morris, author of *An Unburdened Life*, who will present the keynote address free to all attendees. He will share his story of how following a nutrient-dense diet made up of real foods allowed him to lose 160 pounds and changed his family's life forever. Morris will also share his secrets of being a suburban gardener and 10 Steps to Success with a Real Foods Lifestyle.

There will also be a series of classes on Dr.

Weston A. Price's theory of nutrient-dense foods and traditional diets.

These classes are designed for the person who is just starting to understand the connection between the food they eat and their health.

Attendees can shop at the farmers' market, meet men and women who grow crops and raise livestock, and learn how to get fresh, nutritionally dense food all year long. There will also be other vendors offering health-conscious products.

Children's programs and activities tents will be open throughout the day, including a petting farm. Participants can enjoy music and purchase a healthy lunch as well.

Festival admission is \$10 per adult; children 5-12, \$5 and under 5 are free. Additional conference admission allows attendees to listen to as many of the lectures as they like for \$30 the day of the event.

Visit www.htnetwork.org or call (248) 828-8494 for more information.

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