

Aidilfitri Holiday Contest

10th Sept - 14th Oct '07



Family Holidays
worth more than
RM300,000
to be won!

Colonial & Heritage Family Adventures for 4 persons worth more than RM60,000

6D/5N trip to London with flight & accommodation
at Berjaya Eden Park Hotel
and full-day London tour

PLUS
3D/2N stay at Berjaya Langkawi Beach &
Spa Resort

Grand Prize x 1

1st Prize x 1

Tale of Two Cities Escape for 2 persons

6D/5N trip to Singapore, with accommodation
at Berjaya Hotel Singapore
and half-day Singapore tour

PLUS
3D/2N stay at Berjaya Times Square Hotel &
Convention Center, Kuala Lumpur

2nd Prize x 8

Contrasting Havens Family Delights for 4 persons

3D/2N stay at Berjaya Langkawi Beach &
Spa Resort

PLUS
3D/2N stay at Berjaya Times Square Hotel &
Convention Center, Kuala Lumpur

3rd Prize x 8

Tranquilizing Family Treat for 4 persons

3D/2N stay at Berjaya Redang Beach Resort,
Terengganu

4th Prize x 8

3D/2N stay at Berjaya Tioman Beach,
Golf & Spa Resort, Pahang for 4 persons

5th Prize x 9

3D/2N stay at Berjaya Georgetown Hotel,
Penang for 4 persons

6th Prize x 11

3D/2N stay in a 3-Bedroom Suite at
Colmar Tropicale, Berjaya Hills, Pahang.

7th Prize x 18

3D/2N stay in a 3-Bedroom Suite at
XL Plaza Suites, Kuala Lumpur.

VISIT 7-ELEVEN
FOR A CHANCE TO
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*Terms and conditions apply



ALWAYS THERE FOR YOU



health

Sounding-off pain

by Yu Wei

AS a single woman living alone, you would find dressing yourself a great inconvenience when you have a frozen shoulder. This happened to me recently. I couldn't move my left arm to the back, and I couldn't buckle my bra! I wanted my usual flexibility with my arm.

Many expensive trips to the sinseh followed, with sessions like *tuina* (Chinese massage) and acupuncture, with minimal effects.

Then I discovered sonotron therapy. After four sessions with sonotron with

invented by Dr Alfonso Di Mino in the US in 1987.

An electrode in the hand-held applicator attached to a machine produces a Corona Discharge Beam in low radio frequency of 430 kHz, pulsed also at a low sound frequency of 1 kHz.

The beam is directed to the spot or area of difficulty above the skin of a patient.

Yap has also treated a patient for low back pain. The pain was radiating down her leg. She couldn't walk and drive.

She had one sonotron session and almost immediately she could lift up and move her leg.

Yap diagnosed her condition as sciatica.

If you have spend long hours working, at the computer, you could end up with a stiff neck.

This happened to a woman in her 30s, who sought sonotron therapy with Yap.

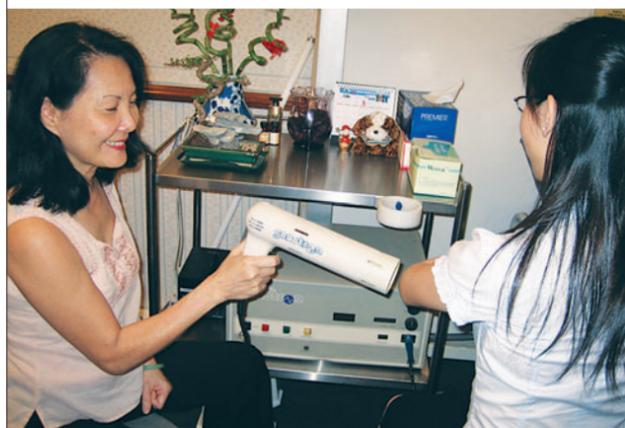
"She had had this pain for more than two years and had been treated by doctors and specialists, and an acupuncturist," said Yap.

However, there was no significant relief and she had difficulty sleeping at night and could hardly move her head or neck."

After three sessions with sonotron therapy, the pain was gone.

"Even after the first treatment she could turn her neck and could sleep well. The numbness affecting her hand was greatly reduced," she said.

"The neck pain gave her frequent headaches and she was so happy getting effective results with the treatment," Yap added.



Yap administers sonotron treatment.

therapist Elaine Yap - my shoulder was completely healed, so much so I had no qualms recommending the treatment to my sister who had a similar condition.

Sonotron is a non-invasive therapy that offers effective pain relief for soft tissue injury.

Yap directs an applicator that looks like a hair-dryer to the affected area. All I felt was a little heat, and a high-pitched sound from the sonotron machine.

It's the low-frequency sound waves that help in the healing process.

Sonotron is a multi-patented device

For more information on sonotron treatment, call 03-7981 0970.

Reflex and relax

LOCATED in Bangsar Baru, Si Fu is a posh looking reflexology centre which specialises in Chinese reflexology and body massages. As the area around is surrounded by popular restaurants and boutiques, you could stop by for a quick pampering of your feet after your shopping and eating.

Si Fu, which "master" in Chinese refers to the skilled masseurs and therapists at the centre who are well-trained in the many aspects of reflexology and massages.

The centre also prides itself with clean minimalist interior with wooden flooring, brown leather sofas and flat screen television for your entertainment.

Adopting an open concept for foot reflexology, it also has a private section with four cubicles for body massage.

Offering traditional Chinese reflexology, Si Fu only charges an affordable price though it is boutique-styled.

The theory behind reflexology is that there are connecting points in the feet, hands, and ears that relate to specific organs and glands in the body.

Practitioners believe that stimulating these reflex points promotes health in that



specific organ via the body's *qi* pathways.

Even though reflexology is not a "cure-all" solution, it does relieve pain associated with migraine, sinus problems, breathing disorders, digestive problems, circulatory disorders, back pain, tension and also stress.

So, take some time off and head over to Si Fu for a relaxing session with the healing art of reflexology. - by **Soo Wern Jun**

Si Fu Reflexology is situated at 16, Jalan Telawi 3, Bangsar Baru, 59100, Kuala Lumpur. For more information call 03-2282 0057.