

Rat Creek Press

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BY THE COMMUNITY - FOR THE COMMUNITY

NOVEMBER 2022

The spirit of reconciliation

Spruce Ave School's Bridge of Reconciliation goes beyond paint

CONSTANCE BRISSENDEN

The Spruce Avenue School auditorium filled up quickly with Grade 7, 8, and 9 classes. The school's 212 students stood out: they were all dressed in orange t-shirts to co-ordinate with the National Day for Truth and Reconciliation.

Sept. 28 was a special day. Everyone gathered to launch the Bridge of Reconciliation, a project aimed at transforming a decades-old pedestrian bridge over 97 Street at 115 Avenue with art based on medicine wheel teachings.

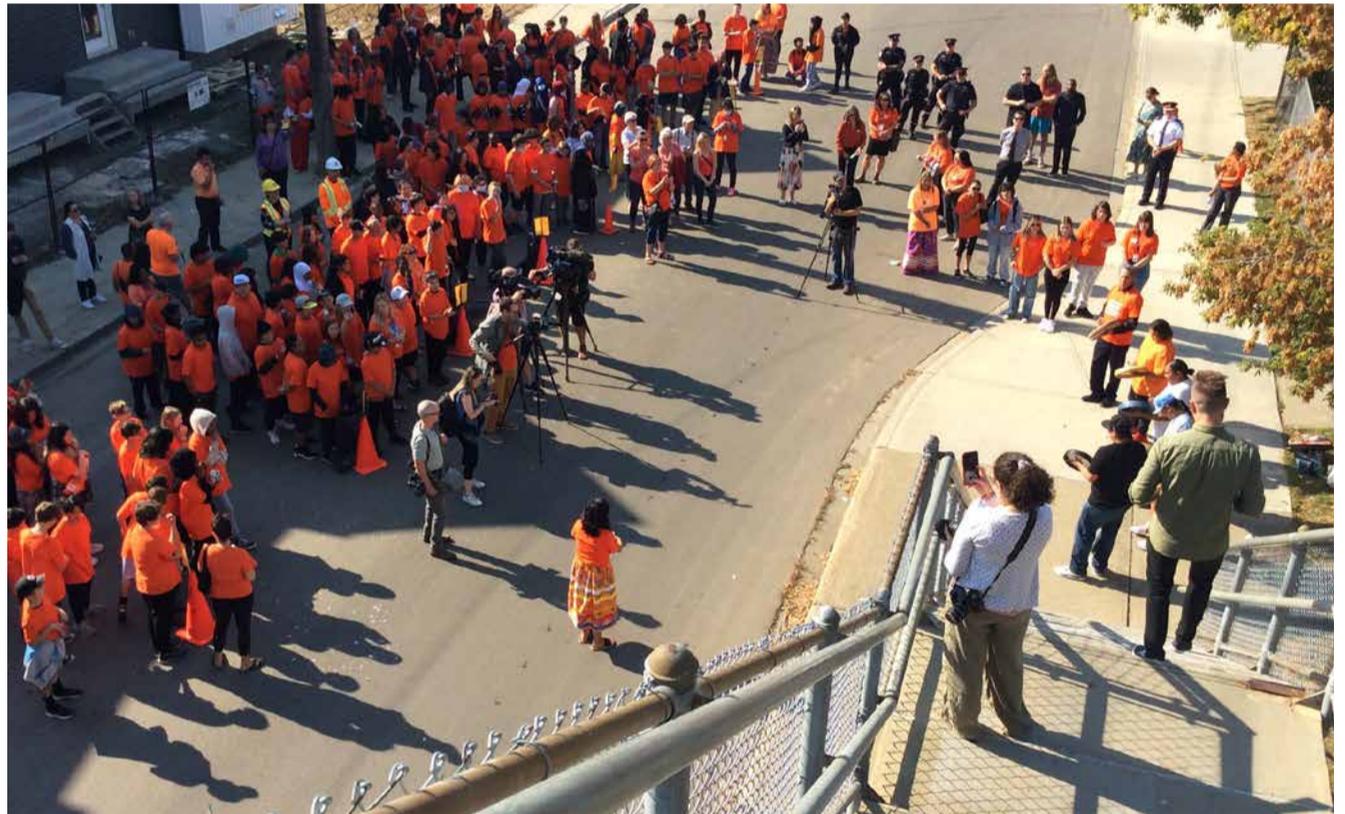
Working with Nikki Houde, a success coach for community initiatives at The Family Centre, students enthusiastically grasped the medicine wheel teachings related to living a good life. They delved into humanity's relationship to colours, animals, and plants and explored them in painting. "They picked up on the spiritual aspects so fast," recalled Houde at the joyful gathering.

The unveiling ceremony began with a land acknowledgement by Grade 9 student Preslie Johner Piscia. She explained that the school was gathered to "celebrate diversity through the four colours of the medicine wheel."

Combining learning with art, students painted their interpretations of the colours, animals, and plants based on what they had learned. One art piece combined the image of a tree growing in four seasons. Another piece centred around the word "love." These creations were then transformed into panels and affixed to the walkway over the bridge.

"Many resources went into making the Bridge of Reconciliation," said Kris Simpson, school principal. "The goal is to improve safety and well-being in the city." Under the umbrella of NET (Neighbourhood Empowerment Team), the school worked with EPS (Edmonton Police Service), the City of Edmonton, The Family Centre, and others.

EPS Superintendent Derek McIntyre spoke of some concerning behaviour that had created a "darkness" surrounding the pedestrian crossing. Students were afraid



Spruce Avenue School gathered to celebrate with hand drummers (on right) at the Bridge of Reconciliation on Sept. 28. | Constance Brissenden

to cross due to increased crime. "Art is a great way to bring light, beauty, and hope," said McIntyre. "The police service is embedded in your city in a positive way." Ongoing beat patrols will continue to enhance neighbourhood safety. The Edmonton Police Foundation donated funds and paint.

The City of Edmonton helped in several ways, including funding. The City's Capital City Cleaning & Parking power washed the bridge, while Parks and Roads Services applied a fresh coat of paint and hung the artwork.

Surveying the students in their bright orange shirts, Elder Francis Whiskeyjack said, "It's wonderful to see youth. It's a beautiful gift to be alive."

Accompanied by his hand drum,

Whiskeyjack sang a vigorous spiritual song. He shared words of wisdom with the students, who listened intently. "What is a survivor?" he asked. "The past still affects us all. What does it take to make change? To be involved in a ceremony like this honours our physical self through our life journey."

After leaving the school and walking to 97 Street, four hand drummers joined Whiskeyjack with invigorating songs and a smudging of the bridge.

As the first class walked across the bridge to view the installed art, I spoke with three students from the school's Leadership Club. The club was closely involved in the project, shares Natalie Hendricks, a Leadership course teacher and head coach of the school's soccer team.

What did the Grade 9 students get out of the effort to create a Bridge of Reconciliation?

Shawn Penner, a student, loved to see the rejuvenated bridge, which is close to his home. "The project was really fun," he added.

Noah Villeneuve agreed. "I met more people in the community," he said. He also felt he had grown as a person. "As far as my character, I talk louder now. I'm being heard, and that's good."

Brooklyn Idenouye summed it up, saying, "The bridge brought our school together."

Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.



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Planning for a community's future

Residents shared their thoughts on the future of their neighbourhoods



Local residents attended the 118 Avenue District Planning Project and Zoning Bylaw Renewal Initiative event at Eastwood Community League. | Victoria Stevens

VICTORIA STEVENS

Eastwood Community League was buzzing on the evening of Oct. 11 as it hosted the 118 Avenue District Planning Project and Zoning Bylaw Renewal Initiative event. Residents and community stakeholders were invited to view and interact with displays detailing the project, and ask questions directly to City employees working on the project.

The Zoning Bylaw Initiative's goal is to comb through current Edmonton bylaws to assess whether those bylaws meet current City goals.

"What we have found over the last number of years is that our current building bylaw is quite complicated and is not necessarily in line with some of the big changes outlined in the city plan

that we want to achieve," explains Lyla Peter, the City's director of development, approval, and inspection. "This big, wholesale initiative is being undertaken to review and update the zoning bylaws so we can better deliver the goals and visions as outlined in the city plan, to make it easier to develop, and to bring a diversity, inclusion, and equity lens to development."

Recent major changes to the zoning bylaw include the removal of minimum parking requirements for new developments and adjustments to make the bylaw more equitable for housing. All of this will be continued in the zoning bylaw overhaul.

The District Planning Project, a multi-year project that began in 2021, aims to set policy objectives for plan-

ning projects such as new housing and bike lanes as well as helping the City make decisions in an equitable way. The project will be used as a guide on how to approach changes in the future as Edmonton's population rises to 1.25 million people. It will create 15 district plans to help implement the city plan approved in 2020.

"It comes down to being able to implement the vision that is set out in the city plan," says Ward Métis coun. Ashley Salvador. "District planning talks about, from a spatial perspective, what folks can expect and it helps engage people in that process so that they can have a say in what that's going to look like."

Resident feedback has been positive, with lots of people who haven't previously taken an interest in or had an

understanding of city planning now becoming engaged. Engagement opportunities were also offered online through the City of Edmonton and ended on Oct. 15. The next step will be to take the feedback from events like this and refine the 15 draft district plans. These refinements will be brought back out for public engagement in the spring of 2023, after which it is hoped these plans will be approved and work can move forward.

The current draft district plans for 118 Ave and other districts can be found online at www.edmonton.ca/city_government/urban_planning_and_design/district-plans.

Victoria is an entrepreneur, roller derby player, and basset hound lover living in the Delton area.

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What makes a resilient garden?

Designing a garden that works for you and nature
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An opportunity to do better

Learn and reflect on the National Day of Truth and Reconciliation
Published Sept. 26

Brand new artwork on the Ave

Joshua Navis and Sowl created two new murals on 118 Avenue
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ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. Published on Treaty 6 Territory. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

GOALS

Build Community, Encourage Communication, Increase Capacity.

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The paper is delivered by Canada Post to all houses, apartments, and businesses in the seven neighbourhoods listed above including those with no unaddressed mail notices. For the most part, delivery begins on the last Wednesday of the month.

Be bold in colour or decor

A local artist is inspired by her neighbourhood

- CHRISTINA IGNACIO-DEINES -

Welcome to the *Rat Creek Press* Home & Garden Tours column. Here we highlight the beautiful spaces we are creating in north central Edmonton, and talk about the different ways we find value in and around this area, from the perspective of our living spaces.

We aim to showcase different types of spaces, including single-family homes, townhouses, apartments, garden suites, and small space and balcony gardens. We also would like to create a diverse picture of our residents and their families, including

families with and without kids, couples and singles, all kinds of cultural backgrounds, 2SLGBTQIA+, young people, seniors, and more.

This is a year-round column. If you're interested in sharing your home, or if you have or know of a garden with fall/winter features, please contact us. All submissions are welcome and encouraged! Submission email: christina@ratcreek.org.

Christina is an award-winning designer and artist, and has lived in Alberta Avenue since 2007. Her work is about connection and belonging, turning life's great moments into empathic, beautiful spaces.



Top left: Light created a welcoming gallery in the enclosed sunroom at the entrance to her home.

Top middle: Light's home, as seen from outside.

Top right: Interesting textiles and textures are found throughout Light's home, such as the linen curtains and geometric pillow in her bedroom.

Bottom left: The newly-restored fireplace and Light's forest painting are a focal point in her vibrant living room.

Bottom right: Plants hang from a rod in the kitchen, in place of curtains.

| Christina Ignacio-Deines



ROBIN LIGHT

Robin Light is a self-taught artist living and working in Alberta Avenue, and she draws a great deal of inspiration from her neighbourhood. Light usually shows her work at The Carrot Coffeehouse and at our city's outdoor art walks. Learn more about her artwork at robinlight.com, follow her on Instagram @robinlight, and support her by buying her paintings on Etsy at [etsy.com/ca/shop/RobinLightPaints](https://www.etsy.com/ca/shop/RobinLightPaints).

Name: Robin Light

Neighbourhood: Alberta Avenue

Age of home: 1917

How long have you lived and gardened in your home? 4.5 years

Three words: colourful, original charm

A perfect day in your home: Reading in front of the fireplace after spending the day painting in the studio.

Favourite time of year in your home and garden: Each season has its perks. During summer, I can paint on the back deck. Winter is going to be cozy with a new fireplace. Fall makes the colours gorgeous, and during spring I get to start playing in the garden.

What are you loving about your home right now? That it is cozy in my studio and living room.

What is a challenge you're experiencing? It's a 105-year-old house—maintenance is always a challenge. Luckily it's in great condition, and my brother-in-law is able to help with any repairs I do need. I'd like to replace some plumbing this winter—not to modernize it in looks, but in function.

How does your home inspire you? As an artist, I love to surround myself with all kinds of artwork—some of it is mine, a lot of it is from friends of mine, and two pieces are my grandmother's work. Everyday I can see something different in it.

Where do you see your garden in five years? Hopefully, I've finished painting all the interior walls. I also need to patch and paint the exterior stucco. I'd like to be lawn free in the front yard as well, but that's likely a 10-year plan.

What's the best thing you've learned about homekeeping while living in this area? That it's a great area to try something bold. Be it bold exterior colours (which is a five-year plan) or bold in decorating. Embrace colour.

What's the best homekeeping advice you've ever received? Respect the integrity and original character, and not demolish it to "modernize" for the sake of trends.

Best compliment? I've hosted a couple open houses for art events—another one will be happening on Dec. 3rd—and I think the best is the look on people's faces when they come in and see that it has the original woodwork and feel as it would have had in 1917.

What would you like to see or experience more of in this area? Basic maintenance classes for old houses in the area. It would be nice to be able to do some of the upkeep myself.

What is your favourite resource for ideas? Google and Pinterest have been invaluable.

A few words of advice? Embrace art and colour.

Did you work with a contractor or local business for your home? So far, the only one I have worked with is Fireplaces by Weiss-Johnson (wjfireplaces.com/). They were wonderful in finding a gas insert that matches the feel of the home.

Affordable housing on the table

Town hall brings the community together to discuss housing affordability

VICTORIA STEVENS

Housing was the topic of discussion at a town hall meeting held at Parkdale-Cromdale Community League on Oct. 13.

Edmonton-Griesbach MP Blake Desjarlais hosted the meeting. Around 40 community members attended, including Ward Métis coun. Ashley Salvador and Ward O-day'min coun. Anne Stevenson, who represent some of the areas hardest hit by the housing crisis. MLA Janis Irwin attended later that evening.

Desjarlais discussed the challenges the area faces in regards to housing affordability and talked about community members forced to sleep rough each night. The lack of affordable, appropriate, and accessible housing has reached a crisis point not only in Edmonton but also across the country. Years of increasing housing costs without a corresponding increase in wages has left many Edmontonians feeling the pinch for housing costs. The ongoing COVID-19 pandemic continues to exacerbate the issues, as does increasing inflation rates.

“These people are our community members; they are our relatives. I wouldn't be here without those folks.

“These people are our community members; they are our relatives. I wouldn't be here without those folks. My mom was one of them. We have a responsibility as a society, as a community, to really think about options that we should be innovative about.”

Blake Desjarlais, MP for Edmonton-Griesbach

My mom was one of them,” says Desjarlais. “We have a responsibility as a society, as a community, to really think about options that we should be innovative about. I am so grateful that every single one of you are here.”

Brad Lafortune, executive director of Public Interest Alberta, was the keynote speaker. Lafortune emphasized the idea of housing as a human right and how to ensure the conversation around affordable, appropriate housing is grounded in those human rights.

“It's a top three issue...and I think that's because it's not just an issue that is impacting what people think of when they talk of housing security,” Lafortune says. He adds that it's an opportunity for advocates, leaders, and community members to explore the issues locally.

Unlike a typical town hall, where community members line up to speak into a microphone, this event had attendees seated around tables of five to six people with a facilitator and a note taker from Desjarlais' team. Each table included people from varying economic, cultural, and professional backgrounds who were able to contribute a variety of opinions, experiences, and ideas to the discussion. The facilitator guided the discussion by asking key questions focused on



Edmonton-Griesbach MP Blake Desjarlais organized a discussion about affordable housing on Oct. 13. | Katie Cutting, of Lazy Kitten Productions

various aspects of housing affordability. Questions were centred around perceived reasons for housing insecurity, barriers to safe housing, and possible solutions to ensuring everyone has access to safe, affordable, and appropriate housing.

Desjarlais and his team will use the ideas and concerns brought forth

from the evening's event to compile a report that will be brought to the House of Commons on the housing crisis in Canada. The hope is to drive home the scale of the crisis, to emphasize how immediate action is needed, and to offer possible solutions.

Desjarlais and his team will use the ideas and concerns brought forth from the evening's event to compile a report that will be brought to the House of Commons.

Victoria is an entrepreneur, roller derby player, and basset hound-lover living in the Delton area.

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VOLUNTEER

Taking down problem properties

Local organization continues its work on community redevelopment

ERICA MARIE

The Edmonton Community Development Company (ECDC) is determined to redevelop 22 more problem properties within the next two years as a follow-up to its Project 10 initiative.

In 2020, the organization sought to acquire and demolish 10 derelict properties and build new homes for families to buy.

This pilot project was a proof of concept in response to detrimental issues residents are experiencing in mature neighbourhoods. Problem properties attract criminal activity and pose a major safety concern for the community.

These boarded-up homes are often in terrible shape, with run-down exteriors and strewn garbage surrounding the property. Having encountered former meth labs and highly volatile chemicals, the team never knows what they'll find when they enter these houses. In one case, team members almost fell through a hole because there had been an undisclosed fire in the basement.

The ECDC has two new modern duplexes on the market in McCauley and Alberta Avenue. They hope to sell one of these properties and use those funds to purchase their 11th property in order to reinvest the money into buying more problem properties. Karen Gingras, executive director of

ECDC, says, "Hopefully, that occurs before the end of this year. If not, then we anticipate making a purchase in the first quarter of 2023."

Most of the derelict properties purchased for Project 10 were located northeast of downtown, but ECDC is looking to expand to other communities such as Inglewood, Britannia-Youngstown, Balwin, Belvedere, Queen Mary Park, Central McDougall, Jasper Place, and Chinatown.

"We are seeking to add problem and derelict properties in these neighbourhoods to our database, so we are seeking addresses and pictures from residents in the communities," says Gingras.

Skil-Tec and Euro Design Master Builder (EDMB) specialize in infill development and are building new homes for Project 10. According to Gingras, they plan to partner with these builders in their upcoming projects.

"We will be increasing the minimum energy efficiency requirements from our builders and want to build basement suites in each unit so people can have them for extended family or to rent out. Since we would like to purchase and build on 22 sites, we hope to find at least one additional builder that aligns with our goals and can build a quality product in the price range we'd like to keep so that the homes remain affordably priced."

Another aspect the organization

wants to add with these next properties is a home ownership program that includes financial literacy and a matched savings account.

"We are also at the beginning of plans for a homeownership program with a non-profit organization in Edmonton. Hopefully we can launch these two homeownership programs before the end of 2022," Gingras adds.

The ECDC's redevelopment initiative aligns with Edmonton's Neighbourhood Revitalization

Program outlined in their 10-year strategic City Plan. With the support of the city, ECDC aims to improve livability in mature neighbourhoods while maintaining vibrancy and promoting equity for all Edmontonians.

For more information, visit www.edmontoncdc.org.

Erica is a content writer for the Edmonton Community Development Company.

The organization also wants to add a home ownership program that includes financial literacy and a matched savings account.



In the next two years, the ECDC wants to redevelop 22 more problem properties in more city neighbourhoods. | Supplied

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Find quiet in a noisy world

Seek out quiet in winter's serene places

CONSTANCE BRISSENDEN

My spirit needs quiet several times a year. Winter is no exception. The beauty of winter is that quiet is easier to find. Fewer people are out and about. You may find yourself alone in the destination of your choice.

Find your special outdoor places. Many are closer than you think, and perfect for a few hours or a day trip. Or maybe travel further out of the city this winter. Make a plan, and save for it. The winter passes faster with a goal in sight.

Close to home, head to Rundle Park for refreshing daytime walks. Parking is free, with easy access in the lot below the sled hill. Breath

the fresh winter air and relax with nature on the walkable paths.

You don't have to walk far to reach the paths by the river. The trails are popular, but not crowded or noisy. The North Saskatchewan River flows alongside. You may see an owl, a grey jay, or dozens of chickadees. You will see the tracks of mice, rabbits, and coyotes, all sharing the river valley, but not often spotted during the day.

Only 40 minutes from the city, nothing is more impressive than the night sky at Elk Island National Park.

Only 40 minutes from the city, nothing is more impressive than the night sky at Elk Island National Park. Step out of your comfort zone of daytime hiking (which is also spectacular). Head out to Elk Island on a clear night around

uncountable stars. The aurora borealis may give you a show. No need to worry about bison creeping up in the dark. They spend their winter nights deeper in the forest.

Further afield, Alberta offers many quiet winter getaways. My favourite is the Lazy M Lodge, 45 minutes west of Red Deer, near Caroline. The countryside opens before you, with pristine snow-covered fields. On a sunny day, the views are especially breathtaking.

Stop at the top of the hill, step out, and soak in the sight of the foothills of the Rockies in the distance. Below is the log-built lodge,

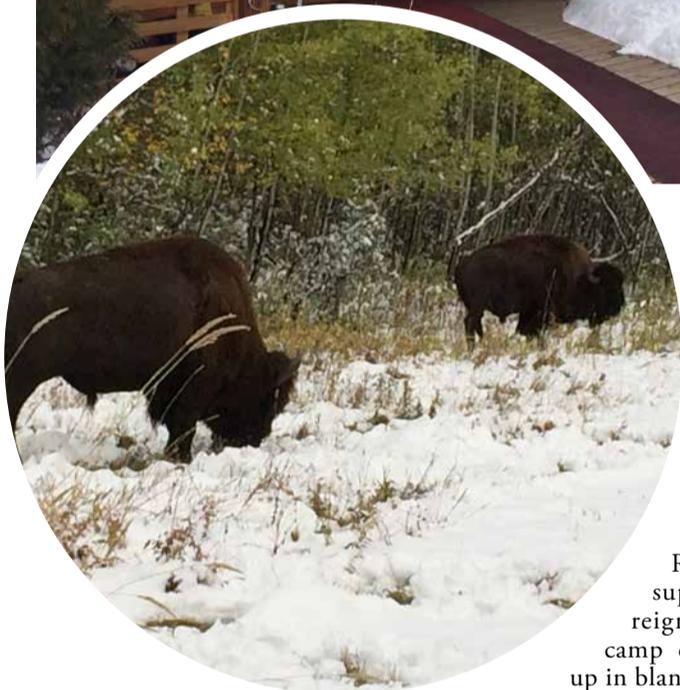
My favourite spot is out on the deck, overlooking the North Raven River, famous as a brown trout spawning stream. Wearing my cold weather gear and cuddling in a cozy blanket, I like to sit, sip a hot chocolate, and listen to the soft sounds of nature. The tiny but fast-flowing North Raven River never freezes, adding a pleasant burbling. Chickadees, blue jays, nuthatches, and grosbeaks busily visit the feeders.

Sometimes the silence is broken. Once, a moose wandered down the river until Rascal, the lodge's welcom-

Another favourite winter getaway is the Lazy M Lodge. Stop at the top of the hill, step out, and soak in the sight of the foothills of the Rockies in the distance.



Left: Lazy M Lodge is this author's favourite place to unwind. **Right:** Alberta has plenty of options for winter travel. **Left Circle:** Just 40 kilometres from Edmonton, Elk Island National Park is a winter haven for bison and humans. | Constance Brissenden



10 pm, and don't forget to pack folding chairs and blankets.

On the far side of the Bison Loop Road, darkness is supreme and silence reigns. Unfold your camp chair, wrap yourself up in blankets, and just sit and look. The night sky is filled with

hosted by Marcel Gour and Randy McGhee for the past dozen years.

"Rest, Relax & Recharge" is the motto of this year-round oasis. Two wood stoves add a special warmth to the country living ambience. A hot tub just outside the rear door is especially inviting. Delicious meals are included, so there is no worry about when or what to eat.

But above all, there is a serene country quiet that is infinitely restful.

ing collie, barked him away. After all, no place is perfectly serene!

A final tip: never underestimate the cold. From head to toe, bundle up. Warm socks and boots are a must. Nothing is worse than frozen feet to spoil your winter serenity.

Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.

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It's time to talk about addictions, recovery, and treatment

STEPHEN STRAND

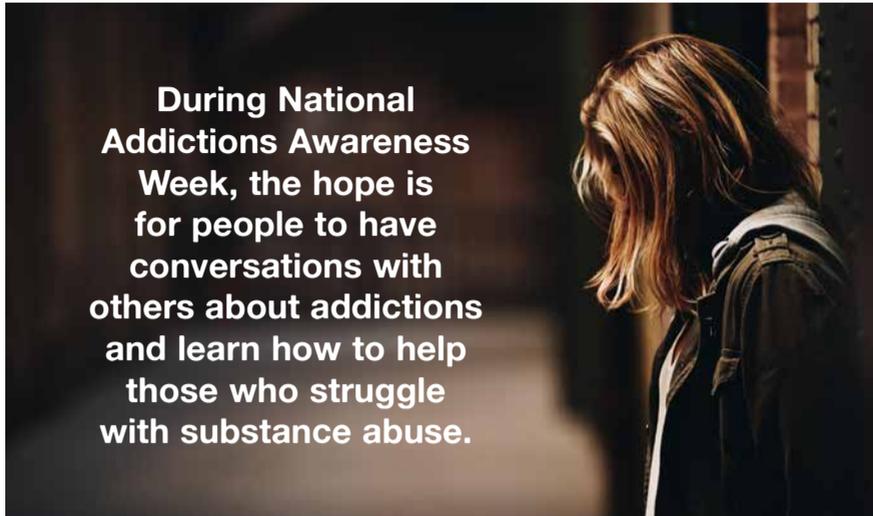
We all know someone who is always going out for happy hour with their buddies after work, or the person who *must* have a cup of coffee before they talk to anyone or get anything done at work. But how often do we stop and think about the context behind these kinds of actions?

National Addictions Awareness Week (NAAW) from Nov. 20-26 is an opportunity to learn more about addictions, recovery, and treatment. During NAAW, the hope is for people to have conversations with others about addictions and learn how to help those who struggle with substance abuse.

According to Franki Harrogate, a registered provisional psychologist, "Addiction – my own personal definition – is something that alters our mental or emotional state, well-being, and/or functionality such that its absence, loss, or interruption causes significant disruption."

Harrogate explains that comments like, "it's wine o'clock" or "don't talk to me before I've had my first cup of coffee" are often brushed off as jokes, "but those are simply people using substances in a context that's considered socially acceptable."

Harrogate says substance use is generally an attempt to self-medicate. "Substance use becomes a problem



This November, learn more about addictions and the people it affects. | Unsplash

"Addiction – my own personal definition – is something that alters our mental or emotional state, well-being, and/or functionality such that its absence, loss, or interruption causes significant disruption."

Franki Harrogate, registered provisional psychologist

when the needs we're trying to meet remain unmet and unregulated substances continue to be the only way to reduce that pain or stress."

There are certain signs to look for when it comes to substance use. Harrogate says a big one to look for is trauma.

"Trauma that is untreated, particularly trauma that is ongoing, is a huge risk factor for substance use," Harrogate says. To make matters worse, treatment for trauma tends to be inaccessible and barriered. "Doctors refuse to believe

patients who report unresolved trauma as a mental health issue, never mind the health impacts of unresolved and/or prolonged exposure to trauma. So right here, we've got a huge barrier in people's needs being met." Also, if someone's essential needs are unmet, that can cause or worsen existing trauma. Mental health is another factor.

"Folks with untreated mental health issues or unresolved trauma tend to be over-represented in substance use demographics because they're attempting to meet a need and nothing else is accessible or available," Harrogate explains. "Specific to substances, people use for a reason – again, maybe it's self-medication (for a variety of reasons, all are legitimate). Self-medication can involve mood management or increasing appetite. Regardless, substances

aren't the issue – people's responses to people who use substances are."

There are numerous ways to help. "Doing so can look like making sure they never use alone; making sure that you are trained in the use of and have access to naloxone; ensuring access to drug testing kits to reduce accidental overdose; and, finally, pushing for safe supply of substances to prioritize safety of people who use substances."

Harrogate explains that if you want to support someone who is interested in reducing usage or completely stopping, it is better to avoid the abstinence-focused programs. "Their success rate is extremely low, they use shame and rigid frameworks that don't leave room for relapsing, and they tend to be run by people with a highly ideological, often religious perspective."

What does work, though, is harm reduction programs that involve a community.

"Giving people someone safe and trauma-informed to talk to when they're struggling is the baseline. Access to trauma-informed therapy that centres around harm reduction, access to supporters who engage in harm reduction frameworks, and most of all, meeting essential needs like housing and food security. Stopping substance use while still being forced to endure or navigate the same conditions and spaces that contributed to using in the first place is pretty much impossible."

For more information, visit: ccsa.ca/national-addictions-awareness-week.

Stephen works in broadcasting and writes for fun.

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With Zylina Acuña

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Peripheral Neuropathy Breakthrough!



“My feet feel like they’re on fire.”
“Each step feels like I’m walking through wet paint.”
“I live in constant fear that I’ll fall.”
“I can’t sleep, my hands and feet tingle all night.”

What do all of these people have in common? They suffer from peripheral neuropathy. It’s estimated that thousands of people in Canada have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Dr. Melanie Morrill Ac. of Accessible Acupuncture in Edmonton, AB shared this belief. “I’ve been treating neuropathy, in all its various forms, for over five years and so often my patients come to me because of the symptoms, not because of a diagnosis. They read the testimonial of another patient and say to themselves ‘hey, I feel the same thing.’”

Shirley of Downtown Edmonton testified to this. “I remember my husband driving me to my consultation and I saw a woman running just outside our neighbourhood. I was so envious - I just kept thinking ‘I would give anything just to walk again’. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed.”

Fortunately, Shirley would eventually see Dr. Melanie Morrill Ac. on the local news talking about similar symptoms and how she offers a real solution at Accessible Acupuncture.

“I just knew I had to see her. She was my last hope.”

“Almost all of our patients come to us with a story similar to Shirley’s. They’ve been everywhere else. They’ve been told there’s no hope. They’ve been told ‘it’s just part of getting older.’” shares Kelly, a Patient Care Technician at Accessible Acupuncture. “It just breaks my heart but I know how much we can help people like Shirley so I’m always so happy when they walk through our door.”

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Melanie Morrill Ac. and the staff at Accessible Acupuncture pride themselves on being ‘the last resort with the best results’.

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by a lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues.

“In this case, the absence of pain is not necessarily a good thing.” shares Dr. Melanie Morrill Ac. “This usually indicates that your nerves are hanging on by a fragile thread.”

How exactly is Dr. Melanie Morrill Ac. able to reverse the effects of this degenerative disease?
 “Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy. This is a technology that was originally developed by NASA to expedite recovering and healing.”

“I just can’t say enough about Accessible Acupuncture,” Shirley shared through tears of joy. “My husband and I moved here 3 years ago and he’s gone to the river valley every day to walk. I always stayed home because of the pain and discomfort. Yesterday I walked beside the river with him! And next week we’re starting square dancing again! I am truly living life these days.”

“According to Shirley’s test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients,” Shares Kelly. “But more important than those test results is the joy she’s expressed being here and hearing about all the amazing things she’s able to do because she feels great!”

By seamlessly blending the ancient science of acupuncture with modern medical solutions Dr. Melanie Morrill Ac. has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed.

“This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred,” tells the Doctor of Acupuncture. “This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I’m familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine.”

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or ‘pins and needles’ or you’ve recently been diagnosed with peripheral neuropathy, it’s important to know that there are options. There is hope!

Accessible Acupuncture is now accepting new patients but only for a limited time. Only 20 new neuropathy patients will be accepted in November.
Call 587-879-7122 to schedule.

CALL 587-879-7122 | Read more at AccessibleAcupuncture.ca



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