

View Debbie Papadakis, Toronto based Hypnotherapist, (www.hypno-healing.com) working with a client in Episode 3 "Overactive Bladder" airing on W Network, Tuesday April 21, 2009 at 8:00pm ET/PT

Remedy Me! sure cure for TV blahs

Embarrassing ailments meet holistic healers in new documentary series

(Halifax, March 30, 2009) *Remedy Me!*, a new documentary series that follows those who suffer from odd or embarrassing illnesses as they explore the world of alternative medicine, makes its debut **Tuesday, April 7** on **W Network**.

Tag along as these men and women – many dogged for years by ailments including irritable bowel syndrome, hemorrhoids, restless-leg syndrome and adult acne – talk frankly about their problems and their frustration with conventional treatments, and ultimately dive into alternative therapies.

Filmed in **Halifax, Toronto and Vancouver**, *Remedy Me!* offers a behind-the-scenes look at complementary medicine and alternative therapies ranging from Traditional Chinese Medicine, Hypnosis and Reiki to Chiropractic, Acupuncture and Bio-energy Healing. The process is sometimes distasteful, often invigorating, usually humorous, and always interesting.

Beginning April 7, *Remedy Me!* airs weekly at 8 p.m. ET/PT. Episodes include:

- **Episode 1: Gas** – Desperate for some gas-busting relief, two women leap into the world of alternative remedies. Spicy-food-loving Margaret tries Chiropractic therapy, while fast-food addict Deb struggles with the lifestyle changes prescribed by her Chinese Medicine Doctor and Holistic Nutritionist.
- **Episode 2: Snoring** – Two snoring dynamos, yearning for a good night's sleep, are willing to try any treatment, no matter how offbeat. Mike's snoring is so bad his marriage is on the rocks. He tries Ayurvedic treatments, along with Reiki. Also feeling isolated by her ear-splitting snores, Mary Lou commits to a holistic makeover on the advice of her naturopath.
- **Episode 3: Overactive Bladder** – David and Birgitta visit the washroom three to five times per hour. Desperate to stem the tide, David consults a doctor of traditional Chinese Medicine and revisits his childhood through **Hypnotherapy**, while Birgitta visits an osteopath.

Creative Atlantic Communications Ltd. is passionate about producing meaningful programming for the domestic and international marketplace. The company's quest to inspire, entertain and enlighten is evidenced through its compelling roster of comedy, drama, documentary and children's programming.

This year, the **Halifax-based** company – founded by **Janice Evans** and **Greg Jones** – celebrates its 20th year in the business.

Creative Atlantic's roster includes the co-production of the first two seasons of *Robson Arms*, a half-hour prime-time series for CTV. Other notable productions include *The Singular Series*, a 13-part one-hour performance series for Bravo!, the Hip Hop documentary *The 902* for CTV and IFC, 26 episodes of the satirical comedy series *Liocracy*, starring Leslie Nielsen, for The Comedy Network, and *As We Appear: The Story of Erica Rutherford* for Global Television. Recent productions include *Bringing The World Home*, a one-hour performing arts special for PBS starring Natalie MacMaster and Bela Fleck, *The King O' Fun*, starring Andy Jones, for Bravo!, and two docs: *Celtic Soul: The Life and Times of John Allan Cameron* for Bravo! and CBC, and *Ted Nolan: Behind the Bench* for APTN and CBC Newsworld. Creative Atlantic also co-produced *The Mighty Jungle*, a pre-school series for CBC.

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