

# Mind, Body & Soul

Advertising Feature

## Ontario Laser and Pain Therapy ... helping people live healthy & productive lives

Imagine living with lower-back pain so intense that every step you take feels like a sword is slicing through your spine. Getting out of bed is agony. Getting in and out of your car is worse yet. And forget about reaching down to remove your shoes – it's just not happening.

Now, imagine being pain-free within 15 minutes – released from the horrible constraints your pain has put you in. Not only can you maintain a steady stride, without having to slouch forward for comfort. You can enter and exit your vehicle with ease. And tying your shoes is now a piece of cake – rather than a dreaded deed.

This is the kind of monumental shift Andrea Bailey experienced after just one laser therapy session with the health-care professionals at Ontario Laser and Pain Therapy – Health and Wellness Centre in Guelph.

"I've had chronic lower-back pain for a number of years now; and seeing a chiropractor has only helped me to a point,"

now at 61 he's not only up and about on his own – he's also doing squats using barbells – another act he was predicted never to do again.

"The laser system has been a miracle machine for me," Howie said.

Professionally, Howie has spent the last 40 years in the rehabilitation therapy field. He brings expertise in dealing with pain management and drug addictions to the centre, as well as peak-performance psychology, neurolinguistic programming and hypnosis, nutrition and magnetic resonance stimulation.

Like Doug, Howie is also a certified laser therapist and technician; and his empathy and compassion for others is the motivating force behind his successful results-oriented programs.

He is thrilled with the results he's seen with the laser-therapy treatments the clinic is now offering, which include a smoking cessation program, a weight-loss program, and a program geared to pain management and stress-related issues.

### Pain management

Laser therapy not only treats pain; it also promotes healing and gradually eliminates inflammation to help the regeneration of tissue.

Medical conditions that respond well to laser therapy include tendonitis, arthritis, sprains and strains, sciatica, heel pain, knee pain, carpal tunnel syndrome, shoulder pain, Rheumatoid arthritis, osteoarthritis, hip pain, tennis/golfer's elbow, back pain and neck pain.

Laser technology can also be highly effective in treating various skin and soft-tissue injuries – including diabetic ulcers, as well as chronic or sharp pain.

Many types of laser therapy are available, depending on the type and severity of the pain.

### Stop smoking!

Low-level laser therapy is an application that will assist you with the cessation of your smoking addiction.

The laser is applied to various points throughout your body, face and hands, which triggers neurotransmitters to release endorphins – the body's anti-stress hormones. This release will get you through the initial physical deprivation stage when feelings of stress and nervousness are at their highest.

Most people typically require one treatment to end the smoking addiction – but Ontario Laser and Pain Therapy offers up to three treatments if needed to alleviate the nicotine cravings and help you quit smoking naturally and quickly -- without any unpleasant withdrawal symptoms or weight gain.

### Weight loss!

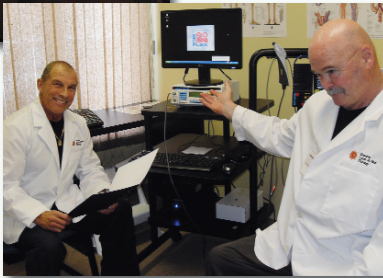
Laser therapy, combined with nutritional advice, is an effective treatment for weight loss and control. Results are remarkable and the method used is both easy and fast.

When the body is under stress, it automatically wants to hold fat reserves. Laser therapy will safely stimulate internal activity, naturally increase energy and elevate metabolism levels. It also assists in suppressing the appetite, enhancing endorphin and enzyme production, as well as metabolism.

All the while, you will be supported through nutritional guidance to address the physical and psychological issues of losing weight.

### Stress-related issues

Laser therapy is also promoted for overall wellness and stress reduction. In supporting relaxation, laser treatment is an alternative, non-invasive option over taking pain medication – and it doesn't require many applications!



Andrea said. "After spending just 10 to 12 minutes with the laser system on my lower back, I walked out of the clinic pain free – and I've noticed a real difference in the way I feel overall since that session. I'd highly recommend it to anyone who believes you have to live with pain and make the best of it. You don't."

Laser therapy has been increasingly used in medicine over the past few years as a non-surgical means of healing a variety of pains and ailments by assisting the body's normal healing processes against the occurrence of undesirable side effects.

Ontario Laser and Pain Therapy clinic is ahead of the curve where this tremendous technology is concerned, partnering with Quick Stop Solutions – a leading-edge provider of the world's most advanced laser equipment for personal wellness, as well as a number of local medical doctors, registered massage therapists and chiropractors to collaborate on modern methods toward achieving optimal health.

The centre provides a tranquil atmosphere that reflects a compassionate and innovative organization truly committed to helping people live healthy and productive lives; while operating under one powerful statement: "Commitment to innovation is the source of our effectiveness."

Doug Slauenwhite, owner of Ontario Laser and Pain Therapy, is a certified laser therapist and magnetic resonance technician, who has been in the health industry for more than 40 years.

As the former owner of the successful Stay-Fit Health Centre in Guelph, Doug found his way into the field of healing in the most natural way possible: through laser therapy.

His goal now is to help others – like himself – who have sustained some serious injuries over the years, or suffer from other health-related issues.

"I tore my rotator cuff a number of years ago and thought I'd have to live with the pain," Doug said. "After laser treatment – no pain! And I've been pain-free ever since."

Howie Farrell, general manager of Ontario Laser and Pain Therapy, can relate to Doug's story.

He too tore his rotator cuff in his 20s, and was told that he wouldn't walk by the time he was in his 40s after sustaining so many leg injuries.

After laser treatment for his rotator cuff and leg injuries,



**If you are looking for a reliable way to stop smoking, lose weight, manage pain, reduce stress and improve wellness, please contact Ontario Laser and Pain Therapy at 519-824-3434 or [www.ontarionlaserandpaintherapy.com](http://www.ontarionlaserandpaintherapy.com)**