



FFC NEWSFLASH!

December 2006



“Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind.”

-Dr. Seuss

BUILDING BLOCKS

<p>Healthy Eating During the Holidays</p> <p>December 5th, 2006 - 7-8pm</p> <p>Led by: Debora Palmieri, BASc., RHN, RNCP</p>	<p>This seminar will teach you how to make healthier choices during the holidays, while learning to control your food portions. Come in to get lots of helpful tips for eating this holiday season to avoid putting on those extra pounds.</p>
<p>Family Medicine Chest - Level One</p> <p>January 12th, 19th, 26th and Feb. 2nd, 2007 - 9:30 - 11:00am</p> <p>Investment: \$80.00 for the session. Please register in advance, as seating is limited. Babes in arms welcome.</p> <p>Led by: Wendy Herod, B.Kin, D.H.M.H.S., H.D., Classical Homeopath</p>	<p>Join Wendy Herod, Classical Homeopath to learn the basics of homeopathic prescribing for your family. This class is the base for all other homeopathy study groups and classes offered at FFC. Wendy will cover acute case taking, remedy and potency selection and how to stock your family medicine chest for the winter ahead.</p>
<p>The Homeopathy Study Group</p> <p>January 26th, 2007 - 9:30-11:30am</p> <p>Investment: \$50.00 per session <u>Please reserve your seat.</u> Babes in arms welcome.</p> <p>Led by: Piper Martin, B.Ed., DS Hom.Med</p>	<p>The Homeopathy Study Group is an ongoing meeting of people interested in developing their homeopathic case taking skills, knowledge of materia medica and understanding of how homeopathy can change lives. Each seminar is an individual session so please feel free to join us at any point.</p> <p>The focus for the January meeting will be on the following remedies and themes:</p> <ul style="list-style-type: none"> • Using Homeopathic Belladonna, Stramonium and Aconite to alleviate fear and anxiety. • Nightmares and sleep disorders in children • Panic attacks and anticipatory anxiety • Understanding etiologies for fear including birth trauma, illness and ailments from fright.

HELLO MY NAME IS: Karen Green

Hello my name is Karen. I have worked at Foster Family Chiropractic and Associates for 3 years as a Clinical Assistant/front desk person. The time has flown by and I have learned so much. Three years ago I was looking for a part time job and a good chiropractor, never expecting to find them both at the same time and in Newmarket, but I did and here I am. My employment background is in insurance claims and I wanted a change, but wanted to stay in the service industry. I was born and raised in Scarborough, got married 21 years ago when I was 10 ha ha... and have two awesome children, Calvin 12 yrs. and Calista 7 & 7/8 going on 18. In the summer I can be found camping and enjoying the outdoors with my family, thanks to my husband. I don't think I would have ever experienced this without him. They are trying to convince me to do winter camping in a yurt this year. The verdict is still out.

SNIPPETS FROM THE STAFF

Wendy Herod, B.Kin, D.H.M.H.S., H.D. Classical Homeopath

My first few weeks at FFC have been great! I'd like to thank all the staff and patients for giving me such a warm welcome and making me feel right at home. I've got some big shoes to fill while Piper is away but I feel up to the challenge and am really excited and looking forward to it.

Dates for the **Family Medicine Chest Series** are:

Friday Jan. 12th, 19th, 26th and Feb. 2nd from 9:30am to 11:00am.

(Note: This class is the base for all other homeopathy study groups & classes offered at FFC.)

I encourage anyone interested in learning more about Homeopathy and how it can benefit yourself and your family to attend. It's a great opportunity to learn, ask questions and be around like-minded individuals! I also look forward to leading two Homeopathic Study Group Sessions, one in February and one in March.

Piper Martín, B.Ed., DS Hom.Med

Just a reminder to all women out there searching for some thinking outside the box. The **Red Tent Circle** started up again on October 20th and we have been meeting every other Friday from 10-11:30am. We discuss a variety of topics ranging from quantum physics to vaccination, visualizing with our children and sharing birth stories. The Circle is geared towards women seeking to connect with other mothers in the community to support each other and our children. Please join us. The Circle is free and open to all - babes in arms most welcome. Led by Dr. Laura Foster and Piper Martin.

Upcoming dates: December 1st and 15th, January 5th and 19th.

Toni Oliver, RMT

Hot stone massage therapy originated from Ancient Native American Medicine and is aimed at recharging the body's energies. This is achieved by incorporating hot oiled volcanic river stones, called basalt stones, into a full body relaxation massage. The technique of applying the water heated stones to the body with motion as well as placement of the stones to particular spots creates a warming of the muscles and allows for a deep relaxation of the body. The deep relaxation along with the sensations of comfort and warmth allow you to let

go of stress in the body. The deep heat also causes the blood vessels to expand allowing for a better exchange of nutrient and oxygen rich blood and waste removal to take place in the tissues of the body. If you would like to experience the ultimate relaxation therapy you must try a hot stone massage.

Sandra Víaes, RMT

Massage during pregnancy is therapeutic bodywork, which focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of the childbirth experience. Prenatal massage refers to specific massage techniques that have been shown to reduce pregnancy discomforts and to enhance the physiological and emotional well-being of both mother and fetus. Studies show that pregnant women who receive regular prenatal massages are more at ease - furthermore relaxing the fetus inside their womb. Benefits of prenatal massage include: emotional support and nurturing touch, relaxation and decreased insomnia, stress relief on weight-bearing joints, such as ankles, lower back and pelvis, neck and back pain relief caused by muscle imbalance and weakness, assistance in maintaining proper posture, preparing the muscles used during childbirth, reduced swelling in hands and feet, lessened sciatic pain, fewer calf cramps, and headache and sinus congestion relief.

Dr. Laura Foster, DC

Something to consider ...

Fever is a powerful part of the immune system, as it interferes with pathogen growth, inactivates many pathogen toxins, and facilitates a more intense immune system response. Many physicians now recommend allowing fevers to run their course. "Fever is a systematic response to infection. It is generally agreed that moderate elevation of body temperature improves the body's disease fighting capacity"¹

1. Moffett, D. Human Physiology, Mosby Medical Publishing, 1993, 2nd edition.

As a chiropractor I am often recommending the practice of 'supporting' rather than 'suppressing' the body's innate ability. Fever is a mechanism created by the body, not the organism, and thus shouldn't be the focus of our efforts when we are caring for sick loved ones. Often our best intentions end up allowing the organism to increase its infectability.

Dr. Amy Butt, BSc, DC

“Every function of the human body is under control of the nervous system; it’s function is to coordinate all the other organs and structures and to relate the individual to his environment”.

–Gray’s Text of Human Anatomy

One of the most complex and fascinating partnerships in the human body is the relationship between the nervous and immune systems. Clinical research in the field of neuro-immunology continues to highlight the intimate connection between the two systems. Nerve fibers communicate with every part of the immune system, including the lymphatic network and each organ, gland and cell involved. A healthy nervous system is able to respond appropriately to an individual’s internal and external environments and subsequently relay this vital information to the immune system. Stress, whether from

physical, chemical, or emotional sources, can impact the health and functioning of the nervous system. Any disruption or interference within the nervous system may alter or impede the relaying of important messages to immune organs and cells, resulting in depressed or deficient immune responses. It's not surprising that people under significant amounts of stress get sick more often!

Chiropractic is a natural form of health care, which focuses on detecting and relieving areas of stress-induced interference within the nervous system. Chiropractic care thereby facilitates the communication between the nervous system and the organs, glands, and cells of the immune system, allowing the immune system to function to the best of its ability.

Boost your immune system naturally with regular chiropractic care

IN YOUR OWN BACKYARD

Christmas Giving – We Need Your Help!

On September 7th, 2006 one of our practice members passed away. His name was James Daye and he was 34 years of age. James died of complications from cancer and the medical expenses he obtained during his health crisis are quite staggering. He and his wife April have three children, Zoë, age 7, Austin, age 5 and Peyton, age 5. They are members of the Newmarket community and are in need of some loving care. It is the intention of the practitioners and staff at Foster Family Chiropractic to support the family of James Daye this Christmas season. We would like to invite you to participate in any way you are willing. A list is being created by the family to post in the clinic so that their needs may be met in the most practical ways. We feel that one of the best ways to create new and positive energy through times of grief and stress is to show our love and compassion to the community around us. Please feel free to express your compassion for this family this Christmas season.

Groceries Right to Your Door

Wanigan - Organic Vegetable Box Delivery Service

Wanigan is a standing order, home delivery service devoted to bringing its urban customers seasonal, fresh picked, certified organic fruits and vegetables from the farm. We source from accomplished farms and market gardens from southern Ontario, across North America and other parts of the world. Wanigan delivers to homes in Toronto, Aurora, Brampton, Guelph, Mississauga, Newmarket, Richmond Hill, and Oakville.

Visit www.wanigan.com or call 1-877-926-4426 for more information.

Kids Just Wanna Have Fun!

Calling all 9-12 year olds!!!

Program: Runs from Monday Jan 8th to Monday Mar 5th, (missing Feb 5th) either 4:30-5:30pm, or 5:30-6:30pm, in the new group fitness room.

- **Kids' fitness** – inspires kids to want to be active, because it's fun!
- **Healthy Eating** - Teaches some basic health eating principles while enjoying a variety of health food.
- **Positive Attitude** - Promotes a positive attitude through group activities.

All materials are age appropriate and developed by child health specialists. Many materials re-printed with permission from OPHEA Toronto, Ontario.

Program Designer and Facilitator: **Louisa Snowie, BScN**, Personal Trainer Specialist with 20 years of paediatric nursing and 5 years as a physical activity promoter with children and youth.

Fee: \$200.00 per 8 week session (\$25.00/session)

Contact: Timberlane Athletic Club Aurora, ON at 905-727-4252. Registration available at front desk and is open to non-members.

THINGS THAT MAKE YOU GO HMMMMMMMMMM

Keep Your Furry Friends Healthy This Holiday Season:

Holly, ivy, mistletoe, and evergreens may provide attractive seasonal decoration, but various parts of these plants can be highly toxic to dogs and cats. Wreaths, ornaments, centerpieces and other decorations should be checked regularly to ensure they aren't dropping berries, cones, needles, and other debris that could cause harm to animals if eaten. Potted plants such as poinsettias, hibiscus, amaryllis and forced bulbs should also be kept well out of your animal's way.

TRICKS OF THE TRADE

Homeopathic Remedy Tips

- As the weather gets cooler and the mittens start to come out, you know that flu season is on its way! If you are seeking an alternative to the flu shot, consider the remedy *oscillococcinum*. It can be used as a preventative but can also be used as early flu symptoms begin to rear their ugly head!
- Tissue salts are a form of homeopathic support that act on a very physical level of the body. There are 12 tissue salts and they are all the naturally occurring minerals we have in our bodies. One of the most useful of these salts is **FERRUM PHOS**. Ferrum Phos is homeopathic iron. This form of iron allows you to not only boost your iron levels but enhances your body's ability to absorb iron from your food. Some of the practical reasons to have a bottle of Ferrum Phos on hand this season include:
 - a form of iron that will not interrupt your regular bowel movements
 - a suitable supplement for babies at six months of age in place of iron fortified cereals and formulas
 - an excellent support to take during pregnancy to boost iron levels
 - take 1-3 doses daily as an immune booster during acute illness - i.e.: any infections, fevers, colds etc.
 - A dose of Ferrum Phos is two pellets. You can take this up to three times a day for acute complaints. If you have questions please contact either Piper Martin or Wendy Herod for more details.
 - **Ferrum Phos is now sold at FFC - just ask Debora or the front desk staff to purchase your supply.**

Nutrition Tips

Stay “Sniffle-Free” This Winter Season!

It's that time of year again! The cold weather is here and with it comes the “cold season”. As people start to get sick, sales of cold and flu remedies begin to rise. Although they can help to alleviate suffering, they don't do much for protecting against illness. All they really do is mask the symptoms, thereby preventing your body from doing its job to fight off infection. The challenge is to keep yourself protected by boosting your immune system!

Here are some easy ways to boost your immune system to keep viruses at bay (*or at least to shorten their visit!*)

1. *Drink Up!* Get at least 8 glasses of pure water daily, to ensure mucus membranes stay hydrated. Dehydration lowers immunity since it prevents the release of infection-fighting immune cells. Water also helps relieve congestion.
2. *Eat healthy!* Whole grains, fruits, and veggies provide your body with plenty of immune-boosting nutrients, like vitamins A & C, and the mineral zinc. Studies show that vitamin C will shorten the duration of a cold.
3. *Avoid/limit your intake of sugar!* Sugar, found in all refined/processed foods, will suppress immune function for hours leaving your body helpless. It's also best to avoid dairy products, since they can cause mucus build-up.
4. *Stay active!* Moderate exercise will stimulate your immune system and help get rid of mucus build-up, so you can start feeling better faster!
5. *Get your zzz's!* Be sure to get plenty of sleep every night, so that your body has time to rejuvenate and replenish after a long day. As well, rest if you do become ill. Lack of proper rest will only prolong your illness and you may not heal properly.
6. *De-stress!* Stress causes the release of chemicals in the body that suppress immune function. Learn to deal with stress, try meditation or deep breathing!
7. *Visit us at FFC!* Getting regular adjustments, improving your diet, nutritional supplementation, and various homeopathic remedies will help keep your system strong.

Remember, healthy immune systems are better able to recognize and fight viruses. Therefore, building strength against viruses from the inside will help you avoid the cold bug this season!

Chiropractic Tips

How do you keep yourself strong during the winter months?

Chiropractic has long played a role in supporting the inborn processes of the mindbody. By addressing the core, vital system of the body – the central nervous system – it seeks to heal any disunity that exists between the nervous system and the cells, organs and tissues of the human body.

As chiropractors we may work with the spinal systems, but it is only because of the unique relationship between spine and nerve function. The nervous system is so sensitive to stimuli that some chiropractic techniques don't actually involve manipulation of the spine. Instead, some techniques utilize gentle touch or instruments (a ‘tonal’ approach) that work to release tension on the nerves.

Regardless of whether a chiropractor uses specific manual spinal adjusting or light force tonal adjustments, the effect is the same. **Adjustments remove interference to the functioning of the nervous system. Without interference your nervous system is capable of responding, rejuvenating and adapting to whatever life has to offer.**

“And yet you ask “Can Chiropractic Cure Appendicitis of the Flu?”. Have you more faith in a spoonful of medicine than in the power that animates the living world.”

*-B.J. Palmer, D.C., PH.C.
Founder of Chiropractic*

Give the gift of health this holiday season

FFC & Associates has a variety of gift certificates for loved ones. Why not give someone the gift of health with a comprehensive evaluation by one of our chiropractors, Hot Stone or Swedish massage by one of our registered massage therapists, a Reiki session, or consultation with our nutritional consultant? *For more information please ask our front desk team!*

Wishing you Happy Holidays from all of us at FFC!

