



What's new in town

Pain Management and Injury Relief Medical Center to Open in Park Plaza Simi Valley Medical and Professional Center

Dr. Alexander P. Hersel, founder of Pain Management and Injury Relief Medical Center (PMIR), is opening a second medical clinic in Ventura County at the Park Plaza Simi Valley Medical and Professional Center, 3695 Alamo Street, in



March. "We're pleased to be opening this location in Simi Valley to better serve our Ventura County patients in this convenient and state-of-the-art setting," said Dr. Hersel. This new office marks the third clinic opening for Dr. Hersel, joining locations in the Thousand Oaks Medical Center and Santa Monica Medical Center.

PMIR Medical Center's newly-reconstructed facility will provide state-of-the-art diagnostic and treatment services, in addition to FDA techniques that do not require surgery.

PMIR pain specialists take a comprehensive approach to pain management, basing their practice on Western medicine, and supplementing it with research-proven alternative therapies.

Pain Management and Injury Relief Medical Center (PMIR)

3695 Alamo Street, Simi Valley, CA 93063

9am-5pm Monday through Friday

Inquires: info@paininjuryrelief.com

For more information go to:

www.paininjuryrelief.com



Sleep on One of the Healthiest Beds in the World As Seen on Oprah Magazine

Terra 100%-Natural Rubber Latex Mattress

The OrganicPedic® Terra was showcased in The Oprah Magazine recently. It is a 4-sided, 12" sculpted-surface pillow-top mattress. It starts with a 3" core of firm, supportive 100%-natural rubber latex. The core is joined with two inches of softer latex on the top and bottom, and covered with Spencer's Mattress signature OrganicPedic® quilting. A removable, two-sided pillow top (3" deep) — also made of 100%-natural rubber latex — is then placed on the mattress. The pillow top is made with two surface options: exclusive sculpted surface on one side and a flat surface on the other. This provides sleepers with maximum comfort and flexibility. The pillow top is fully covered with their signature OrganicPedic® quilting and attached to the mattress with their exclusive "button-down" process. Whether you're interested in a cleaner environment or improved health for you and your family, invest in a mattress that is going to provide you with one of the best nights

sleep. Spencers Ventura Mattress 1806
Goodyear Ave Ventura, Ca 93003
805-658-2866. venturamattress.com

