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Poll: Sports Trivia

Between 1942 and 1967, when four of the six teams in the NHL made the playoffs, which team was the only one to win the Stanley Cup after finishing in fourth place in the regular season?

- Detroit Red Wings
- Boston Bruins
- Toronto Maple Leafs
- New York

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Alternative Relief for Allergies

By [C.J. Franz Staff Writer](#) on April 18,2007

Seek alternative relief from your allergies this season at Valley Herb Center in Burbank.



best feeling in the world. I can't imagine a more rewarding career than helping alleviate pain and discomfort claim to be able to cure everyone, of all their ailments, but I have brought relief to hundreds of patients or results, they seem to appreciate the freedom that alternative treatment gives you. It makes you feel that yo your own hands. It is empowering."

Dr. Mindy Dai is happy to answer any questions you may have about alternative treatment options. Her new t 2031 W. Alameda Ave., Suite 206, in Burbank. She can be reached at (818) 843-1558 or (818) 216-4887.

Many insurers and managed health organizations include acupuncture treatments in their health plans. information.

Spring is here! It's a beautiful time of year to be outside, er landscape. Flowers are blooming, trees are blowing in the l allergies ... you are miserable.

According to the National Center for Health Statistics, about chronic seasonal allergies, spending \$2.4 million for medica in doctor bills. Where is the relief?

Many medications designed to provide relief of symptoms l effects. Peter Honig, M.D., a medical officer with the FDA produce drowsiness, nasal sprays contain steroids and can nasal septum, and two prescription antihistamines, Seldan for their effectiveness without causing drowsiness), are no side effects, and life-threatening contraindications.

With the side effects being as annoying as the symptoms, r alternative relief. So I met with alternative medicine specia L.Ac., of Valley Acupuncture and Herb Center for ansv allergens cause blockages in the flow of the body ene meridians. This creates imbalances in the energy supply of and diminishes their function. These imbalances manife psychological symptoms including: sinus pain, migraine h and emotional stress, etc. Acupuncture helps to treats aller to restore energy flow and normalize the state of health.

Earlier this month, Dr. Manny Alvarez, Health Editor for Fox as a safe, non-invasive alternative to combat allergies sta as a method of preventing and treating disease, illness, ir body to heal naturally and improve the way it functions."

Recently voted "Best Acupuncturist" by readers of the Bu creates individualized treatment plans for her patients that Chinese massage, and medicinal Chinese herb therapy. Si dietary plans and exercise regimens. "My patients are the call and tell me how much better they are feeling and keep

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