

**Live,  
Without Pain!**

January 2008 Newsletter

**Happy New Year!**

We'd like to welcome everyone to 2008 by discussing the benefits of exercise and Laser Therapy for those of you with arthritis. We are also pleased to announce the opening of a new Calgary clinic located at the Southcentre Executive Tower.

**New location opens in South Calgary!**



**Amparo Calma, B.Sc.,  
P.T.(Philippines), RMT**

Many of you will remember Amphy Calma from the Holy Cross clinic in Calgary. She provided excellent therapy to patients there for over two years. We are happy to announce that Amphy has opened her own clinic in Calgary. For those of you living in the south, the new location at the Southcentre Executive Tower will provide easier access to both Laser Therapy and Massage Therapy. In addition, if you have insurance coverage for massage, you can be reimbursed for either therapy.

Amphy is well known for her healing hands and empathetic nature. As well, her in depth knowledge of both massage and laser bring quick resolution to her patients' injuries. There is ample parking at no charge at the Southcentre Executive Tower and there will be evening appointments available. If you would like to book a Massage Therapy or Laser Therapy appointment with Amphy, call **(403) 452-0233**.

**Southcentre Executive Tower  
#215, 11012 Macleod Trail SE  
Calgary, AB T2J 6A5**

**Arthritis**

**If you have arthritis, one of the most important things to do is keep active!** According to the Arthritis Society, "a properly designed exercise program can not only decrease your pain, but also increase your flexibility and overall fitness – and it can do wonders for your spirits. Exercise confers an even more direct benefit. Did you know you're 'feeding' your joints when you're active? Cartilage - the tough gristle that protects the ends of bones - depends on joint movement to absorb nutrients and remove waste. Activity actually helps keep joints healthy." **But how do you stay active when it hurts to move?**

**Laser Therapy can help by reducing inflammation and pain.** Because it treats arthritis right at the cellular level, most patients see long lasting results. Pain is often dramatically decreased or eliminated entirely. This means you'll be more likely to exercise because you'll enjoy doing it! From walking up stairs to biking through the mountains, our patients tell us that Laser Therapy is an excellent treatment that helps them get started and continue doing their favourite activities. With Laser Therapy, our patients can enjoy healthier and happier lifestyles.

If you've been unable to exercise due to pain, there is a good chance you've put on unwanted weight. Colette (Success Story) was in a pain cycle familiar to many people with and without arthritis: **"My knees hurt**

**\*Win a FREE Laser treatment!\***

Be the first person to answer this question correctly:

***"What types of therapy does Amphy provide in the new Calgary clinic?"***

Visit:

[www.laserhealthsolutions.com/contest](http://www.laserhealthsolutions.com/contest)

**because I'm overweight. I'm overweight because I can't exercise. I can't exercise because my knees hurt."** Since Laser Therapy, Colette's been able to start a fitness program and has lost 50 pounds!

If you'd like to get a better understanding of how and why Laser Therapy could benefit you, call to book an appointment at the nearest clinic. Or visit our website at [www.laserhealthsolutions.com](http://www.laserhealthsolutions.com).

### Success Story Arthritis of the Hands

"Thanks to Laser Health Solutions, I'm free from pain in my hands. I lived with pain for over five years. I would wake up in the early hours of the mornings from the pain. I didn't get the hours of sleep I was required. My doctor told me I had arthritis in them. Today with the laser treatment, I'm pain free. Now I get up in the mornings and enjoy life. I work with all my birds in an aviary at home and love my mornings!" **Linda**

### Success Story Arthritis of the Knees

"Two years ago, both of my knees started bothering me. I couldn't sleep at night because of unbearable pain. Both knees were also swollen. I came to Laser Health Solutions using a cane. After the 3rd treatment, I felt the difference. I was able to sleep without waking up at night. After the 7th treatment, I went to the clinic without my cane. I'm so happy that my daughter-in-law introduced me to Laser Therapy. I can even out-run my grand kids now! I'm very thankful that I've been given the opportunity to be pain-free again." **Maria**

### Success Story Arthritis



"I am 89 years old. I dislocated both of my knees at different times in my younger and senior years. With age, my knees deteriorated and arthritis compounded the problem. Finally I had to use a walker and eventually a wheelchair. I had constant pain while walking, sitting or trying to sleep. I had made up my mind that I was always going to be in a wheelchair. At this point I was

introduced to Laser Therapy through a presentation that was given at our Seniors' Manor. I thought, what did I have to lose? It couldn't get any worse. I took ten treatments on each knee and, unbelievably, I can walk unaided better than I have in very many years! I now have two solid legs that can hold me up. I am a lot more confident in them. I can't believe my good fortune." **Lois**

## Have Questions?

<b>Calgary: North</b> 403-235-2737	<b>Calgary: South</b> 403-452-0233
<b>Burnaby</b> 604-293-2273	<b>Surrey</b> 604-575-1331
<b>Vancouver</b> 604-739-1815	<b>Winnipeg</b> 204-255-7779

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