

OSTEOPATH D.O TOKYO



Osteopathy stimulates the body to improve its capacity for self-healing. The process considers the whole person, based on a thorough knowledge of anatomy and physiology.

More and more people have been finding relief through osteopathy for such complaints as back and joint

pain, headaches, pain during pregnancy, pregnancy and childbirth sequelae, infertility, painful menstruation, burn-out, sleep disorders, digestive disorders, sports injuries, and many others. Naturally, prevention is always the best measure, and if problems are nipped in the bud they can be prevented from becoming much more serious.

Osteopathy can treat patients from infants to 100 years old. An osteopath must master a wide variety of tools in order to choose the one that best fits both the patient, in order to treat the problem, as well as embrace each patient's particular mood and timing.

Treatments begin with an interview and examination concerning the present complaint and the medical history of patient, in order to continue without any risk. Then, the osteopath observes, tests and treats the body. Finally he will give some guidance or exercises to resolve the specific complaint.

Consultations can be carried out in Japanese, English and French. Treatments can be done in the office or at your home.

David Brisson graduated from IdHEO in France. This institution is accredited by the Ministry of Health, Youth and Sports and is a member of the Great Schools of Osteopathy.

404 Castle Mansion. 7-22-48 Nishi-Shinjuku. Shinjuku-ku. Tel: 080-2073-6406. Nearest stn: Shinjuku. Email: dbosteo@yahoo.com. www.osteopath-tokyo.com/eng

ECOL'S ENCOURAGEMENT FOR GOOD WALKING



Our bodies are not bilaterally symmetrical, and legs of different lengths cause unstable walking patterns. Thus, as age sets in, knee and hip problems increase as bone density decreases. Previously, in the sports and health shoe industries, there was almost no understanding of these simple facts.

Now, fortunately, things are changing for the better.

Ecol has been authorized by the Ministry of Economy, Trade and Industry and the Ministry of Health, Labor and Welfare to produce shoes for healthy walking. Rather than being a simply commercial enterprise, Ecol's main ethos is to improve the health and quality of life of their customers. Their "seismic isolated insole" is 10-20mm thick and inspired by the quake-absorbing materials used in this geologically stricken country.

These insoles absorb the normal impacts the body suffers daily while walking, thus alleviating the strain on your knees and hips. On top of that, it makes use of muscles that you do not normally use, helping to increase your physical activity and exercise.

Similar to earthquake-proof constructions, the human body has a flexible structure with a hard skeleton and cartilage to withstand shocks. With Ecol's shoes, the skeleton has an absorbent base to underpin the structure. The net result: a well-balanced posture, and a healthy, stable gait. Elderly people can reduce the risk of falling over and developing further bone problems.

These shoes are made in Japan and available in US sizes 4-12.

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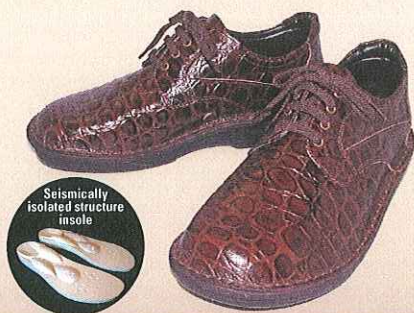
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12 BEAUTY

STUDIO TRON



The problem with most exercise is that it's boring. That's why it can be so difficult to maintain a routine. But find something you enjoy doing, and then it all becomes much easier. And what could be more enjoyable than shaking a leg on the dance floor?

Studio Tron is popular for its many top-class dancers—

including world champions—and its dance classes, which cater for everyone from aspiring professional dancers to kids and beginners.

Now, this popular studio is beginning a new program, the Day Time Program, targeted at people keen to get fit via groovy dance techniques. Just for adults, the program also offers babysitting services by reservation.

The classes involve a variety of great ways to get moving, such as turbo kick, which is immensely popular in the US. You can also partake of the sexy boot camp class, hip hop, bellydance, and more. This is not just a way to get fit, but to release the pent-up stress of your busy week.

At the moment there is a special promotional campaign so you can try Studio Tron's program at a cut-price rate. One trial lesson is available for just ¥1,000, with two costing ¥2,000.

There is also an Italian restaurant on second floor of the same building, which accepts group bookings integrated with lessons, and party plans.

3-17-11 Nishi-Azabu, Minato-ku. Tel: 03-5770-2535 / 03-5785-1673. Email: contact@studiotron.jp. Open daily 2-9pm. www.studiotron.jp

TOKYO ADVENTIST DENTAL CLINIC



There are many ways to attain a good-looking smile. Teeth whitening, home or in-office, is available at a reasonable cost at Tokyo Adventist Dental Clinic. More extensive approaches include resin-bonded veneers, porcelain veneers, and crowns. They will do everything possible to conserve healthy oral structures while providing you with many options to choose from.

Meanwhile, you should familiarize yourself with the pros and cons of each treatment option. For example, veneers are less invasive, although there is an increased risk of chipping and fractures, compared to porcelain crowns. Resin-bonded veneers are inexpensive, though

they tend to pick up more stains, meaning replacements are necessary in five to seven years, or three to five years for smokers.

Porcelain crowns come in two basic types: all-porcelain (porcelain jacket), and porcelain fused to metal (PFM). In general, all-porcelain crowns are more translucent in color and more natural looking, while PFM crowns are more durable. Dental implants are now becoming more aesthetically pleasing than before. Feel free to contact the clinic for more details.

Your examination will cost ¥6,300, with resin-bonded veneers from ¥21,000, porcelain veneers from ¥94,500, porcelain crown from ¥105,000, and teeth whitening from ¥42,000.

Tokyo Adventist Dental Clinic is set up to serve the city's English-speaking population. While they do not accept Japanese insurance, they will fill out your insurance forms. Call in advance for parking.

1-11-1 Jingumae, Shibuya-ku. Tel: 03-3402-1501. Open Mon, Wed & Fri 9am-4:30pm. Nearest stn: Harajuku or Meiji-Jingumae. www.adventistdental.jp



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that looks into the cause of
disorders and not just the
superficial symptoms.



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