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business briefs

Home Expo

LamorindaWeb calls to construction/design business to participate in their first Home Expo. Home Expo '12 will be held on Saturday, January 28, 2012 from 10:00 a.m. to 4:00 p.m. at the Veterans Memorial Building in Lafayette. The event is free to the public. The organizers want to limit the exhibitors to 40 businesses. "The goal of the Expo is to showcase local, Lamorinda businesses. Exhibitors will range from painters and contractors to interior decorators and landscape artists as well as home organizers," says Stephanie Kusinski, Director of Marketing for LamorindaWeb, "The Expo will also have workshops for residents as well as kids activities so parents may enjoy the Expo. Home Expo will also be supporting both Foster-a-Dream and Huckleberry Café at the event." The cost to businesses headquartered inside Lamorinda is \$150 (\$125 for members of one of the three Lamorinda Chambers of Commerce). For more information, go to LamorindaWeb.com/HomeExpo."

News from the three Chambers of Commerce

Time to Party with your Chamber of Commerce!

Lafayette

Wednesday, December 14, Holiday Mixer at Bank of the West, 3583 Mt. Diablo Blvd., 5:30-7pm. \$10 for members, \$20 for non-members.

Moraga

Tuesday, December 6, Holiday Party at Moraga Royale, 1600 Canyon Road, 7-9pm. "Festival of Trees" is back this year, hosted by Moraga Royale. Cocktails and hors-d'oeuvres, music and entertainment, silent auction benefiting the Rescue One Foundation. Please RSVP to kathenelson@gmail.com by November 29th. Free - for members only.

Orinda

Thursday, December 8th, Chamber Holiday Mixer at Mechanics Bank, 77 Moraga Way, 5:30- 7pm. Free for members and their guests.

Lamorinda Weekly

is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA

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Getting Rid of Allergies for Good

New Allergy Breakthrough Center in Lafayette claims success

By Sophie Braccini



Christine Garvey in her Lafayette office Photo Sophie Braccini

Since she was two years old, Dr. Christine Garvey has suffered from eczema. In high school, she developed irritable bowel syndrome. At one point, the young woman weighed only 90 pounds; she searched for a way to curtail the allergies that were poisoning her life. She says she found that miracle cure three years ago in the Pleasanton office of Dr. James Stalker, who practiced Advanced Allergy Therapeutics (AAT). Garvey was so impressed with the results that she decided to add this specialty to her chiropractic practice. The Orinda resident moved her office from San Francisco to Lafayette a few weeks ago and now operates out of Heritage Square.

The method is completely non-invasive, somewhat repetitive when a lot of components have to be tested, but it claims to cure allergies very quickly and for life. Sherri Glazer had episodes of eczema before, but nothing like the major allergic reaction she experienced which manifested in an itchy red rash on her back that spread

to her whole body. "For a month or two, I tried everything," she said, "24 hours after Christine treated me, the irritation was gone and the rash cleared completely within three weeks."

The principal under which AAT operates is that most environmental allergies are due to the brain having associated one element of a harmless substance with a negative effect, and every time it encounters that element, it sends chemical signals to organs that overreact in an effort to get rid of it. The cure consists of retraining the brain to have a positive association with the substance: while the unique binary code of the substance is sent through a chip fastened to the wrist, stimulation of the nervous system along the spine is applied sending the brain a positive signal.

The first part of AAT treatment is diagnostic. "When someone is allergic to dust, we first need to find out what component of dust is involved, then we can go down to the molecular level and treat appropriately." According to Garvey, sometimes people's own elements can trigger an allergic symptom.

Sheeba Love did not think she had any allergies, but she is a friend of Garvey and she decided to be tested, just in case. "I had been diagnosed with low thyroid and was taking the artificial hormone at a high dose," remembers Love, "when Christine tested me, she found that I was allergic to T4 (one of the hormones produced by the thyroid gland). After she treated me, my doctor reduced my artificial hormone dosage by half and I lost 30 pounds in 3 months!"

Demitrios Sotiropoulos saw Dr. Garvey in 2009 in San Francisco for a dog allergy. "I would break out in hives where my dog had touched me

when we played," he said, "and one time after a bath I almost had an asthmatic attack." Sotiropoulos testifies that after Garvey treated him the reaction disappeared and never came back. Sotiropoulos' improvement was almost immediate; for others it can take up to eight weeks for complete remission, according to Garvey.

"One of my favorite memories is of a one and a half year old baby who came here with severe eczema on his legs," recalls Garvey, "I tested him and all that came out was coffee. I was really puzzled, this must have been a mistake; he was not breastfed and obviously not ingesting coffee." When she started testing for the different elements of coffee, what came out as a trigger for this child was the aroma of coffee, "he was around when his parents were brewing their coffee," she said. The child was successfully treated.

AAT claims a success rate of 89%. The cost of the treatment is not negligible and is not supported by insurance companies. Some negative comments about the method along with many positive ones came be found on the internet. On its web site, AAT warns potential patients: "AAT does not cure allergies. AAT is a highly effective treatment that provides long-term relief from symptoms associated with allergies or sensitivities. AAT does not treat cases of anaphylaxis or life threatening symptoms. Strict avoidance is always advised in such cases."

Allergy Breakthrough Center, 936 Dewing Ave., Suite B, Lafayette, (925) 314-5959. www.allergybreakthroughcenter.com/allergybreakthroughcenter/Lafayette_AAT.html.

Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service.

Senior Center Without Walls Reaches Out to Our Community

By Sophie Braccini



Rosalee Biasatti Photo Stephen Biasatti

Rosalee Biasatti moved to Orinda to be close to her son when her mobility became compromised. Being in a wheelchair she has difficulty going out, so to keep busy and intellectually active the former English and Drama teacher, now in her seventies, joined Senior Center

Without Walls, a free non-denominational service that connects elders over the phone through all kinds of activities and classes.

"I very much enjoy the connection that we have with other people our age and with similar interest," says Biasatti. "I couldn't do without it now, I would be lonely." The free service organizes group discussions and classes that are held in the form of conference calls where people interact. "I belong to groups where stories are read aloud and we can discuss them at the end," explains Biasatti, "we've been as many as 18 people on the conference call, this is very popular." She also belongs to the play-reading class. "At the moment we are working on Eugene Ionesco's play Rhinoceros, which I had not read since college, it is wild and fun," says Biasatti, who adds that she is making friendships with some of the members and that the people

managing the service are very nice and professional.

"The holiday season is an especially challenging time for many older adults. With the current decrease in availability of Adult Day Centers and other senior programs, it is vital that other options be available to help reduce the isolation of elders who have difficulty leaving their homes," says Terry Englehart, Director of the Senior Center Without Walls. "Senior Center Without Walls is an option for those seniors in California who are unable to go to a community senior center. Participants call in from their homes to join others in activities, friendly conversation, and an assortment of classes and support groups." The service is a non-denominational community outreach program of the Episcopal Senior Communities. For more information call (877) 797-7299 or go to www.SeniorCenterWithout-Walls.org.

www.Lamorindaweekly.com

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- Orinda Aquatics Swimmers Excel in the Classroom and in the Pool
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If you wish to view any of the stories above go to www.lamorindaweekly.com and click the link below the story.