

Living With Purpose

Northwest of Spokane, Washington near Roosevelt Lake there's a province called Okanogan Highland. Here among lush mountainous forest sits the Colville Indian Reservation and a forgotten people.

Once respected members of 12 nomadic tribes, the Colvilles' ancestors traveled throughout different territories in the Northwest (including Canada) following the seasons and food sources from place to place to occupy fishing sites, as well as harvest berries and native plants. In their travels, the Covilles' would traditionally gather with other indigenous natives for seasonal activities such as food harvesting, feasting, trading and celebrations. Their lives were tied to the cycles of nature both physically and spiritually.

With the influx of Canadians and Europeans in the mid 1800's, the nomad tribes were restricted from their ancestral lands as open territories were claimed as states or country boundaries. In 1872, through a Presidential Executive Order, the Covilles, along with other tribes, were forced on to their current reservation.

Colville Reservation lands are diverse with natural resources including standing timber, streams, rivers, lakes, minerals, varied terrain, native plants and wildlife. However, after generations of hollow government promises and discrimination, much of their native culture, traditions, self-sustainability and pride have been lost.

Today, because of poor education and high unemployment, many Colville Indian families live below national poverty standards and depend on the Confederation Tribes and other welfare systems to survive. As a result, individuals and families, alike, suffer from the effects of extensive drug and alcohol abuse, domestic violence and crime due to depression and despair. In addition, the reservation community lacks resources and funds for adequate, affordable housing, home water systems and even electricity, as well as, safe, usable roadways throughout the reservation, modern health clinics and youth shelters facilities.

With so many chronic, systemic problems facing the community, where does one begin to make a difference? A professor and physical therapist named Elaine Lewis hopes to make a difference by bringing change to the quality of medical care and instilling healthy lifestyle alternatives. Many residents on the reservation go untreated either due to poverty, tribal insurance red tape, prejudicial treatment or inconvenient medical facility locations. According to Elaine, many residents feel discriminated against and are wary of modern medicine. In other cases, it's a matter of logistics. To get to a clinic or hospital, residents of the reservation must either go over the mountain or cross the river by ferry. These trips take up most of the day in travel time alone, not including seeing the doctor. To solve this problem, Elaine set up her practice in a small medical in *Inchelium*, a small town on the reservation. Instead of her patients traveling by ferry to come to see her, she makes the trek four days a week by ferry to see them.

One of the biggest challenges for Elaine's practice has been gaining her patients' trust. The community in general is distrustful and closed to outsiders, so it has been a slow process. Frustrated, but not deterred, Elaine consulted an elder woman for advice, because if the elders approve, then the community will follow. The elder woman told her, "Do what you do, do it quietly and listen." Taking the woman's advice to heart, it has taken about a year for her practice to see any growth.

Elaine laughs when she recalls the first six month of her practice. She says she made a total of \$40 in cash. Remaining services were paid in different types of merchandise. "My CPA just shakes his head when reviewing my books ---- 4 salmon, 5 chickens, 3 lbs of garlic," she said, laughing. "Many practitioners don't accept non-monetary payments. Because I do, it shows respect and has helped create trust," Elaine continued. This openness to their culture, a genuine concern for their health, and showing respect, Elaine has gain her patients' trust, which in turn, has helped her practice blossom simply by word of mouth.

One procedure she has introduced to her patients with remarkable results is the use of the BEST-PRO1 device in treating diabetic neuropathy, chronic fatigue syndrome and extreme neck and back pain. She began her treatment with the BEST-PRO1 with a patient suffering with chronic fatigue syndrome. Elaine has worked with him several months on different areas that were causing him excruciating pain. She reports that her patient is now seeing great results with range of motion, reduced pain and sleeping through the night.

Another patient suffering from diabetic neuropathy of the feet had a continual ulcerated wound that was not healing and the only alternative prescribed was to amputate his toe. Elaine asked if she could try an alternative treatment and with permission began a BEST-PRO1 protocol on his foot and toe twice a week. Within the month, she and her patient were amazed that his wound had healed. His toe was saved! Plus, according to Elaine, he regained full circulation in his feet. She has recently started a BEST-PRO1 protocol treatment on a partial paralytic patient for the pain in his back and neck. After a month of treatment, Elaine reports that he is now standing and moving on the treadmill for over 5 minutes without pain.

As a result of these successes, more and more of Elaine's patients are coming to her for help with their pain, as well as lifestyle changes in diet and exercise. She has just hired an additional therapist to train on the BEST-PRO1 and is looking to add additional units to treat more patients at the same time. She is also showing the device to several doctors in different towns, at her own expense, to help promote healing of their patients. Elaine says for her it's not about competition to see who can have the most patients, but how the medical community collectively can help their patients.

As Elaine explains it, "these are a forgotten people, but they are a beautiful people who love the land and their families. I know my purpose and mission is to help them and I go where Spirit guides me. Spirit has led me to Avazzia and these phenomenal devices." "Everyone, not just the Colvilles are looking for an effective, alternative healing," she continues. "I know this device is revolutionary because I have seen amazing results with my patients."

Elaine knows there is more work to be done and is taking her mission a step further. She has spoken with the elders, as well as doctors and non-tribal community leaders about creating a holistic center. The center would be a gathering place for friends and family, as well as a teaching facility. Residents would learn sustainable ways to create marketable products for economic independence. It would also provide instruction and counseling for healthy living, well-care and lifestyle skills. Obesity and diabetes run rampant on the reservation from the unhealthy diet they consume, as many rely on the weekly truck of donated food that is high in sugar and fat. In addition, the center would provide free screenings to identify general ailments with use of the Avazzia MEAD system, a complete body mapping device. The name of the center will be called the Rose Garden Healing Lodge. Its mission is to provide a place where hope, health, healing and happiness meet.

Man does not weave this web of life. He is merely a strand of it. Whatever he does to the web, he does to himself. --- Chief Seattle, Chief of the Suquamis

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