

**SECTION H - NON-PRESCRIPTION MEDICAL OR THERAPY**

**QUESTION NO. 1**

- 1, Do you get acupuncture treatments regularly?
  - a. If so, how many treatments per month?
  - b. Describe how you have benefited from these treatments?

**DISCUSSION**

Three people reported that they had some acupuncture treatments and two felt that these treatments had helped. .

**TABLE H-1 -- ACUPUNCTURE TREATMENTS**

ACUPUNCTURE	
NUMBER OF TREATMENTS PER MONTH	BENEFITS
3 times per year	Slows symptoms
Traditional Chinese Acupuncture every 6 weeks	Treatments maintain my energy level & strength as best it can within limits of gradual deterioration
Used to but habituated	

**QUESTION NO. 2**

- 2. Do you get acupressure treatments regularly?
  - a. If so, how many treatments per month?
  - b. Describe how you have benefited from these treatments?

**DISCUSSION**

No respondent reported using acupressure.

**TABLE H-2 --- ACUPRESSURE TREATMENTS**

ACUPRESSURE	
NUMBER OF TREATMENTS PER MONTH	BENEFITS
None reported	

**QUESTIONS 3 AND 4**

- 3. How many times per week are your limbs massaged?
- 4. Have you had amalgams removed from your teeth?

**DISCUSSION**

Only one person reported an experience with limb message and felt it hadn't helped. Four men had amalgams removed.

**TABLE H-3 – LIMB MASSAGE AND AMALGAM REMOVAL**

LIMBS MASSAGED	AMALGAMS
3 years ago, 2/week, stopped because it had no effect	Yes
	Yes
	Yes
	Most of them

**QUESTION NOS. 5 THROUGH 7**

- 5. Do you practice meditation?
- 6. Do you practice relaxation techniques?
- 7. Do you practice visualization and guided imagery?

**DISCUSSION**

Six respondents use meditation techniques and five use relaxation techniques.

**TABLE H-4 – MEDITATION, RELAXATION TECHNIQUES, AND VISUALIZATION/GUIDED IMAGERY**

MEDITATION	RELAXATION TECHNIQUES	VISUALIZATION & GUIDED IMAGERY
Yes	Yes	Not currently. I did it in the 70's
Sometimes	Yes	Only to help bowel movements
Prayer	Some	
Yes	Yes	
Yes, yoga daily	Tai Chi	
Pray		

**QUESTION NO. 8**

8. Do you meet with a speech therapist? If so, what has been the result?

**DISCUSSION**

Several people have met with a speech therapist but little information was provided about the results of the treatment.

**TABLE H-5 – SPEECH THERAPY**

SPEECH THERAPY	
NUMBER OF TREATMENTS	RESULTS
One 3 time session	No change due to paresis
Not regularly	Just to prevent

**QUESTION NO. 9**

9. Do you visit a chiropractor?

- a. If so, how many treatments per month?
- b. Describe how you have benefited from these treatments?

**DISCUSSION**

Four respondents reported trying chiropractic treatments with mixed results.

**TABLE H-6 – CHIROPRACTOR TREATMENTS**

CHIROPRACTOR TREATMENTS	
NUMBER OF TREATMENTS	BENEFITS
2-3 when actively going. Not for one year	Eliminated pain in back & neck
Rare	Not much
1 per month	Headaches lessened but doesn't do much for other pain any more
Once every 2 or 3 years	Helped muscle relaxation