

SPECIAL POINTS OF INTEREST:

- **The Back Saver, no surgery for back pain**
- **Mellon Employee recognition program**

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Leading Edge Technology

THE BACK SAVER

The DRX 9000™ (Decompression Reduction Extraction) is said to relieve neural compression associated with lower back pain by enlarging or reducing disc space, strengthening outer ligaments to help move herniated areas back into place, and reversing pressures through application of negative pressure.

This NASA engineered technology has been noted to be 86% effective in curing – not just alleviating -- low back pain caused by herniated discs, degenerative disc disease, sciatica and the like, thus decreasing the need for surgery and other invasive treatments.

The positive effects

of zero gravity on the spine during space travel led to the discovery of spinal decompression. Each session of decompression utilizes a patented servomotor to cycle the



harnessed patient through a series of super-smooth trans-

actions and gentle pulls, holds and releases. These patterns move along a logarithmic curve, by-passing the pain fibers and setting up a negative “vacuum effect” in the spine that allows the gel to be sucked back into place. Using the logarithmic curve is said to prevent muscle spasms, allows decompression in the targeted lumbar disc to occur, and has been regarded as the most important element separating this treatment from conventional traction units.

For more information visit www.wellnessinteractive.com (Wellness Lounge Magazine)

CAM Quiz

CAM QUIZ

Complementary and alternative medicine (CAM) modalities are more in the forefront every day. Consumers and clinicians are increasingly incorporating CAM into their wellness and therapeutic regimens.

True or False?

1. Medical doctors and doctors of osteopathy are trained in conventional medicine.
2. Complementary medicine and alternative medicine are synonymous.
3. Complementary medicine is used together with conventional medicine.
4. In the United States, approximately one third to two thirds of the adult population uses some form of CAM.
5. Integrative medicine refers to combining complementary therapies with alternative therapies.

WELLNESS FACTS



BACK PAIN

“Chronic low back pain has become a national epidemic. Second only to the common cold, as a cause for missed days at work. More than \$55 billion is spent on the treatment of low back pain each year.”

The Back Saver, Marcia A Harris M.D., *The Wellness Lounge* magazine Volume1, Issue 1, March 2008

INSURANCE

“Not all health insurance plans offer CAM coverage. When they do, the coverage varies by state and is often limited. If your insurance plan offers CAM coverage, it probably has one or more of the following aspects: Deductibles that may be higher than those for conventional care treatment; Policy riders, A contracted network of providers. You should contact the insurance company before you decide to have treatment.”

Deborah White, M.D.

EDUCATION

“Over the last 20 years, the rate of obesity has doubled in children of all ages and tripled in teenage populations.

About 15.5% of adolescents and 15.3% of children are obese; and more than ten percent of pre-schoolers (age 2-5) are overweight.”

Comating childhood obesity, Janice Pride-Boone M.D., *The Wellness Lounge* magazine Volume1, Issue 1, March 2008

Each year, Mellon selects the best performing employees of the year and invites them to the Mellon Star Event, a three days retreat.

Corporate Wellness

Mellon Employee Recognition Program

Toni Brown, one of the 30 Stars chosen out of 16,000 employees of Mellon.

Each year, Mellon selects the best performing employees of the year and invites them to the Mellon Star Event, a three day wellness retreat. The Mellon Stars event takes place in Florida at the well-

known Fairmont Turnberry Isle Resort & Club. The 30 “stars” spent three days of relaxation enjoying the spa, fun and laughter through tours and other fun-filled activities. From red carpet events to wonderful dinners with senior Mellon executives, the nominees were well honored. She will keep forever a wonderful memory of the event. Toni said

that :” It feels great be recognized for your hard work.” The experience also allowed Toni to meet employees from all around the country and to develop new business and personal relationships. We asked Toni to grade this event. She gave The Mellon Stars a sure 10+!

For more of the interview go to www.wellnessinteractive.com

Wellness all around the world



International Resources

EUROPE

The Hale Clinic, 7 Park Crescent, London W1B 1PF. Tel: 020 7631 0156 Fax: 020 7580 5771.

www.haleclinic.com

CARIBBEAN

Ann Wigmore Natural Health Institute PO Box 429, Rincón, Puerto Rico 00677,

Tel: (787) 868 6307

www.annwigmore.org

NORTH AMERICA

Optimum Health 6970 Central Avenue, Lemon Grove, CA 91945, (800) 993-4325 or (619) 464-3346.

www.optimumhealth.org

AFRICA

Camelot Spa Treatments PO Box 1090, Parklands, 2121 South Africa

Tel: (011) 880-3850/1

Fax: (011) 880-9209

www.camelotspagroup.com

International



UNIVERSAL HEALTH

Most European countries have universal health insurance and have found a way to make it work. Universal health care is the result of government pro-

grams intended to ensure that all citizens have free or subsidized access to most types of health care.

France is known to have an extremely efficient healthcare system, and has been rated in previous year by The World Health Organization as the best in the world .

France relies on a mixture of public and private funding. The French system works with what is called a shared responsibility

system where every French citizen has access to health-care coverage through national insurance funds. Employers and employee both contribute to the insurance funds. In addition, according to Kerry Capell author of the article Is Europe's Health Care Better (http://www.businessweek.com/globalbiz/content/jun2007/gb20070613_921562_page_2.htm) "Some 90% of the population also buys supplementary private insurance to provide benefits that aren't covered, and the government picks up the tab for those out of work who cannot gain coverage through

UNIVERSAL HEALTH

a family member.”

This system is well known for its great organization: the French can choose freely their physician, the visit and the fee are extremely affordable, poor and immigrants receive quality healthcare, etc. A system that covers everyone and offer great healthcare while the United States pay more on health care than many other country , it ranks only number 37 in the

world, according to a World Health Report of 2000.

The key to France's success is that the government and representatives from professional associations and health care professionals meet to set fee structures. They negotiate strict cost controls in order to limit consumer's expenditures. Of course, the French's health care system is facing challenges and the French are considering fix-

ing the loopholes of their system. But so far the French are still able to cope with it.

Education

CHILDHOOD OBESITY ON THE RISE

Open your window on a sunny afternoon, and what do you hear? The chirping of singing birds? The yelling of playing children? Odds are these days that you'll hear the birds but not the children. As kids spend more time in front of television, computer and video screens,

their physical activity levels have decreased. And their body weights have increased. Obesity in kids is now epidemic in the United States. The number of children who are overweight has doubled in the last two to three decades; currently one child in five is overweight. The increase is in both children and adolescents, and in all age, race and gender groups. Obese children now have dis-

eases like type 2 diabetes that used to only occur in adults. And overweight kids tend to become overweight adults, continuing to put them at greater risk for heart disease, high blood pressure and stroke. But perhaps more devastating to an overweight child than the health problems is the social discrimination. Children who are teased a lot can develop low self-esteem and depression.



Answer CAM Quiz

Continued "Childhood Obesity on the rise"

There are many causes of obesity. While there's no doubt genetics plays a role, genes alone can't account for the huge increase in rates over the past few decades. The main culprits are the same as those for adult obesity: eating too much and moving around too little. Almost half of children aged 8-16 years watch three to five hours of television a day. Kids who watch the most hours of television have the highest incidence of obesity.

A report from The National Institutes of Health (NIH), June 2002

ATTENTION

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ANSWERS

1.True. A medical doctor, also known as an allopathic physician, holds an M.D. degree and is trained in conventional medicine. A doctor of osteopathy, also known as an osteopathic physician, holds a D.O. degree and is trained in conventional medicine.

2.False. Complementary medicine and alternative medicine are two distinct categories. Each is defined in relation to conventional medicine. Go to the next question to learn more.

3.True. The National Center for Complementary and Alternative Medicine, a division of the National Institute of Health, defines complementary medicine as medi-

cal and health care systems practices, and products that are **used with** conventional medicine.

4.True. According to a report from The National Center for Complementary and Alternative Medicine, in 2002, 36% of adults were using some form of CAM. When megavitamin therapy and prayer specifically for health reasons were included in the definition of CAM, that number rose to 62%.

5.False. Integrative medicine refers to combining conventional medicine with complementary and alternative medicine treatments for which there is high-quality evidence of safety and effectiveness. Integrative medicine is also called integrated medicine.



wellness interactive, inc.®

Sparkling The Wellness LifestyleSM

Wellness Interactive, Inc. is a consulting and management firm that provides strategic planning and educational programs to help organizations (corporations, businesses, professional practices and educational institutions) develop wellness programs.

Our Beliefs:

We believe wellness is the integration of mind, body and spirit.

We believe wellness is attainable through education, physical training, dedication and lifestyle changes.

We believe the benefits of wellness are directly transferable to our workplaces, schools and homes.

A collective wellness lifestyle leads to increased productivity and creativity in a stress free environment.

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