and massage treatments. I am also currently learning about the Insurance Corporation of BC’s (ICBC) limitations in recognizing alternative therapies. Just recently I was told that ICBC can only support medical expenses which are recognized by the Medical Services Plan under the medical benefits portion of my claim.

However, alternative treatments may be considered upon settlement (possibly under another payment classification).

Coincidentally, I just discovered prolotherapy on the Web as an alternative treatment for my injury. I had never heard of this treatment before last week, so I was happy to see it listed in your article, suggesting it was a popular and accepted method of treatment.

As I read your article, I began to wonder if chi treatments might be an alternative to the prolotherapy injections of sugar/anaesthetics into ligaments or tendons, as chi also encourages blood and nutrient flow to stimulate healing. The thought of injections doesn’t appeal to me, so I would consider chi treatments before prolotherapy.

Thank you for your article.

Carole W.

Heads up about horsetail

Dear Editor,

I enjoyed your article on horsetail [“Prehistoric horsetail and modern healing,” August 2006], but a picture of the true *Equisetum arvense* in spring attention would help dispel any confusion about this important herb.

It should be noted that the plant is notorious for accumulating nitrates/nitrites, and it should not be picked in areas close to agricultural runoff.

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Herbal, Nutraceutical, and Nontimber Forest Products Educator and Consultant,
Past Chair Alberta Natural Health Agricultural Network, Faculty Holistic Health Practitioners Program, Grant MacEwan College.

Hear this

Dear Editor,

I enjoyed your editorial—“Lessons from the wheelchair” (July 2006)—as I always do. This editorial, though, hit a little bit closer to home. I’m not in a wheelchair, but I am hard of hearing.

Although we don’t have to contend with the various challenges you describe, those of us who are hard of hearing face a multitude of other difficult situations, such as dealing with a sales clerk who mumbles and/or speaks very softly and quickly; hearing what the server is saying in a restaurant with a lot of background noise; and trying to carry on a conversation at a business function, dance, or wedding reception. In addition, unless there are assistive listening devices available, many hard of hearing individuals will not attend the theatre.

As the Hamilton Branch Secretary of the Canadian Hard of Hearing Association (CHHA), I’ve become much more aware of the everyday problems that hard of hearing people experience. Even though I’m hard of hearing, at this point I do not wear a hearing aid, but many members of CHHA are profoundly hard of hearing and must wear an aid in each ear.

When speaking to a hard of hearing individual, there are some things that help: look at them directly; don’t turn away or put your hand in front of your mouth. Moustaches make it more challenging if the deafened person is attempting to watch/read lips. People can get additional suggestions under “Tips” on our website (chhahamilton.ca).

If you see our logo—the international symbol of the broken ear—on a theatre, church, or other public building, it means there are assistive listening devices available.

Jacquie Reid
Hamilton Branch Secretary
Canadian Hard of Hearing Association

What do you think?

*alive* loves to hear your opinions. Drop us a line and let us know your thoughts about what you’ve read or about your experiences and successes with natural health products. Together we can build a healthier future. Contact: editorial@alive.com