

SPORTS MEDICINE

**CARDIAC CARE**

What you should know about your heart rate and exercise.

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YOUR HEALTH

**MONONUCLEOSIS**

Virus hits mostly young people and requires rest.

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EMPLOYMENT

**SUN DEPRIVATION**

More businesses recognize importance of natural lighting.

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CALENDAR

**GET MOVIN'**

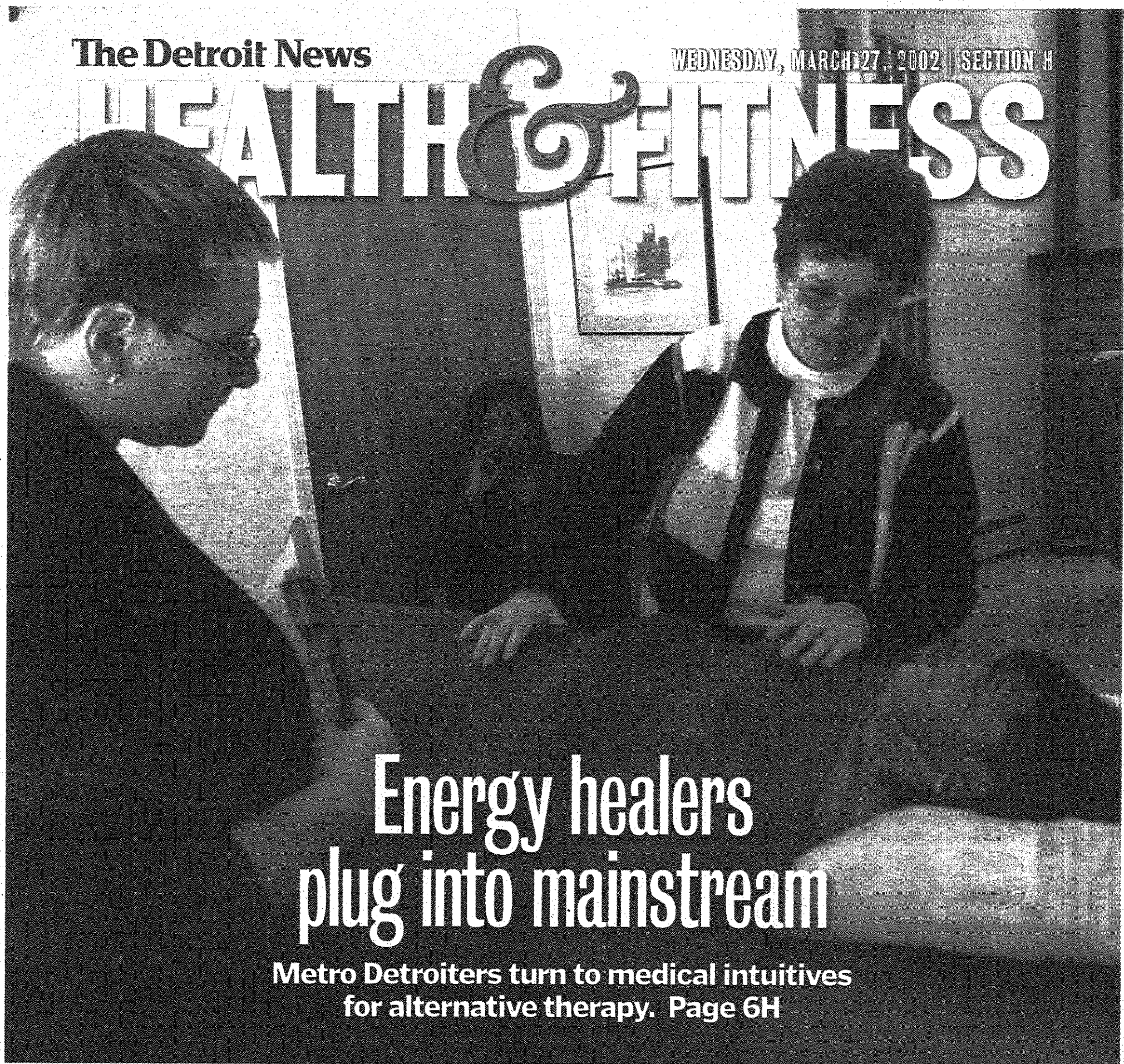
Check out fitness activities around Metro Detroit.

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**The Detroit News**

WEDNESDAY, MARCH 27, 2002 | SECTION H

# HEALTH & FITNESS



## Energy healers plug into mainstream

Metro Detroiters turn to medical intuitives for alternative therapy. **Page 6H**

Medical intuitives Kim Seer, left, and Kathy Sinnott, R.N., give Lakeisha Dortch, 15, an energy-healing treatment as her mother, Angela Dortch, looks on. After suffering from a painful bone disease, Lakeisha says the controversial treatment put her back on her feet again.

Clarence Tabb Jr. / The Detroit News

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The Detroit News

Making weekend plans just got easier.

**Weekend Guide**

Every Friday

## Sports medicine: Exercise

# Treat heart right, with regular workout, to keep it pumping properly for life

Throughout our daily lives, we are reminded about the important role the heart plays in sustaining life and enhancing athletic performance. The pounding in one's chest after slamming on the car brakes to avoid a traffic accident or the racing pulse after running to first base are but two of the many such examples.

The heart is a durable organ that beats 3.4 billion times in one's lifetime. While doing so, it pumps more than 75 million gallons of blood. The heart also has the ability to rapidly change its rate. At rest, heart rate can drop below 50 beats per minute, yet in less than a minute, it can increase to more than 150 during running.

For the inactive person who starts a three-to-four-times-per-week walking program, expect a five-to-10-beat decrease in resting heart rate after just eight to 10 weeks. Although it is incorrect to compare your resting heart rate to someone else's as a way to compare fitness levels, it is correct to monitor your resting heart rate as a marker of improved fitness. Conversely, resting heart rate increases if you stop training.

Please note that several medications can lower your heart rate, at rest and during exercise. But any such

decrease in no way means improved fitness. Also, certain arrhythmias or irregular heart rhythms can inappropriately slow or unnecessarily increase heart rate. Arrhythmias can diminish pump efficiency and lead to problems such as palpitations and light-headedness — symptoms that should be brought to your doctor's attention.



DR. STEVEN KETERYIAN

To best measure your heart rate, do so no more than once or twice a week. Check it before getting out of bed in the morning. Find your pulse by placing the tips of the fingers from one hand on the artery at the base of your thumb on your other hand. Count the number of beats in 60 seconds. It will likely be between 50 and 80 per minute.

Since heart rate and intensity of exercise are directly related, and because measuring heart rate during exercise is often difficult if not impos-

sible, I suggest taking the measure immediately after exercise. If you can't find your pulse right away, this reading may be invalid because heart rate drops so quickly in recovery. In fact, the better shape you are in the more quickly your heart rate recovers.

Unless asked by your doctor, don't worry too much about monitoring heart rate during or after exercise. Instead, subjectively evaluate how hard you are exercising on a scale of 1 to 10, where 1 is equivalent to no effort, like sitting in a chair, and a 10 means working at a pace near exhaustion. I advise people to adjust their pace so they train at around a six or seven on the 10-point scale, which should feel somewhat hard in effort.

Truly, the heart is built to beat. And a program of regular exercise goes a long way toward keeping it that way for years and years to come.

*Dr. Steven Keteyian is program director of preventive cardiology at the Henry Ford Heart & Vascular Institute in Detroit. Write him in care of Health & Fitness, The Detroit News, 615 W. Lafayette, Detroit, MI 48226, or send e-mail to him at health@detnews.com.*

## Fitness: Weights

# Training has benefits that shouldn't be passed up

By Judi Sheppard Missett  
Health and Fitness News Service

If you read about fitness at all, you've noted the groundswell of support for strength training and weight lifting, in particular. Ask any fitness expert, and you'll hear that you simply can't beat the muscle-toning, metabolism-boosting benefits it offers.

Yet women are hesitant to pump iron for fear of "bulking up" — a common misconception. The truth is, women don't have enough testosterone to achieve extreme muscle growth, and the health benefits of strength training are too valuable to pass up.

First, muscles speed metabolism. The more muscle you have, the more calories you're going to burn. Research also indicates that anaerobic training, such as lifting weights, may even be better at burning fat than aerobic exercise. A study conducted by the Department of Food Science and Human Nutrition at Colorado State University found that participants' resting heart rates and fat burning remained elevated for prolonged periods — up to 16 hours — after strength-training workouts.

Second, weight-bearing exercise can minimize bone loss and, in many cases, increase bone density.

Finally, like other forms of exercise, strength training can reduce resting blood pressure and lower your

risk for adult-onset diabetes.

It's an unfortunate fact that a woman's strength begins to decline at age 40 and decreases 8 percent to 10 percent each decade after that. Strength training is the best way to stop, and even reverse, that decline.

But where do you begin?

First, decide whether you're more interested in improving muscle tone and endurance, or maximizing your strength. You can achieve the former by selecting a weight that fatigues your muscles after eight-12 repetitions. To achieve the latter, set the weight so you can perform only six-eight reps before your muscles fatigue.

Always begin your workout with an eight- to 10-minute warm-up to gently increase your body temperature and heart rate, and finish with a five- to 10-minute cool-down.

Choose exercises that work every major muscle group. Work the larger muscle groups first, such as the back and chest, before moving to smaller areas, such as the biceps and triceps. (The smaller muscle groups assist the larger ones, and fatiguing them first may impede your ability to work the larger groups.)

Train two to three days per week, performing one to three sets of each exercise, as recommended by the American College of Sports Medicine. Beginners can benefit greatly from a

session with a fitness instructor or personal trainer who can walk you through the various exercises, helping you to perform them correctly and select the appropriate starting weight.

Of course, you don't need a health-club membership to begin a weight-training program — just a set of dumbbells and some open space at home. Try the following biceps curl, which strengthens the muscle that runs down the front of your upper arm.

Stand with the weight in your right hand, and take a big step forward with your left foot. Bend your knees and lower into a lunge position, keeping your feet hip-width apart and your knees and toes facing forward. Hinge forward slightly from your hips, with your chest lifted. Reach your right arm down toward your left knee, turning your palm upward. Place your left hand on your hip or on your left thigh for support, if desired. Slowly curl the weight toward your right shoulder, keeping your upper arm still and your elbow pointing down to the floor.

Pause briefly before slowly lowering the weight to your starting position. Repeat the lift for up to three sets of eight-12 repetitions, or three sets of six-eight repetitions, depending on your desired results (maximizing endurance or maximizing strength). If you can easily complete 15 repetitions, it's time to increase the weight.

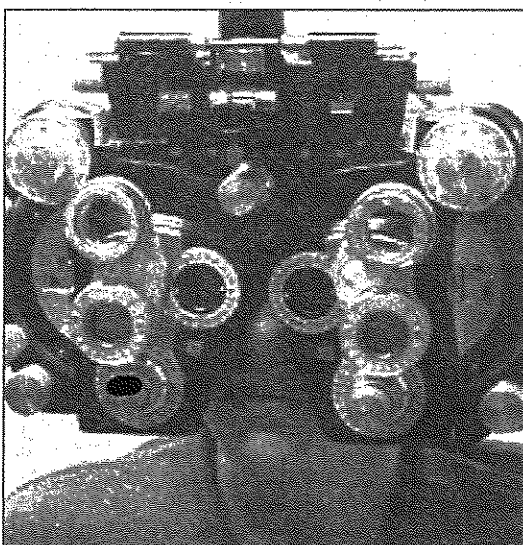
# HealthNews

Compiled by Lynn Waldsmith / Special to The Detroit News

## Vision

### Take the Great American Eye Test

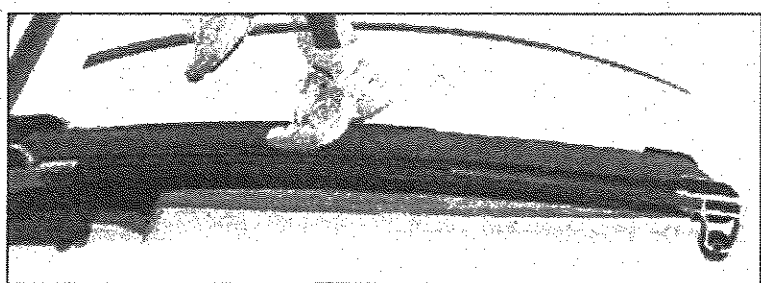
How old are your current frames? Does your vision appear as sharp as usual? How long has it been since your last eye exam? The Great American Eye Test was developed as a tool in determining when exams are needed. It asks a series of yes-and-no questions. Separate test exist for different groups: children, women, baby boomers, and for adults older than age 50. Eyesight naturally changes as you age. Routine examinations by an optometrist will ensure that changes are monitored and that preventive measures and necessary treatments can be prescribed to keep your eyes function-



**A series of questions was developed to determine when it's time for an eye exam.**

ing and healthy. To take the Great American Eye Test, go to [www.aoa.org](http://www.aoa.org), click on "Communications Center," then "Special Events."

## Fitness



**The Reflex Deck helps cushion knees, ankles and hips.**

### New treadmill line offers impact protection

NordicTrack has launched a new line of treadmills with Reflex Deck technology. This arc-shaped deck first responds to the user's stride by flattening to absorb the impact. Then it springs back to its original arc shape, propelling the user into the

next stride. The Reflex Deck is featured on the following NordicTrack treadmills: the NordicTrack 2500, 3500, 5100 and 7100. Prices range from \$1,199 to \$1,500. For more information, go to [www.nordictrack.com](http://www.nordictrack.com) or call (800) TO-BE-FIT.

## Sleep

### Health and success depend on it

Need help getting a good night's sleep? St. Joseph Mercy Oakland, through its sleep disorders center, will be providing information on how to improve your sleep during the week of April 1-7. The National Sleep Foundation estimates that

lack of sleep costs American employers more than \$18 billion a year in lost productivity. At least 100,000 police-reported crashes and 1,500 deaths a year are attributed to drowsy driving. Call (248) 371-1726 to learn how to Sleep for Success.

## Alzheimer's

### Simpler way to get a manual of info

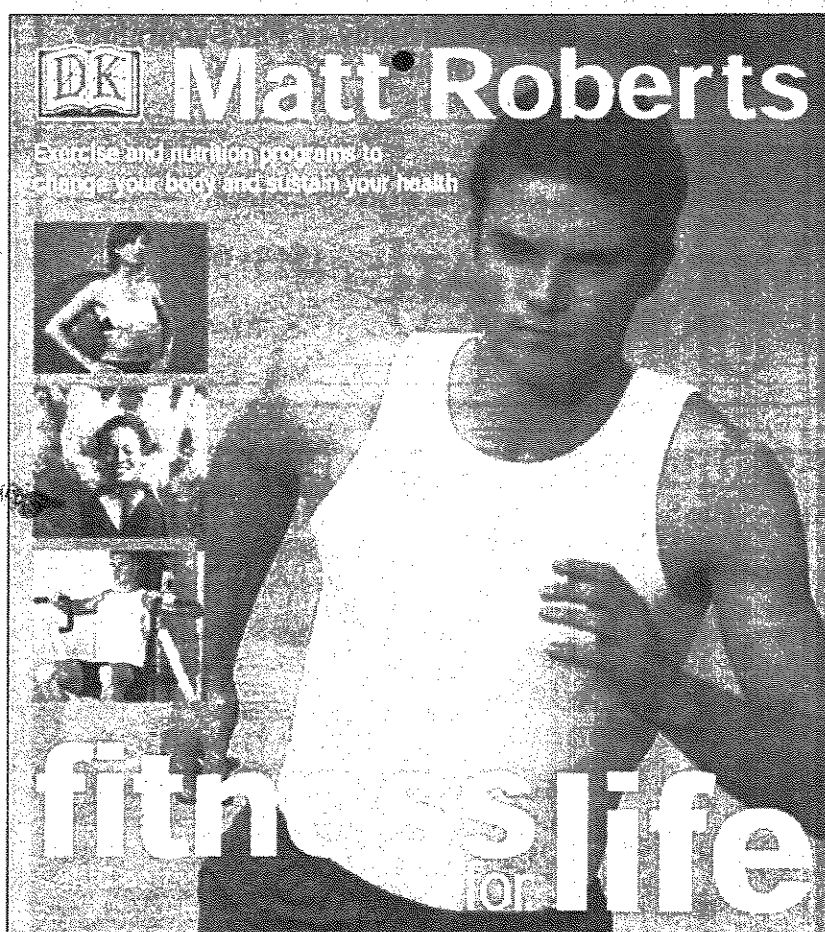
To get a manual on advanced dementia for families of Alzheimer's patients, just call the Alzheimer's Association at (800) 337-3827. The book assists in answering questions such as: Are medical interventions more disruptive and painful than helpful? Should we treat an infection? Health & Fitness originally provided phone numbers that sent readers through a maze of calls. This phone number should get you to the information quickly.

## What they say about...

### Tea

Next time you zip through the drive-through for that burger and fries, consider passing up the soft drink and drinking tea instead. If you do, you may decrease the negative effects the fatty foods have on your arteries. A new University of Maryland Medical Center study finds a cup of tea may help keep blood flowing more easily through arteries that were impaired due to high-fat meals. The research suggests antioxidants found in black and green tea may lessen the detrimental effect of a high-fat meal on blood vessel function.

## Giveaway



**Matt Roberts is a personal trainer known for training celebrities.**

### Win celebrity trainer's fitness book

Sandra Bullock, Naomi Campbell, Sting and Faye Dunaway are among the celebs who've trained with Matt Roberts. The personal trainer provides exercise and nutrition programs in his new book, *Matt Roberts Fitness*

*for Life* (DK Publishing Book; \$24.95). For a chance to win a free copy of the book, send your name and address on a postcard to Health & Fitness, The Detroit News, 615 W. Lafayette, Detroit, MI 48223.

## Parenting

### Clean up diaper changing with diaper rash stick

Every new parent knows how hard it is to get your hands clean after you change your little bundle of joy's bottom. Not only is it a sticky mess, but it can be an opportunity for germs to transfer from parent to baby and vice-versa. Now a new antibacterial alternative is available to help. RashStick is a glide-on stick that makes it fast and easy to prevent diaper rash without getting gooey ointment and odor on your hands. RashMist is the same prod-

uct in a spray. Both use natural products such as zinc oxide, aloe and vitamin E to help treat, protect and promote healing for a baby's irritated skin. RashStick sells for \$9.95 for two 2-ounce sticks; RashMist sells for \$9.95 for two 2.5-ounce bottles. To order, click on [www.petkin.com](http://www.petkin.com) or call (800) PETKIN.

**RashStick offers a new way of treating diaper rash.**



## Diabetes

### Irregular menstrual cycles may predict risk

Middle-aged women with long or very irregular menstrual cycles often have type 2 diabetes. Now researchers at Brigham and Women's Hospital in Boston say younger women with such cycles may face a higher risk of eventually developing the disease. Other common risk factors for diabetes

include excess weight, especially at the belly; family history of diabetes; gestational diabetes, which develops during pregnancy; giving birth to a baby heavier than 9 pounds; high blood pressure; minimally elevated blood-glucose level; and being of a noncaucasian race.

## To contact us, write:

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## Your health: Q&A

# Mono is mostly a young person's illness many adults don't realize they've had

**Dear Dr. Donohue:** My nephew, who is 34, has come down with the Epstein-Barr virus. His doctors say he must get lots of rest. Can you give me some information about this virus?

**Dear Dr. Donohue:** My granddaughter, age 16, has mono. What can you tell me about it?

**Dear Readers:** The Epstein-Barr virus is the cause of infectious mononucleosis — usually called mono or just mononucleosis. It's an illness that most commonly occurs in adolescence or early adulthood.

A triad of sore throat, fever and lymph-node enlargement is its most common characteristic. Additionally, the spleen often enlarges, the liver can become tender, and skin and mouth rashes can appear. Fatigue overwhelms a mono patient.

The virus spreads from a transfer of saliva. Less than 6 percent of mono patients can identify a mono contact. One reason why is that many mono-infected people have such mild symptoms, they do not realize they harbor the mono virus. Another reason is that an infected person can retain virus in the saliva for as long as 18 months after the infection has gone.

Most pull through a bout of mono unscathed. The sore throat disappears in about 10 days, and all other symptoms have generally departed by three or four weeks. There are exceptions to that timetable.

Most adults — 90 percent to 95 percent — have antibodies to the mono virus. Having antibodies is indirect proof of a prior infection. Many of those people don't remember having had the illness because their symptoms were so mild.

There is no magical potion for mono. Time is the healer. Making a patient as comfortable as possible is all that can be done.

**Dear Dr. Donohue:** I wrote to ask about an implant my niece has. She carries a battery-operated gadget clipped to a belt around her waist. Wires from the gadget run into her spine. It is called a spinal cord stimulator, and it controls the pain that she constantly has in her legs. I know other readers would be glad to learn about this.

**Dear Reader:** The spinal cord stimulator is the answer for some people who have chronic pain unrelieved by medicines. That gadget delivers a small amount of electric current to the spinal cord. The current blocks pain signals from reaching the brain. It is for some, an effective painkiller.

Your niece's current unit is a temporary one. After a trial period, if the stimulator works, a permanent unit will be inserted under the skin, much like a pacemaker is.

The stimulator does not cure the underlying condition that causes the pain. Nor does it dull everyone's pain. For those for whom it works, it is a blessing.

**Dear Dr. Donohue:** My daughter has met a nice young man, and it's possible that their relationship will become a serious one. I found out that he was treated for tuberculosis a few years ago. He appears to be in good health and leads a normal life. Should I have fears for his future health? I realize that no one is guaranteed good health, but I want to know what his chances are.

**Dear Reader:** His chances for long life and good health are the same as they would be if he never had had tuberculosis. TB is curable.

In the pre-antibiotic era, when people with TB were segregated into sanitariums to rest their lungs, the story was quite different. Rest never was a sure cure for TB.

**Dear Dr. Donohue:** Does drinking milk when one has a cold cause that person to produce more mucus? When I was a child, I remember my mother not allowing us to drink milk when we had a cold. She said milk thickened mucus. Is that true?

**Dear Reader:** Milk does not thicken mucus or increase its production. I know there are many people who are convinced otherwise, and I don't want to contradict them, but I can say only that the milk-mucus hypothesis is unproven.

**Dear Dr. Donohue:** My systolic blood pressure averages 120-125 at night and 130-135 in the morning before I take my medicine. Is the medicine not lasting 24 hours? Should I cut the dose in half and take it twice a day?

I'm 80 and in good health. I go to the gym regularly, where I lift weights and run on the treadmill. My pulse is 44-46 when I wake and works its way to the low 60s later in the day. For a person who feels so good, I have funny numbers.

**Dear Reader:** Blood pressure and pulse are only two of many body functions that fluctuate during a 24-hour period. Both are low between 3 a.m. and 5 a.m. At the same time, body temperature hits its nadir.

Blood pressure and pulse reach their high points around 3 p.m., and body temperature is at its highest at 6 p.m.

Your early-morning higher blood pressure reading isn't easily explained. Perhaps you are right and the medication has worn off. Don't change your dose without consulting your doctor. A reading of 135 systolic (first number) is considered "high normal," so you do not have a major problem.

Your slow pulse could result from your dedication to exercise. At any rate, it is apparently not causing

symptoms such as dizziness or a feeling that a faint is about to occur.

Some slow pulses are indications of a problem. An ECG can pretty well rule out troublesome causes of a slow pulse. Ask your doctor about having one at your next visit.

From all you do without experiencing any symptoms, I would bank on your pulse and blood pressure as being nothing but excellent.

Blood pressure vagaries are discussed in the blood pressure report. Readers can order a copy by writing: Dr. Donohue — No. 4, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.50 with the recipient's name and address clearly printed. Please allow four-six weeks for delivery.

**Dear Dr. Donohue:** My orthopedic doctor prescribed an MRI for my back pain. The diagnosis was spinal stenosis. After the MRI, I became and still am pain-free. I attribute this to the magnets in the MRI machine. What do you think?

**Dear Reader:** MRI — magnetic resonance imaging — is a somewhat new and revolutionary way to obtain superb pictures of inner organs and tissues without radiation. The machine produces a magnetic field that activates the atoms of body structures to emit signals that are captured on film.

Spinal stenosis is a narrowing of the spinal canal with impingement on the spinal cord or nerves emerging from the spinal cord. The impingement produces pain.

I have never heard that an MRI cured anything. I don't know what happened to you. Consider yourself lucky.

**Dear Dr. Donohue:** When I was young, we were told to chew each mouthful of food 50 times prior to swallowing it. Now I am 86, and I don't do that. Does this mean that my food will not be properly digested?

**Dear Reader:** You inspired me to check my chewing habits. I do not chew every mouthful of food anywhere near 50 times. I was never told to count the number of times to chew a mouthful of food.

Chew food so it is moistened and reduced enough in size to permit swallowing effortlessly. This is almost an unconscious act. Nature tells us when food can leave the mouth without our having to count the number of chews.

You are not harming yourself by chewing your food less than you were taught.

Close to 86 years of 50 chews per mouthful must have given you some of the strongest jaw muscles on the face of planet Earth.

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**HEALTH & FITNESS**

Employment: Sunlight

## Workers and bosses enjoy the benefits of moving cubicles into natural light

By Cathleen Semlar  
Special to The Detroit News

Debra Jensen struggled for years with a goal she refused to abandon. Now she displays the fruit of her efforts: a thriving, baby Norfolk Pine in her cubicle, awash in natural light.

"It's something I've been trying to do for years," says the electrical designer in the Troy-based offices of Peter Basso Associates. "I always buy a baby Norfolk Pine during the holidays, and it never does well, until now. A lot of people have plants in their cubes. I think that's really reflective of how people appreciate the cubicle layout and natural lighting. It's a big morale boost."

Scientists have long known that people, like plants, need light to survive. It has only been in recent years, however, that schools and businesses like Peter Basso Associates are opting to tap into this natural resource for the tangible benefits it provides. Specifically, natural light is the best tool to counter Seasonal Affective Disorder, which is known more commonly as the winter blues.

During the long winter months, when daylight is in short supply, sufferers of Seasonal Affective Disorder experience low energy levels, sleep disruption, changes in appetite and apathy.

According to Dr. Sheila Marcus, clinical assistant professor and director of the Division of Outpatient Psychiatry at the University of Michigan, the disorder is triggered when the production of mood-influencing brain chemicals decreases along with the amount of sun-

**"A lot of people have plants in their cubes. I think that's really reflective of how people appreciate the cubicle layout and natural lighting. It's a big morale boost."**

DEBRA JENSEN  
Peter Basso Associates

shine during the fall and winter months. Reductions of two major neurochemicals — melatonin and serotonin — may bring on the affective disorder.

Melatonin, Marcus explains, is the body's timekeeper, regulating sleep cycles and the body's internal clock. When serotonin production falls, it may affect sleep, mood, appetite and concentration.

According to Marcus, "For most people, sleep is increased and they'll say they have a lot of difficulty getting out of bed in the morning, or in really severe cases, they don't get out of bed at all. They might miss work."

Women are affected three to four times more often than men, leading experts to suspect a hormonal component to this disorder.

If left untreated, Marcus warns, the disorder may lead to problems on the job and difficulty with relationships, hence the growing interest in businesses to let the sunshine in.

The idea for an office plan with cubicles comprising the perimeter of the building rather than the traditional setup with manager offices on the perimeter manifested unexpectedly, according to Leonard Martin, information technology director with Peter Basso Associates.

"For a short time," he explains, "we had a small space that had windows for the employees and we quickly realized people were enjoying the windows and natural light. Plus, we started seeing benefits to morale and productivity."

Enlightened by this revelation, Basso's management team opted for the nontraditional setup when the company moved two years ago. Reasoning that employees onsite in the office every day should have window views rather than executives who travel frequently, an innovative floor plan was devised. The result, according to Debra Jensen, is that "no matter where you sit, you have a window view."

There is no tangible way to measure the effect the floor plan has had, Martin says. "Personally, I have heard numerous positive comments from customers, employees and new employees, but in terms of measuring its success, I guess you could look at how we are continuing to grow in a down economy. Maybe that's an indicator. We're certainly doing something right."

Cathleen Semlar is a Metro Detroit free-lance writer.

### WOMEN AGE 60-85 NEEDED

Healthy postmenopausal women age 60-85 who are not currently taking hormone replacement therapy are needed for a research study. Participation involves either using an estrogen patch or taking a natural plant estrogen for twelve weeks and having blood tests for hormone levels. Participants will receive compensation of \$150 and a free bone density scan. For more information, please call our Research Participation Program.

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# Medical intuitives provide alternative

## Energy healers grow in popularity as patients explore their options

### COVER STORY

Stories by Maureen McDonald  
Special to The Detroit News

**L**akeisha Dortch loves rummaging for bargains at shopping malls. But the hobby became unbearable a couple of years ago when a bone disease, osteofibrous dysplasia, made her legs hurt so much she couldn't visit more than two stores without acute pain.

A search for help took the Oak Park teen through a battery of medical tests, which led to a prescription for pain pills that made her so drowsy she dropped out of school.

"I was at wit's end trying to help Lakeisha," says her mother, Angela Dortch. "I had to quit my job to help her and home-school her. I couldn't stand to see such a young girl in so much pain."

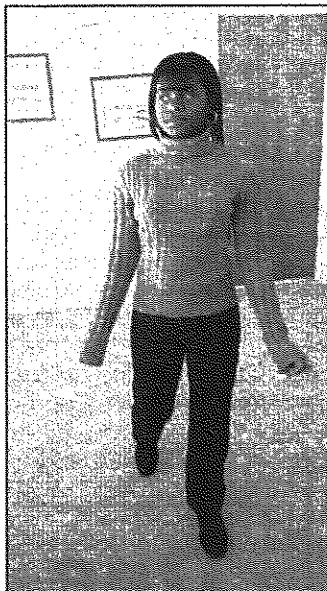
Dortch says she exhausted resources within the medical community, from MRIs to physical therapy, before taking Lakeisha to medical intuitives in December. She credits the intuitives — people said to read and adjust the body's energy — with alleviating Lakeisha's pain. "I'm back to the malls," the 15-year-old says.

Western cultures largely ignored medical intuitives only 15 years ago, treating them as flakes who preyed on the desperate. Intuitives have become more popular in the United States in recent years, however, as more Americans, like the Dortch family, seek alternative treatments.

Thousands of Metro Detroiters recently turned out for a talk by nationally known intuitive and author Carolyn Myss, who has doctorates in theology and energy medicine and three best-selling books on the topic. She and other intuitives, including Dr. Andrew Weil, a Harvard grad who founded the Center for Integrative Medicine in Tucson, Ariz., appear on TV talk shows. Interest in Metro Detroit is so high, Malcolm Smith, an intuitive from Yorkshire, England, visits Detroit every eight weeks to conduct energy work.

Today, proponents of intuitives include physicians, and intuitives work at alternative health clinics affiliated with major hospitals.

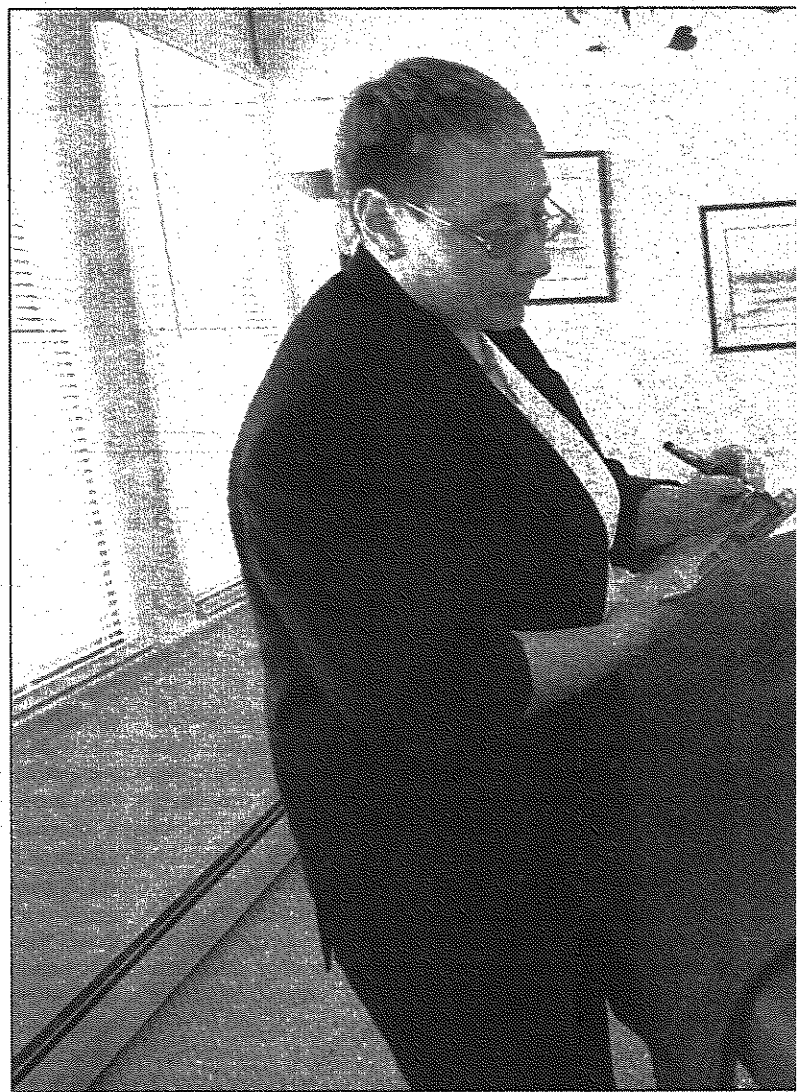
Intuitives say remedies seldom resemble a spontaneous healing — as the character John Coffey achieved in restoring mice and men to life in the movie *The Green Mile*. Instead, intuitives may suggest drinking



Clarence Tabb Jr./The Detroit News  
**Before her treatments, Lakeisha Dortch suffered so much pain from a bone disease that it was hard for her to walk.**

more water, eating more vegetables, medicating daily and visualizing good health.

"Each of us has hundreds of circuits of energy connecting to us, energy that different cultures have named in different ways. The Indians call it *prana* or divine breath, and the Chinese call it *chi*.



**Shown undergoing an energy treatment, Lakeisha Dortch says med**

The Christians refer to it as grace, and secularists call it vitality or simply life force," Myss says. "As it flows through us, it gives us the juice we need to feed our physical bodies, our mind and our emotions, as well as manage our external environments."

The growing acceptance worries some physicians, including Dr. Omer Kucuk, an oncologist at Detroit's Harper University Hospital.

"You don't want to compromise your chance of a cure by fooling around with an unproven treatment," he warns. "I've had patients who were diagnosed with cancer choose alternative therapy right away. Their tumors went from the size of Ping-Pong balls to the size of softballs. If they weren't so gullible, we might have helped earlier with better chances of a cure."

Whether intuitives can heal patients is the subject of intense debate and millions of dollars in

new research grants. The National Institute of Health is funding \$6.7 million for the University of Michigan to determine, among other projects, whether Reiki and Qigong, both energy healing systems often using intuitive skills, work.

During the next five years, U-M is studying 360 patients to see if Qigong (pronounced chee-gung) energy therapy helps speed wound healing after cardiac surgery. Each participant receives four treatments. U-M doctors also are analyzing the effect of Reiki (pronounced ray-key) work in relieving chronic leg and foot pain in diabetics. Patients get 15 weeks of treatment.

In Qigong and Reiki, the practitioner moves around a fully clothed person, placing outstretched palms an inch or two off the body, slowly moving their hands from the patient's head to toes, aiming to recirculate energy so it flows freely.

### Where to go

The following Metro Detroit organizations can provide more information about intuitives:

■ **Weisberg Center**, part of the Karmanos Cancer Institute in Farmington Hills, offers energy healing as part of its cancer treatment program. (248) 538-6505.

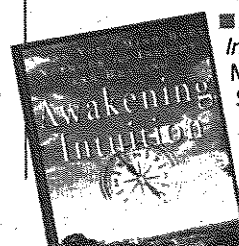
■ **St. John Healing Arts Center** in Grosse Pointe Woods offers medical intuition along with other energy work services. (313) 647-3320.

■ **University of Michigan Complementary and Alternative Medicine Research Center** seeks patients for clinical trials with healers. [www.med.umich.edu/camrc](http://www.med.umich.edu/camrc)

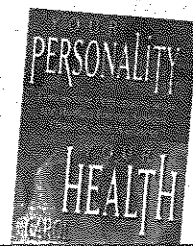
■ **Kim Seer and Kathy Sinnott** offer classes in medical intuition. (248) 307-3737 or e-mail [Onesafespace@cs.com](mailto:Onesafespace@cs.com).

### Read all about it

Here are some books about intuitive healing:



■ **Awakening Intuition** by Mona Lisa Schultz (Three Rivers Press).



■ **Personality and Health** by Dr. Andrew Weil (Bantam Books).



Clarence Tabb Jr. / The Detroit News

ical intuitives Kim Seer, left, and Kathy Sinnett gave her relief after three visits.

assess the impact, blood tests and questionnaires are administered before and after treatment. Participants are randomized into one of three groups; they don't know whether they're receiving genuine Qigong or a placebo. Preliminary reports suggest that healing helps reduce anxiety, relieve pain and possibly may heal wounds, says Dr. Sara Warber, co-director of the U-M Complementary and Alternative Medicine Research Center in Ann Arbor. Kucuk, the oncologist, however, remains unconvinced. "We've seen 50 to 60 percent of cancer patients use some form of complementary or alternative therapy. Most of the time it doesn't do you any good or does you any harm," he says. When without considering such, Lakeisha is a believer.

She had several sessions with Kim Seer and Kathleen Sinnett, R.N., at Sinnett Holistic Health Services in Royal Oak. This is what you would see if you watched one of her sessions: As Lakeisha lay fully clothed on a table, Seer would ask questions about childhood injuries, tragedies and disappointments, and jot notations on a clipboard. Sinnett would stand at Lakeisha's side with her hands hovering inches above her body, periodically touching her. Sinnett says she feels a sense of heat and a light vibration coursing through her body that she sends to her client.

Seer, a self-taught intuitive since age 6, says she can "see" weakness in organs and blockages in the energy patterns that trap pain and discomfort. Sinnett, a registered nurse, confers with Seer about location of blockages, and then Sinnett projects energy to those locations to

clear the obstructions.

Lakeisha says she feels peaceful and relaxed, as though the cramping in her body is beginning to loosen up.

Seer and Sinnett, who consult at Harper University Hospital and several other medical establishments, say they've helped the teen relax so prescription medicine can work more effectively. After three treatments, Lakeisha says she could walk comfortably again.

Such results make sense to Dr. Michael Seidman, director of the otologic (head and neck) surgery department at Henry Ford Hospital in Detroit.

The human body is an energy mechanism comprising protons, neutrons and electrons, he says. "An MRI measures energy with magnets," he explains. "A gifted healer could aid the medical process through energy transfer."

Seidman contends healers can be a valuable aid to medical

practices, when a case manager is medically trained to assess patient needs.

At St. John's Hospital Healing Arts Center, in the same Grosse Pointe building as the cancer treatment services, Qigong and Reiki healers are available to work with patients undergoing chemotherapy.

The patient lies fully clothed on a massage table while a therapist places hands in a sequential pattern, moving from the patient's head to toes. Initial responses among those undergoing chemo and Qigong report less stress and anxiety after an energy session, says Mary Natschke, R.N., director of the St. John Healing Center.

"Much of healing comes from healing the tension, fear and guilt that surrounds people, so they can discover their own path to wellness or acceptance," she says.

Natschke acknowledges the results can't be replicated. Healers from similar disciplines might see entirely different ailments in the same body. By contrast, two X-ray machines or MRI machines would result in the same report.

That leads some people to call intuitives' treatments bunk.

"I'd put medical intuitives on the same level as snake oil salesmen. You can't trust them. Give me a medical doctor any day of the week," says Jay Houghton of Royal Oak, who visits an orthopedist for back ailments.

However, many people aren't deterred by such criticism. Myss hopes to elevate the status of medical intuitives by joining forces with Dr. Norman Shealy, a neurosurgeon and founder of the American Holistic Medical Association. They founded the Institute for the Science of Medical Intuition and began a four-year curriculum out of Holos University in Springfield, Mo., offering classes to people around the country who want to become certified medical intuitives. Distance learning classes taught by Shealy, Myss and other instructors are conducted mostly by the Internet and video.

What people want most of all, Myss says, is hope they can get better, whether it is with the help of a medical intuitive or a family physician.

Maureen McDonald is a Metro Detroit-based free-lance writer.

## Expert discusses medical intuition

A strange ache or small voice often alerts us to something unwell in our bodies, according to Carolyn Myss, Ph.D. and author of three best sellers on healing and intuition.

We spoke with her about medical intuition and wellness.

**Q.** What is a medical intuitive?

**A.** This is someone who has skill and/or training in reading the human energy system. A healer is not someone who can take illness away, but someone able to excavate patterns to show what factors are involved in health and illness. When I conducted readings, I was able to describe the nature of physical diseases as well as the energetic dysfunctions that are present within the body.

**Q.** Why are we seeing more emphasis on medical intuitives in the 21st century?

**A.** Before World War II, every town, every village had wise individuals others went to for healing advice and wisdom. In the 1950s, technology skyrocketed, and people stopped having faith in their own guides, believing more in scientific tests, prescription medicine. Now we are seeing an integration of traditional and holistic methodologies.

**Q.** What affects our health?

**A.** Energy medicine treats the body and the spirit equally. With study, you recognize the emotional, psychological and spiritual stress factors that affect your health and that correspond to your physical symptoms.

**Q.** If someone is not getting better, does that mean he's doing something wrong?

**A.** Some of the New Age practitioners have given healing a bad



Robin Buckson / The Detroit News

Carolyn Myss has written three books on healing and intuition.

name. The kind of guilt trip they put on people is not unlike the Puritans who proclaimed most people weren't holy enough. Some people have lessons to learn through their illness. Look at how the world has come to know about disabilities through the challenges faced by Christopher Reeves or Helen Keller. Spirit isn't about what you eat, it's about what you do with your life, how actively you involve yourself in your healing journey.

**Q.** How does someone embark on a healing journey?

**A.** I suggest you secure the best team of physicians that you can find, keep abreast of all new research related to your illness, find a yoga or meditation teacher to help you learn to balance and center yourself, and perhaps most importantly, do not blame yourself for your illness. You may want to examine spiritual issues, particularly forgiveness. When you let go of the past, you free up energy necessary for healing.

**"A healer is not someone who can take illness away, but someone able to excavate patterns."**

CAROLYN MYSS, author and medical intuitive

## Be cautious, ask for recommendations when you look for an alternative healer

Finding a knowledgeable medical intuitive isn't as simple as calling up the local medical society and seeking a referral, according to Dr. Sara Warber, a family practice physician and co-director of the University of Michigan Complementary and Alternative Medicine Research Center.

"You don't have the same body of credentials, the same licensing restrictions for alternative health practitioners," she says. "You've got to rely on your gut feeling and the recommendation of physicians and friends." U. of M. selected its practitioners who work for clinical trials — not in patient therapy — by their training. Initial research had found what

schools offered energy training or what masters taught a lineage of pupils. Only one school, Holos University in Springfield, Mo., offers an intuitive degree.

Warber suggests those seeking the help of an intuitive check a local hospital. Many have an alternative or integrative medical department with healers who work under direct supervision of medical doctors. "If you

go to a practitioner who works out of his or her home, you may want to bring a friend or relative as a safeguard. You want to make sure someone touches you appropriately, that they explain what they will do, that you feel good in their presence," Warber says.



Warber

■ *Your Personality, Your Health: Connecting Personality With the Human Energy System, Chakras & Wellness*, by Carol Ritberg, Ph.D. (Hay House Inc.).

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■ *Why People Don't Heal and How They Can*, by Caroline Myss, Ph.D. (Three Rivers Press).  
■ *Sacred Contracts* by Caroline Myss, Ph.D. (Harmony Books).

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WOMEN'S WISDOM

■ *Women's Bodies, Women's Wisdom, Creating Physical and Emotional Health and Healing* by Christiane Northrup, M.D. (Bantam Books).



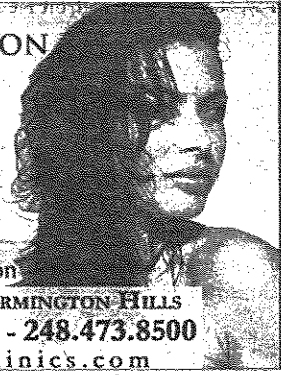
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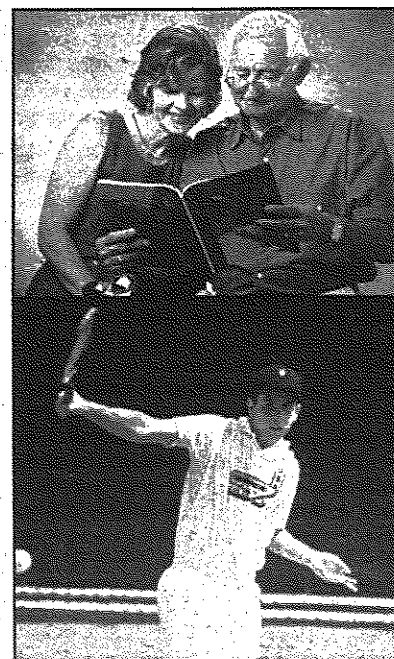
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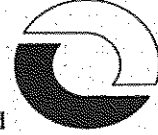
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### Fitness

#### WAYNE COUNTY

**PACE Arthritis Exercise In-service**, six-week program. Begins April 10. St. John NorthEast Community Hospital, 4777 E. Outer Drive, Detroit. (888) 751-5465.

**Beginner weight training for women**, (begins April 8), basic training (begins April 9). Livonia Public Schools Community Education, Rosco's Sweat Shop. Eight weeks. (734) 523-9277 or (734) 525-7701.

**Pilates, Fitness RX**, five weeks, begins April 30, Allen Park, (313) 928-4280; seven weeks, begins April 27, and six weeks, begins April 30 or May 2, Dearborn Community Education, (313) 730-1484; eight weeks, begins April 9, Livonia Community Education, (734) 523-9277; eight weeks, April 6 or 8, Northville Parks and Recreation, (248) 349-0203; 10 weeks, begins April 3, Romulus, (734) 532-1950; 10 weeks, begins Mon., Southgate, (734) 246-4633.

**Weight Training, Fitness RX**, five weeks, begins April 30, Allen Park, (313) 928-4280; seven weeks, begins April 27, and six weeks, begins May 2, Dearborn Community Education, (313) 730-1484.

**Fit Ball, Fitness RX**, Six weeks. Begins May 2. Dearborn Community Education. (313) 730-1484.

**Fitball/Weight Training, Fitness RX**, Eight weeks, begins April 9, Livonia Community Education, (734) 523-9277; eight weeks, begins April 6, Northville Parks

and Recreation, (248) 349-0203; 10 weeks, begins Mon., Southgate, (734) 246-4633.

**Double Dutch Jump Rope Program**, Detroit Recreation Department. Ages 6-14. Coleman A. Young Community Center, Detroit. (313) 877-8008.

**Pilates**, Poise, 186 E. Main, Northville. (248) 349-3100.

**Diabetes Exercise Program**, St. John Hospital and Medical Center, 22101 Moross, Detroit. (313) 343-6830.

**Nia Technique**, barefoot dance and movement practice. Ongoing. Dearborn Heights, (313) 277-1448. Success Unlimited, 2911 Biddle, Wyandotte, (734) 284-0998.

**Body & Spirit Aerobics and Step Aerobics**, Body & Spirit with Neece, 18718 Grand River, Detroit. (313) 562-5090 or (313) 270-3990.

**Exercising with Your Whole Self**, Feldenkrais Method. Grosse Pointe Fitness, 17234 Mack. (313) 640-9356.

**Adult Kardio-Kick**, Skills Ville, 17609 Livernois, Detroit. (313) 341-3300.

**Fat2Lean with Paulette**, jazzy dance aerobic program, Introvest Ulmtd. Club, Detroit; Revelation Lutheran Church, 6661 Oakman, Detroit; hi/lo jazz dance aerobics, step aerobics and hustle, Rosedale Park Area, 18718 Grand River, Detroit. (313) 270-3990.

**Fat Burner**, seniorize, movement/stretch, low impact, kickbox/low impact, low/hi impact, body sculpt, step/kick boxing, sculpt & tone, kickboxing/toner, kick/combo, kickbox/low, low/kickbox combo, hi/low impact, Fitness Factory, Allen Park, Dearborn/Dearborn Heights, Grosse Ile, Grosse Pointe, Livonia, Melvindale, Northville, Plymouth, Riverview, Rockwood, Romulus, Westland, Woodhaven. (248) 353-2885, (800) 285-6968 or www.thefitnessfactory.net.

**Awareness Through Movement**, Feldenkrais Method. Eastside Movement Center, 5540 Marseilles, Grosse Pointe. (313) 640-9356 or www.feldenkrais.com.

**Strength and Conditioning Program**, for ages 13 and older. Wayne Department of Parks and Recreation. Racquet and Exercise Club. (734) 728-2900.

**Cardio Karate/Kickbox and Japanese Shotokan Karate**, Forum Health Club, Westland. (734) 729-7000.

**Karate/Fitness Kickboxing**, All-Star Karate Family Centers of Michigan, 34752 Warren, Westland. (734) 513-5127.

**Senior Fitness Class**, St. Mary Mercy Hospital, 36475 Five Mile, Livonia. (734) 655-8940 or www.stmarymercy.org.

**Body & Spirit**, Mark Twain Hall, 14340 Joy, Detroit. (313) 562-5090.

**Weight training**, Trenton Athletic Club, 1630 Fort, Trenton. (734) 676-5850.

**Strengthening and Conditioning**, for skaters, gymnasts and dancers. Metro Dance, 541 S. Mill, Plymouth. (734) 207-8970.

**Stretch & Tone**, Metro Dance, 541 S. Mill, Plymouth. (734) 207-8970.

**Strengthening and Conditioning**, for dancers and athletes. Metro Dance, 541 S. Mill, Plymouth. (734) 207-8970.

**Diabetes Exercise Program**, St. John Hospital and Medical Center, 22101 Moross, Detroit. (313) 343-6830.

#### OAKLAND COUNTY

**Yoga for Weight Loss**, Fitness RX. Nine weeks. Begins April 8. West Bloomfield Community Education. (248) 539-2290.

**AM Pilates**, Fitness RX. Eight weeks, begins April 24, Clarkston Community Education. (248) 623-4550; six weeks, begins April 22, Novi Community Education. (248) 449-1206; eight weeks, begins May 8, Southfield Parks and Recreation. (248) 354-9510 or (248) 354-9603.

**PM Pilates, Fitness RX**, six weeks, begins April 22 or 24, Novi Community Education. (248) 449-1206; six weeks, begins May 7, Southfield Parks and Recreation. (248) 354-9603 or (248) 354-9510.

**Fitball/Weight Training**, Fitness RX. Six weeks, begins April 22 or 25, Novi Community Education. (248) 449-1206; eight weeks, begins April 18, Troy Community Education. (248) 823-1500; eight weeks, begins April 13, Walled Lake Community Education. (248) 956-5000; nine weeks, begins April 9, West Bloomfield Township Community Education. (248) 539-2290.

**Weight Training**, Fitness RX. Ten weeks, begins May 8, Berkley. (248) 837-8900; Eight weeks, begins April 9, Birmingham. (248) 203-3800; 10 weeks, April 9, Bloomfield Hills. (248) 645-4806; eight weeks, April 22, Clarkston Community Education. (248) 623-4550; six weeks, March 27 and eight weeks, May 8, Southfield Parks and Recreation. (248) 354-9603 or (248) 354-9510.

**Abominable Abdominals**, Fitness RX. Eight weeks, begins April 11, Bloomfield Hills. (248) 645-4806; eight weeks, begins April 16, West Bloomfield Town-

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**Circuit Training**, Bones In Motion (12 weeks), Kinetics/Back Care Program (10 weeks), Weight on the Run (8 weeks), Feldenkrais (4 weeks), women's health program, Senior Sampler, Fitness Boost, Fitness After School (ages 10-13), Parkinson's exercise program (12 weeks), MS strength and endurance program (8 weeks), New Chronic Disease Exercise (8 weeks), Diabetes-Cize (248) 477-6100. Botsford Center for Health Improvement, Novi. (248) 473-5600 or www.botsfordhospital.org/TRACC.

**Strength Training/Pilates**, ongoing classes. Fitness Rx, 28575 Wintergreen, Farmington Hills. (248) 488-9830.

**Pilates**, EDE Center for Dance, 1541 W. Hamlin, Rochester Hills. (248) 852-5850.

**Circuit training**, Plyometrics, Triad Health and Fitness, Farmington Hills. (248) 615-1652.

**Fat2Lean with Paulette**, jazzy dance aerobic program and chair aerobics. Southfield Civic Center Parks & Recreation Building. (313) 270-3990.

**Pre/Post Natal Fitness**, sponsored by St. Mary Mercy Hospital. LifeTime Fitness, Novi. (734) 655-8940 or www.stmarymercy.org.

**Stretch & Tone**, seven weeks. Beech Woods Recreation Center, Southfield. (248) 354-9510.

**Low-Impact Aerobics**, seven weeks. Beech Woods Recreation Center, Southfield. (248) 354-9510.

**Senior Chair Exercise**, exercise class for seniors. Troy Community Center, 3179 Livernois. (248) 524-3484.

**Step Aerobics/Fit Ball/Resistance Tubing**, Jump Start Fitness Connection. Dwight Orthopedic Rehabilitation Co., 2700 Orchard Lake, Keego Harbor. (248)

683-0185.

**Exercise is important**, sponsored by St. John Oakland Hospital. Solberg Activity Center, 27783 Dequindre, Madison Heights. (888) 757-5463.

**Exercise for Older Adults**, for those who have previous heart problems or risk factors for heart disease. St. John Oakland Hospital, 27351 Dequindre, Madison Heights. (248) 967-7605.

**Aerobic, martial arts**, Gracie Jiu-Jitsu Training Association, 3100 Old Farm, Walled Lake. (248) 960-4884 or www.warriorway.com.

**Step**, aerobics, muscle jam, basic training, callanetics, strength and flexibility, Pilates-style matwork, basic back, resistance-ball, weight training for children and adults, CFR-Feldenkrais, body awareness (seniors), lite aerobics (seniors) and lite weights (seniors). Jewish Community Center, D. Dan and Betty Kahn Building, 6600 W. Maple, West Bloomfield Township; Jimmy Prentis Morris Building, 15110 W. 10 Mile, Oak Park. (248) 661-7717.

**MACOMB COUNTY**

**Step Aerobics**, Vitalize. April 8-June 3. Kelly Middle School, 24701 Kelly, Eastpointe. (586) 445-4416, ext. 206.

**Budokan Cardio Karate & Fitness Kickboxing**, proceeds to benefit the Budokan Camp Fund for underprivileged and at-risk youth. Budokan Judo & Jujitsu of Michigan, 35444 Mound, Sterling Heights. (586) 264-8701.

**Dance exercise classes**, for developmentally disabled children and adults. Sterling Heights, Mt. Clemens and St. Clair Shores, senior line dance/exercise classes (Shelby Senior Center and St. Clair Shores Senior Center), senior chair dance/exercise classes, special programs for Alzheimer/Dementia patients (available in nursing homes, assisted living or retirement centers), dance for fun and fitness (586) 792-5897, line dance exercise

classes (beginner and intermediate in Roseville, Sterling Heights, Shelby Township. (586) 792-5897). C.C. Plus. (586) 412-8454.

**Fitness**, personal training, sport conditioning. Purple Dragon Studio, 25013 Little Mack, St. Clair Shores. (586) 445-3525.

**Parkinson's Disease Exercise Class**, John Macomb Hospital, 11800 E. 12 Mile, Warren. (586) 573-5847.

**Cardio Karate**, fitness kickboxing. Budokan Judo & Jujitsu of Michigan Inc., 35444 Mound, Sterling Heights. (586) 264-8701.

**Sculpt & tone**, hi/low impact, seniorize, body conditioning, kickbox. Fitness Factory, East Detroit, Roseville, Utica. (248) 353-2885, (800) 285-6968 or www.thefitnessfactory.net.

**Aerobic kickboxing**, Koei-Kan Karate-Do, 8803 Hall, Utica. (810) 731-1040.

**Prenatal and Postpartum Exercise Class**, sponsored by St. Joseph's Mercy of Macomb. Life Time Fitness, Shelby Township. Chesterfield Health Center. (586) 263-2410.

**Fitness training**, seniors fitness/self-defense. Purple Dragon Studio, 25013 Little Mack, St. Clair Shores. (810) 445-3525.

**Beginner line dance/exercise classes**, Freedom Hill County Park, Sterling Heights; Bridgewood Weight Watcher Center, 39793 Garfield, Clinton Township; Deer Creek Weight Watcher Center, 13659 23 Mile, Shelby Township; Liberty Weight Watcher Center, 32482 Gratiot, Roseville. Seniors only: Sterling Heights Senior Center; SCS Senior Center, 20000 Stephens. Developmentally disabled adult classes: Sterling Heights Parks and Recreation; Macomb Oakland Regional Center, 16200 19 Mile, Clinton Township; ARC Services of Macomb, 44050 Gratiot, Clinton Township. (810) 412-8454 or (810)

792-5897.

**Fitness Fun for Everyone**, adaptive exercise program for people with physical disabilities and seniors. St. John North Shores Hospital, 26755 Ballard, Harrison Township. (810) 466-5234.

**Stroll-O-Robics**, fitness class designed for mothers and their babies ages 0-17 months. Macomb Family YMCA, 10 N. River, Mt. Clemens. (810) 468-1411.

**Prenatal Exercise Class**, Macomb Family YMCA, 10 N. River, Mt. Clemens. (810) 468-9461.

**Kalosomes and Kiddie Kato**, kick-box cardio for adults and low-impact progressive exercise for children. Assumption Cultural Center, 21800 Marter, St. Clair Shores. (810) 779-6111.

**Diabetes Exercise Program**, St. John Macomb Hospital, 11800 E. 12 Mile, Warren. (586) 573-5233.

**Pilates**, mat and equipment; and strengthening/toning. Embodiment fitness studio, 46540 Van Dyke, Shelby Township. (810) 726-1604.

## Baseball / softball

### WAYNE COUNTY

**Softball League**, Men's B, C, D, Women's and Co-ed. Westland Department of Parks and Recreation. Registration Mon.-April 21. Bailey Recreation Center. (734) 722-7620.

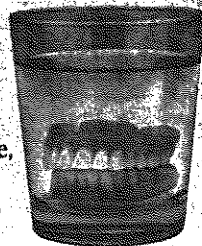
**Notre Dame Spring Baseball Camp**, for grades 3-8, April 4-6. Notre Dame High School, 20254 Kelly, Harper Woods. (313) 371-8965, (313) 526-1800 or (313) 331-2820.

**Adult softball teams**, Wayne Parks and Recreation Department. Women's League, Men's League, Co-ed League, Men's Over-40 League. Wayne Community Center, 4635 Howe. (734) 721-7400.

Continued on Page 10H

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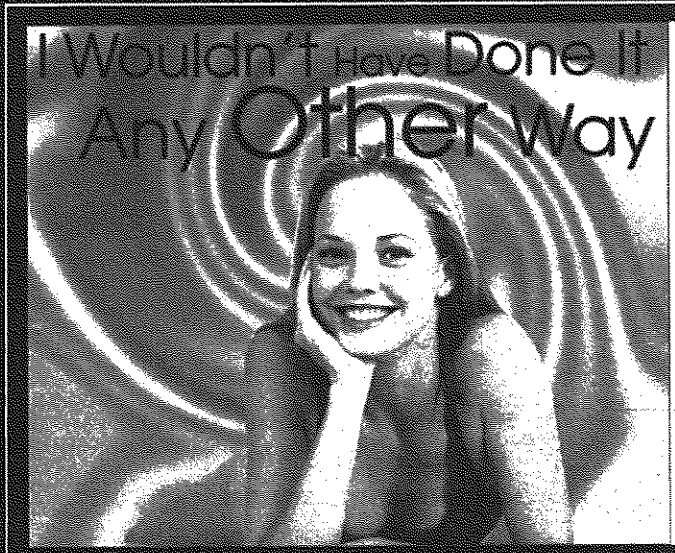
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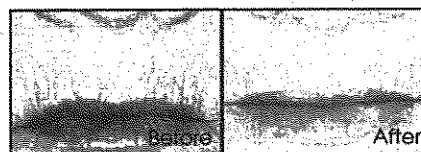
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Continued from Page 9H

**Masters Sports Program Spring & Summer Softball Team**, seniors older than age 60. Melvindale League. (313) 877-8861 or (313) 877-8905.

**Detroit Downriver Braves tryouts**, for ages 15 and younger. (734) 516-5126.

**Detroit Devil Rays Travel Team tryouts**, ages 8-14. Wayne State University, Detroit. (313) 272-2291.

**Bernie Carbo Premier Baseball School**, functional specific training for power pitching and power hitting. Fall and winter sessions. (734) 421-4928.

**Waco Wolves Travel Baseball Team tryouts**, for 10 year-olds. (734) 953-0786.

**Classes**, Skills Ville, 17609 Livernois, Detroit. (313) 341-3300.

**Travel Federation Team**, Detroit Eagles. Ages 9-14. (313) 541-1721.

**Dragon Warriors**, travel team fall tryouts. Ages 14-15. (734) 516-6148.

### OAKLAND COUNTY

**Youth Baseball Leagues**, ages 9-14. Deadline April 5. Games begin May 13. Oak Park Recreation Department. (248) 691-7555.

**Softball**, Southfield Parks and Recreation Department. Co-Rec (competitive and recreational), Men's C and D, Women's C and D leagues. Beginning the week of April 22. Team registration through March 29. Beech Woods Recreation Center, 22200 Beech. (248) 354-9510 or (248) 354-9603.

**Hitters**, Troy Parks & Recreation and Troy School District. Ages 13-15. Troy High School fields 2 and 3. (248) 524-3484 or (248) 680-0800.

**Teams**, Garden City Men's older than 35 and 40 divisions. (734) 525-8857.

### MACOMB COUNTY

**Boys Federation Baseball**, seeking players for the All American Baseball Association. (586) 254-7517 or www.aababaseball.com.

**Adult softball leagues**, including Men's B, Co-ed, Women's Divisions, and 55 and older Men. Shelby Parks and Recreation Department, 52700 Van Dyke, Shelby Township. (586) 731-0300.

## Dancing

### WAYNE COUNTY

**African dance classes**, sponsored by the African-American Arts & Cultural Society. Grandale Presbyterian Church, 15727 Plymouth, Detroit. (313) 438-3955.

**Ballet**, (ongoing intermediate, advanced, professional levels). Bunny Sanford's School of Dance, Livonia. (734) 464-7440.

**Hawaiian, ballet, tap**, Showcase Productions. Ages 3-6. Holistic Therapeutics, 17145 Fort, Riverview. (734) 246-2121.

**DWIC (Do What I Can) hustle/ballroom classes**, Holistic Development Community Center, 17425 Second, Detroit. (313) 272-9832.

**Nia Technique**, barefoot dance and movement practice. Ongoing classes. Dearborn Heights. (313) 277-1448. Success Unlimited, 2911 Biddle, Wyandotte. (734) 284-0998.

**Ballet**, (boys only), Pilates-based conditioning (ages 12-adult), adult tap and ballet, adult jazz and hip-hop, Metro Dance, 541 S. Mill, Plymouth. (734) 207-8970.

**Day Camp**, including tap, jazz and ballet for ages 5-8, Metro Dance, 541 S. Mill, Plymouth. (734) 207-8970.

**Middle-Eastern (belly)**, Najwa al-Qamar & Scarab Studios. Canton Township. (734) 495-3007 or www.scarabstudios.com.

**Preballet, prejazz, beginning ballet**, men's ballet, jazz, tap, modern, ethnic, stretch, tone, Horton and liturgical dance techniques. Inner City Dance Scope, 1422 Michigan, Detroit. (313) 965-9374.

### OAKLAND COUNTY

**Ballroom dance**, (begins April 10), hustle (eight weeks, begins April 12), adult line dance (April 17), adult couples swing dancing (April 17), adult couples dancing (April 17). Troy Community Center, 3179 Livernois. (248) 524-3484.

**Adult ballet**, session begins April 8. Geiger Classic Ballet Academy, 782 Denison, Bloomfield Hills. (248) 334-1300.

**Ballet**, pointe, modern, jazz, tap, creative movement, teen/adult hip-hop and ballroom. EDE Center for Dance, 1541 W. Hamlin, Rochester Hills. (248) 852-5850.

**Adult summer ballet and Adult classical ballet**, Keego Harbor. (248) 932-8699.

**Salsa, Merengue**, Tonic Nightclub, 29 S. Saginaw, Pontiac. Sky Club, 401 S. Lafayette, Royal Oak. (313) 292-9376.

**Dance**, including March lessons in East Coast swing, West Coast swing, salsa, city ballroom, tango, Viennese Waltz. Stardust Southfield, 28651 Northwestern. (248) 356-5678 or www.stardustballroom.com.

**Swing dance**, Clarkston Community Education, 6300 Church. (248) 623-4550.

**Middle-Eastern**, (belly), Najwa al-Qamar & Scarab Studios in Farmington. (734) 495-3007 or www.scarabstudios.com.

**Children's classes**, Southfield Parks & Recreation. (248) 354-9603.

### MACOMB COUNTY

**Swing**, Michigan Swing Dance Association. April 21, May 19, June 23, July 21, Aug. 18, Sept. 22, Oct. 20, Nov. 17, Dec. 8. The Amber House, 7012 E. Nine Mile, Warren. (248) 624-3792 or www.MSDA.org.

**Line dance**, and dance classes, for all ages, (Roseville, Clinton Township, Sterling Heights, Shelby Township), developmentally disabled adults and children and those with Autism (Mt. Clemens, Sterling Heights, St. Clair Shores, ), and seniors (St. Clair Shores, Sterling Heights). C.C. Plus. (586) 412-8454.

**Intermediate line classes**, for ages 55 and older. Senior Activity Center, 20000 Stephens, St. Clair Shores. (810) 202-7558 or (313) 526-9432.

## Cycling

### WAYNE COUNTY

**Bicycle Time Trials**, with the Mustang Racing Team — Ford Cycling Club. May 4 (rain or shine). Willow MetoPark. (734) 699-6925 or www.lmb.org/ford.

### OAKLAND COUNTY

**Spinning**, Fitness Rx. (248) 661-8597, (248) 488-9830 or www.fitnessrxonline.com.

**Spinning**, Triad Health and Fitness, Farmington Hills. (248) 615-1652.

**Spinning**, Jewish Community Center of Metropolitan Detroit. (248) 661-7717.

### MACOMB COUNTY

**Recumbent Bicycle Ride**, sponsored by the Wolver-Bents Recumbent Cyclists. Sat. Stony Creek Metropark. (734) 487-9058 or www.lmb.org/wolbents.

**Cycling**, Slow Spokes of Macomb Cycling Club. (810) 819-0187.

## Golf

### WAYNE COUNTY

**Golf Injury Prevention Workshop**, presented by Fitness RX. May 4. 18700 Audette, Dearborn. (313) 730-0484, (248) 488-9830 or www.fitnessrxonline.com.

### OAKLAND COUNTY

**Golf Marathon 2002**, proceeds to benefit education and research for the Michigan Chapter of the Crohn's and Colitis Foundation. June 3. Oakhurst Golf and Country Club, Clarkston. (248) 737-0900.



**50 million Americans suffer from depression.**  
**Do these symptoms sound like you?**

- Down, sad, blue
- Irritable
- Sleep too much or too little
- Feel hopeless or worthless
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# HealthCalendar

TODAY

**Information and motivation series,** topics range from self-esteem to maintaining weight loss. 5:30-6:15 p.m. Wednesdays. \$15. Beaumont Weight Control, 390 Park, Birmingham. (248) 723-6300.

**Flu shots,** 9 a.m.-9 p.m. weekdays, noon-6 p.m. Sunday. Free. Royal Oak Medical Center, 5130 Coolidge. (248) 288-9500.

**Weight Control Program,** seminars. 1 p.m. Free. Beaumont Weight Control Center, 390 Park, Suite 300, Birmingham. (248) 723-6300.

**Diabetes During Pregnancy,** 9 a.m.-2 p.m. Sinai-Grace Hospital, 6071 W. Outer Drive, Detroit. (313) 966-3150.

THURSDAY

**Living with Diabetes,** 2 p.m. Thursdays. Free. St. Joseph's Mercy of Macomb, 15855 19 Mile, Clinton Township. Registration required. (586) 263-2410.

**The Nurse is In,** blood pressure readings and fasting blood sugar readings. 1-3 p.m. Thursdays. Free. Jewish Community Center of Metropolitan Detroit, 15110 W. 10 Mile, Oak Park. (248) 967-4030.

**HIV/AIDS (Orasure) Testing,** 5:30-8:30 p.m. Thursdays. Free. Affirmations Lesbian and Gay Community Center, 195 W. Nine Mile, Ferndale. (248) 398-7105.

**Health screenings,** 1-3 p.m. Thursdays. Free. Jewish Community Center of Metropolitan Detroit, 15110 W. 10 Mile, Oak Park. (248) 967-4030.

**Information and motivation series,** topics range from self-esteem to maintaining weight loss. 10:10-4:45 a.m. Thursdays. \$15. Beaumont Weight Control, 390 Park, Birmingham. (248) 723-6300.

**Alliance for The Mentally Ill of Oakland County,** general meeting. 7 p.m. Beaumont Hospital, 3601 W. 13 Mile, Royal Oak. (248) 557-6440 or (248) 706-0591.

**Caring for Your Feet,** 1-3 p.m. Free. Mt. Clemens General Hospital, 1000 Harrington. (800) 779-7178.

FRIDAY

**Foot screenings,** by Botsford Health Care Continuum. 8:30 a.m.-noon Fridays. Appointment required. Free. South Professional Building, 28050 Grand River, Farmington Hills. (248) 473-1320.

**Vaginal Birth After Cesarean,** 7-9:30 p.m. \$25. Beaumont Business Center, 500 Stephenson, Troy. (800) 633-7377.

SATURDAY

**Flu shots,** 9 a.m.-9 p.m. Saturdays. Free. Royal Oak Medical Center, 5130 Coolidge. (248) 288-9500.

SUNDAY

**Chat with The Doctor: Caring For Aging Parents,** sponsored by the Historic Trinity Cathedral Ministry Lutheran Doctors and Dentists. 11 a.m. Free. Historic Trinity, 1345 Gratiot, Detroit. (313) 567-3100.

MONDAY

**Flu shots,** 9 a.m.-9 p.m. Mondays. Free. Royal Oak Medical Center, 5130 Coolidge. (248) 288-9500.

**Kids Kicking Cancer,** 6-7 p.m. Mondays. St. Joseph Mercy Oakland, 44405 Woodward, Pontiac. (248) 858-6662.

**Infertility and IVF Programs,** orientation. 7-9 p.m. Free. Beaumont Hospital, 3601 W. 13 Mile, Royal Oak. (248) 551-0515.

**Blood pressure check,** 1-3 p.m. Free. St. Mary Mercy Hospital, 36475 Five Mile, Livonia. (734) 655-8940, (800) 494-1650 or www.stmarymercy.org.

**Diabetes Education,** five-class series. 6-8 p.m. Sinai-Grace Professional Office Building, 6001 W. Outer Drive, Detroit. (313) 966-3150.

TUESDAY

**Foot screenings,** by Botsford Health Care Continuum. 8:30 a.m.-noon Tuesdays. Appointments required. Free. South Professional Building, 28050 Grand River, Farmington Hills. (248) 473-1320.

**Flu shots,** 9 a.m.-9 p.m. Tuesdays. Free. Royal Oak Medical Center, 5130 Coolidge. (248) 288-9500.

**Grief Recovery series,** five-part educational series designed to help people who have lost loved ones adapt to the loss and develop new skills in coping. Sponsored by the Grief Recovery Group of Hospice of Washtenaw. 7-8:30 p.m. Free. University Living, 2865 S. Main, Ann Arbor. (734) 327-3409.

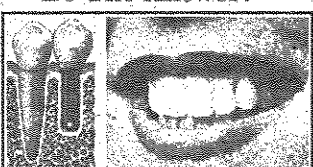
**Senior Health Day,** focus on Parkinson's Disease. 8:30-11:30 a.m. St. Joseph Mercy Health Stop, Briarwood Mall, Ann Arbor. (734) 827-3777.

**Diabetes Self-Management Series,** four parts. 7-9 p.m. \$50. Crittenton Hospital, 1101 W. University, Rochester. (248) 652-5100 or www.crittenton.com.

Send news of health-related events at least two weeks in advance to *Health Calendar, Features Department, The Detroit News, 615 W. Lafayette, Detroit, MI 48226. Or, fax to (313) 222-2451, or e-mail acooper@detnews.com.*

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## Teenage Depression Study

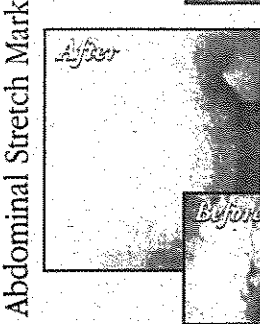
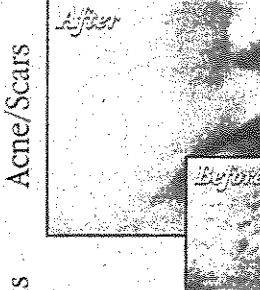
Wayne State University is offering free treatment in research studies for eligible teenagers with clinical depression. Symptoms of depression include: sad, unhappy, empty or helpless feelings; sleep problems; feelings of worthlessness or guilt; an energy decrease; appetite changes; and loss of interest or pleasure in usual activities. If your teenager is depressed please contact

WAYNE STATE UNIVERSITY

Jennifer Ivey  
(586) 558-0674  
or go to www.nimh.nih.gov

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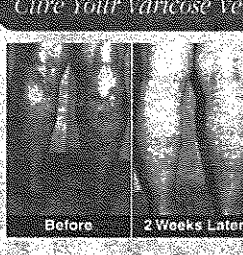
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## Quit Smoking:

Providence Medical Center Livonia  
Tuesday, April 16th, 6:30-8:30 pm  
37595 Seven Mile Rd (at Newburgh)

Southfield:  
Providence Hospital  
Saturday, April 20th, 10 am-Noon,  
22250 Providence Dr., Southfield, Medical Building.

St. John Hospital: Macomb  
Monday, April 15th, 6:30-8:30pm  
11800 East 12 Mile Rd. (at Hoover)  
main entrance (auditorium)

## Weight Loss:

Providence Medical Center Livonia  
Wednesday, April 17th,  
3-5pm or 6:30-8:30pm  
37595 Seven Mile Rd (at Newburgh)

Southfield:  
Providence Hospital  
Saturday, April 20th, 1:00-3:00 pm  
22250 Providence Dr., Southfield, Medical Building.

St. John Hospital: Macomb  
Thursday, April 18th, 6:30-8:30pm  
11800 East 12 Mile Rd. (at Hoover)  
main entrance (auditorium)

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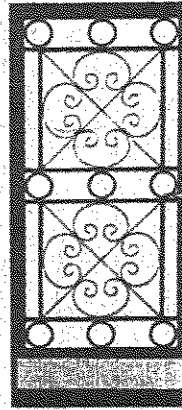
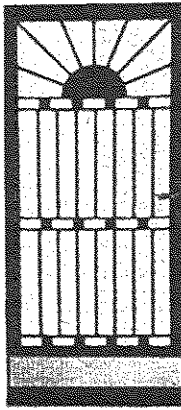
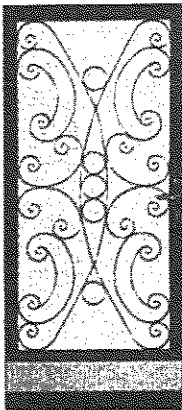
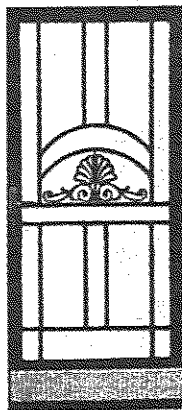
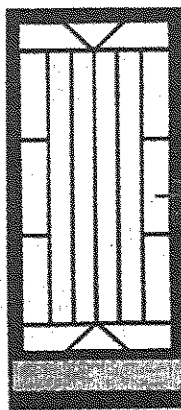
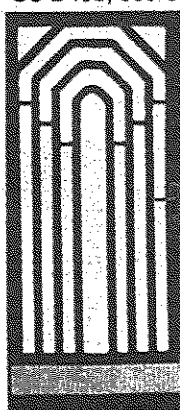
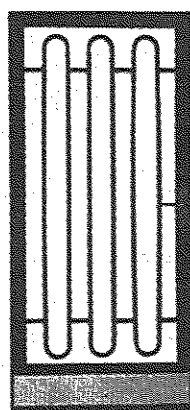
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