

## PARISH HEALTH MINISTRY

*Diane Haig*

**Dealing With Pain Disorders:** Pain disorders have reached epidemic proportions in the U.S., with many doctors failing to recognize the underlying causes. In his acclaimed books, Dr. John Sarno reveals how almost all painful conditions – including migraines, repetitive stress injuries, osteoarthritis, whiplash, tendonitis and tennis elbow can be cured without drugs, therapy or surgery. Dr. Sarno’s books “The Mindbody Prescription” and “Healing Back Pain” contain an innovative program that has produced record results for tens of thousands of patients. “John Sarno has changed my life and the lives of everyone to whom I have recommended him. He is a true miracle worker” – Anne Bancroft. “He has cured thousands with debilitating chronic back pain and now offers curative approaches to other pain conditions – Benjamin J. Sadock, M.D., professor and vice chairman, Department of Psychiatry, NYU Medical Center. “For 15 years my life revolved around my back. I took time off from work, conducted meetings lying on the floor and slept with ice bags. Could this be psychogenic? I had considered Dr. Sarno’s ideas preposterous, but over 15 years ago I was talked into seeing him. I haven’t had back problems since” – John Stossel, correspondent, 20/20.

**Narcolepsy:** It is a sudden uncontrollable tendency to sleep at irregular intervals, and is a disorder for which there is **NO** known cause and **NO** known cure. It afflicts one out of every 1,000 Americans. Nodding off can be an everyday occurrence. It’s a misunderstood disorder. Bosses don’t understand why an employee may be sleeping in closets at work and parents/teachers may think students are lazy when it is a serious problem. Other symptoms include: **Sleep attacks**, which are short, irresistible episodes of sleep during the day. **Cataplexy**, which is a sudden, brief loss of muscle control. During a cataplexy attack, the person is awake and aware of the occurrence, but unable to control the attack. Cataplexy is triggered by strong emotions such as laughter, anger or surprise, or by stress. **Sleep paralysis**, a brief loss of muscle control, which occurs when someone is waking or falling asleep. It usually disappears when a person is touched. **Hypnagogic hallucinations**, which are intense visual or auditory experiences that are difficult to distinguish from reality. They can be terrifying, since they are frequently similar to nightmares. **Disturbed nighttime sleep** may afflict narcoleptics. They have trouble staying asleep at night, which makes them more tired the next day. Although the exact cause and cure for narcolepsy have not been determined, the Center for Narcolepsy Research at the University of Illinois, Chicago is studying the syndrome. The center is participating in a drug study to determine the effectiveness of a new medication on narcolepsy. Support groups are offered to help someone who suffers from narcolepsy.

**PENNY POWER:** Total for June/July - \$65; YTD: \$211. Thank you for your support!