

Super Crossword

TRICKY BUSINESS

ACROSS

- 1 Dollops
- 5 Russian ruler
- 9 '87 Peace Prize winner
- 14 Incur, as bills
- 19 "Thanks —!"
- 20 Dingy digs
- 21 Jargon
- 22 Crop up
- 23 Clothing store?
- 25 Gary Cooper in "High Noon"?
- 27 Asian nation
- 28 Jab
- 30 Genetic info
- 31 Poetic preposition
- 32 Stoltz or Severeid
- 34 Actress Perلمان
- 38 Brazil bits
- 41 Seats picked up in the Senate?
- 45 Bank (on)
- 46 Tai — (martial art)
- 47 Recruit-to-be
- 48 Baseball's Sammy
- 50 Coaxed
- 54 Plane place
- 57 Bedroom furniture
- 59 Elbow —
- 60 Available
- 61 Photo finish

- 62 Bright
- 64 Part of MST
- 65 Mediocre
- 67 Mason's need
- 68 Any
- 69 Deplores
- 70 Scandinavian computer?
- 73 Puts another worm on the hook?
- 75 Composer Janacek
- 76 Chip off Woody's block
- 78 Archaeological site
- 81 Class ring?
- 82 Galleys feature
- 83 Absolutely adored
- 84 "— Gay"
- 86 Socialite Perle
- 90 Anti-knock stuff
- 92 Glisten
- 94 Chaos
- 95 Puppeteer Lewis
- 96 Israeli dance
- 97 Counterfeit
- 99 States, for short
- 100 Mighty mite
- 103 Marina statistics?
- 107 Corelli composition
- 109 Macpherson

- of "Sirens"
- 110 Word form for "minute"
- 111 Salon request
- 112 La-la lead-in
- 114 Castle material
- 117 Contaminate
- 121 NBA hand-cappers?
- 127 "One really thick steak, please"?
- 129 Simpson of fashion
- 130 Paul of "American Graffiti"
- 131 Currier's partner
- 132 Siegmeyer or Wiesel
- 133 Greek sandwiches
- 134 Atlanta campus
- 135 AMEX rival
- 136 Take-out order?

DOWN

- 1 Stare stupidly
- 2 Dairy-case purchase
- 3 Piglet's papa
- 4 Meryl of "Marvin's Room"
- 5 Even if, informally
- 6 Trace
- 7 As well

- 8 Stink
- 9 "— of You" ('84 hit)
- 10 — Branco, Brazil
- 11 Caravansary
- 12 Like fine wine
- 13 Tulsa type
- 14 Brit. fliers
- 15 Psychic Geller
- 16 More congenial
- 17 PC enthusiasts
- 18 Parisian papa
- 24 Mata —
- 26 Singer Georgie
- 29 Significant years
- 33 "Take — leave it!"
- 35 Sounded like a serpent
- 36 Seth's son
- 37 Evaluate
- 39 Divulge, with "out"
- 40 Bronte heroine
- 41 Detective Charlie
- 42 Nonstandard contraction
- 43 A swan was her swain
- 44 Country star Brooks
- 46 Comic Margaret
- 49 Strong suit

- 51 Entire range
- 52 Senator Kefauver
- 53 Cozy rooms
- 55 Pants
- 56 Each
- 58 Monty's milieu
- 59 Loon's relative
- 61 Demi or Dudley
- 63 It multiplies by dividing
- 66 Declare
- 69 Bendix role
- 70 TV host Robin
- 71 Major artery
- 72 Swanky
- 74 Soprano Gluck
- 75 See
- 83 Down, "Gigi" author
- 85 Turn pages
- 87 Andrew of "Melrose Place"
- 88 "Guarding —" ('94 film)
- 89 Flock o' docs
- 91 Irish island group
- 93 Inland sea
- 94 Big

- beginning
- 98 Ignites
- 101 Conductor Klemperer
- 102 Christie sleuth
- 104 Bandleader Brown
- 105 Till
- 106 Laughed loudly
- 107 Disreputable
- 108 Aquatic animal
- 111 Unexpected obstacle
- 113 "Excuse me"
- 115 Exiled dictator
- 116 Dark blue
- 118 Run in neutral
- 119 Sedaka or Simon
- 120 Dendrologist's concern
- 122 Arafat's grp.
- 123 Part of USAR
- 124 Funnyman Philips
- 125 Prepare to feather?
- 126 Farm feature
- 128 Nationality suffix

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See Super Crossword Answers on Page 38.

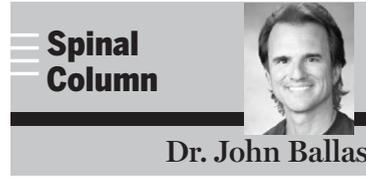
Pain sufferers see the light with LLLT

In the next 30 years, chronic pain is predicted to reach epidemic proportions in developed countries with aging populations. Affecting 10 to 24 percent of the population, chronic neck pain is a highly prevalent condition.

Low Level Laser Therapy (LLLT), also known as Cold Laser Therapy, is a complete system of treating muscle, tendon, ligament, connective tissue, bone, nerve and dermal tissues in a non-invasive, drug-free modality. Low-level laser therapy is the application of visible red or near-infrared light emitted from a low power laser for therapeutic purposes.

Treatments can vary in time from seconds to minutes depending on the condition. Research studies show that there may be a dose dependent response, so it may be more effective to treat at lower doses at multiple intervals then to treat a single time with a high dose.

LLLT treatment stimulates nerve function and increases blood supply to the target area. It stimulates the immune system and pro-



Spinal Column

Dr. John Ballas

motes rapid wound healing, reducing inflammation and relieving acute and chronic pain. LLLT procedures are painless and have no side effects.

Primary tissue effects are direct chemical effects on

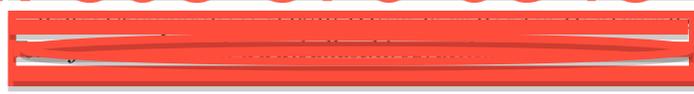
cells. They include increasing the production of ATP (adenosine triphosphate), which is the cellular fuel our body uses to function. The more ATP in our cells, the faster healing occurs. Laser irradiation of the cells also increases cell membrane permeability. This means waste products within the cell can be removed more efficiently and nutrients can move into the cell more quickly and efficiently.

Secondary effects are chemical "chain reactions" that occur in response to the primary cellular effects. They include a decrease in nerve irritability, anti-inflammatory effects, and an increase in circulation at the site of injury or chronic pain. Tertiary effects include a variety of whole-body effects, such as increased immune cell production (lymphocytes), increased production of the body's own pain relievers and improvement of nerve function.

LLLT was approved by the U.S. Food and Drug Administration (FDA) in 2002 as a safe and effective method of temporary pain relief for a variety of conditions and is now used to treat neuropathies. Peripheral neuropathy is defined as damage to the peripheral nervous system resulting in a syndrome of sensory loss, muscle weakness and atrophy along with vasomotor symptoms, alone or in any combination. A randomized, controlled trial conducted at General Motors Company found that carpal tunnel patients treated with LLLT had better functional recovery and higher back-to-work percentage.

Cold Laser is used by athletes such as Tiger Woods, Lance Armstrong and most professional sports teams to accelerate the healing process and reduce pain. The best part is that you don't have to be a professional athlete to experience the same first-class treatment. Low level laser therapy works on the cellular level to repair soft tissue and promote healing. We have seen excellent results with patients suffering with carpal tunnel syndrome, fibromyalgia, plantar fasciitis, rotator cuff tears, knee and shoulder pain, temporal mandibular joint (TMJ) pain, sports injuries, possible accelerated healing of fractures, bursitis and tendonitis, and sprains and strains.

If you think LLLT may help you to cut back or eliminate certain pain medications or avoid surgery, talk to your doctor or health care practitioner. Low level laser therapy has been effective in our practice and is a treatment of choice in providing safe, effective, lasting results for those looking for a better approach to health.



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