

# FFC NEWSFLASH

## July 2006

### Building Blocks

<p>July 11<sup>th</sup>, 2006 – 6:30-8:00 pm</p> <p>Community Lecture Series - Summer</p> <p><b><u>Introduction to Ayurveda</u> – led by Cheong Ng</b></p> <p>Investment: Free to all FFC practice members</p>	<p>Join Yoga Source teacher, Cheong Ng, in an introduction to Ayurveda, the science of life and its connection as a sister science to Yoga. This lecture will cover the foundations of Ayurveda – discover your personal connection to the elements and doshas.</p>
<p>July 25<sup>th</sup>, 2006 – 6:30-8:00 pm</p> <p>Community Lecture Series – Summer</p> <p><b><u>Raising Exceptionally Healthy Children</u> – led by Dr. Amy Butt, DC, B.Sc</b></p> <p>Investment: Free to all FFC practice members</p>	<p>Dr. Amy will discuss ways to facilitate health, balance and well being in children. This seminar will focus on topics such as keeping children fit and active, promoting health naturally, and helping children reach their full potential.</p>

### Coming Up Next Month:

- **Building Strong Foundation I** – Basic Core Strengthening and Stretching  
With Dr. Amy Butt, DC, BSc
- **Building a Strong Foundation II** – Advanced Core Strengthening and Stretching  
With Dr. Amy Butt, DC, BSc

### HELLO MY NAME IS DEBORA PALMIERI!

It was about three months ago when I discovered Foster Family Chiropractic. I was in the midst of searching for a place to open my nutrition practice, but it seemed that no one I spoke to had the same passion and drive I was looking for. Just as I was about to call it a day, I received an email from a fellow nutritionist, sending me information about a clinic in Newmarket; Foster Family Chiropractic was looking for a holistic nutritionist - long story short, here I am!

Nutrition has always been a passion of mine (...and my daily commute from Brampton proves it!). It is very rewarding to know that I have the tools to teach people about something as important as food and nutrition. I have always wanted to work alongside

practitioners that viewed health and wellness the same way I do. I am grateful to the team at Foster Family for allowing me the opportunity to work with them, towards one goal; helping others achieve optimal health and vitality.

When I'm not talking food, I love traveling, going to the gym, Latin dancing, and shopping (I need to visit a mall a minimum of 3 times a month or I'll have withdrawal)! My sister and I also love treating ourselves to regular spa treatments; pedicures are a summer-essential! I've lived in Brampton now for 19 years but by this time next year I'll be married and living with my new husband, in my new house, in Stouffville. I can't wait!!  
☺

## **SNIPPETS FROM THE STAFF:**

### **SANDRA VIAES, BA, RMT**

Tis the Season: How Massage can Help with your Allergies

Allergies are not just annoying; they can affect sleep, concentration, and productivity and put you in a bad mood.

While people often think of spring as the beginning of allergy season, there are actually three separate times of year when allergies tend to occur: spring (tree pollen), summer (grass pollen), and early fall (ragweed pollen)

Massage Therapy can help reduce allergy symptoms by tempering your immune system's response to the perceived offender - pollen.

Allergies are worsened by a stress reaction, which causes physiological responses, including the release of stress hormones and histamine, and triggers inflammation. Getting regular massage treatments can decrease your stress levels therefore increasing relaxation.

Relaxation diminishes the parasympathetic (fight-or-flight) response, and thereby reduces allergic symptoms. Through relaxation, the nervous system basically tells the immune system to hold its fire. Once the immune system backs off, the inflammation and mucus decrease, and symptoms diminish.

But if you are already fighting the symptoms of allergies a massage treatment can help clear mucus from your nose and throat, decrease muscle aches and pain and reduce headaches.

### **TINA CORRIERO, RMT**

Time has flown by since I've graduated 12 years ago from C.C.M.H. Working at something you love to do is very rewarding. I've enjoyed building a practice in Newmarket, and raising my daughter here. With interesting experiences and challenges behind me, I now enjoy working with the team at F.F.C.

It's been a great four months since I've started. I plan to grow and enrich my practice with the support of the great people I work with.

One of my passions is working with organically grown essential oils. I'm looking forward to introducing them to our office soon. The energy balancing Raindrop Therapy, with

eight essential oils, is available for you to try. It supports the immune system, increases mental awareness, and decreases pain.

I'm looking forward to meeting more Foster Family Practice Members and fulfilling your massage therapy needs. With the nice weather upon us, if you don't find me at the office...I'll see you at the water park!!

### **DR. AMY BUTT, DC, BSc**

In 2003, I wrote an exam in order to become a Certified Strength and Conditioning Specialist (CSCS). I have worked as a personal trainer for the past three years and have had the opportunity to work with men, women, and children of all fitness levels.

The most important aspect of exercising, in my opinion, is to do something that you enjoy. Find something active and engaging that you love and look forward to doing. Try something different, like yoga or hiking. Join a walking or running group. Or get involved in an organized team sport, like soccer or volleyball. I hear a lot of people say that they don't have time to exercise. When you get involved in activities that you enjoy, it makes it a whole lot easier to schedule that much needed time for yourself.

### **SENIORS STAYING STRONG:**

We may be getting older, but some of us are staying stronger longer. Did you know that:

-Aerobic exercise will reduce your risk of heart disease, high blood pressure and type II diabetes.

-Resistance exercises will make your muscles and bones stronger, allowing you to do daily activities easier and reduce your risk of developing osteoporosis.

-Flexibility and balance exercises will keep your joints healthy and mobile, reduce your risk of falling, and help you stay independent.

-Being active every day will improve your mental agility, memory, and mood, promote relaxation, and reduce your stress!

### **Great Websites Worth Checking Out:**

1. Active Living Coalition for Older Adults: <http://www.alcoa.ca/>
2. The Canadian Center for Activity & Aging: <http://www.uwo.ca/actage/>
3. Canadian Association of Fifty Plus: <http://www.carp.ca/>
4. The Canadian Physical Activity Guide for Older Adults: <http://www.phac-aspc.gc.ca/pau-uap/paguide/older/>

### **DR. LAURA FOSTER, DC, BSc**

Athletes range in age, ability, and flexibility, but one thing remains constant: athletic performance begins at the level of the nervous system. No matter how hard you train, stretch, lift or practice, you are limited by the functioning of your nervous system. This is

because your nervous system coordinates and controls absolutely every function of the human body, including all healing and repair. If you're serious about fitness and want to be at your best, chiropractic care is a necessity!

**This is not news to competitive athletes:**

"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing."

**-Tiger Woods**

**Emmitt Smith**, recently became the NFL's all-time career rushing yardage leader and the NFL's rushing touchdown leader. In an interview with the Dallas Morning News the week before he set the record, he said that the short list of people he would thank included his chiropractor.

**Lance Armstrong**, 7-consecutive-time winner of the Tour de France and America's greatest cyclist ever, said that he could not have won the Tour in 2000 without his chiropractor's help.

"If it were not for chiropractic, I would not have won the gold medal. Every track and field athlete that that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential"

**-Dan O'Brien, 1996 Olympic Decathlon Gold Medallist**

Have you had your spine & nervous system checked with our state-of-art diagnostic equipment?

As us anything, we'd love to chat with you!

**KAREN GREEN, FRONT DESK STAFF**

**WHAT CAN I DO ABOUT STRESS?**

**Keep a positive attitude.**

**Accept that there are events that you cannot control**

**Be assertive instead of aggressive. " Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.**

**Learn and practice relaxation techniques.**

**Exercise regularly. Your body can fight stress better when you're in shape.**

**Eat healthy meals that are well balanced**

**Get enough rest. Your body needs time to recover from stressful events**

**IN YOUR OWN BACKYARD**

**Spring View Farms**

A small, quiet, berry patch - Chemical free strawberries are ready for picking as of June 20th, the season will last until mid July. Raspberries ready for picking July to mid August.

The strawberries are amazing this year due to all of the rain in the spring. No insecticides, fungicides or herbicides used for strawberry & raspberry crops.

The owner is Anthony Sarino who is always available to answer your questions about his farm & his strong belief to return to a more sensible and safer way of living for you and your family.

The farm is located in Leaskdale 10km North of Uxbridge at 11680 Durham Rd 1. They are open Monday to Saturday 8am to 8pm. Call for daily picking conditions or to place an order 905.852.2795

### **Freecycle Network** ([www.freecycle.org](http://www.freecycle.org))

Open to all communities and to all individuals to recycle unwanted items. It's a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own towns. Freecycle was created to promote waste reduction and reduce the amount of waste going to landfill.

When you want to find a new home for something or looking to acquire something, go to the website & search for your city (Aurora/Newmarket group), sign up for free & start listing things you would like to give away.

Non-profit organizations also benefit from Freecycle Network. Post something you would like to give away & specify that you wish the item to go to a nonprofit cause. **Check out the website for more information. A great way to work together as a community to help the earth.**

## **THINGS THAT MAKE YOU GO HMMMMMMMM**

### **Regular exercise:**

- encourages sleep
- increases energy levels
- improves strength, flexibility and balance
- strengthens the heart and reduces blood pressure
- improves emotional stability
- builds strong bones

**HOPE YOU'RE HAVING A GREAT SUMMER!**

**WE LOOK FORWARD TO SEEING ALL OUR PRACTICE MEMBERS AT OUR ANNUAL PATIENT APPRECIATION DAY PARTY COMING UP IN SEPTEMBER !**

**MORE ON THIS IN OUR AUGUST NEWSLETTER.**