

# FFC NEWSFLASH!

January 2007

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty”

-Winston Churchill

## BUILDING BLOCKS

<p><b>Demystifying Arthritis</b></p> <p>January 16th, 2006 – 6:30-8pm</p> <p>Led by: Dr. Laura Foster &amp; Dr. Amy Butt</p>	<p>Join us for a discussion of arthritis and related topics, including biochemical and skeletal issues, inflammatory prevention, and the common fears associated with the aging process.</p>
<p><b>Family Medicine Chest - Level One</b></p> <p>January 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and Feb. 2<sup>nd</sup>, 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 <b>Wendy Herod</b>, 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><b>The Homeopathy Study Group</b></p> <p>January 26<sup>th</sup>, 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 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"><li>• Using Homeopathic <b>Belladonna, Stramonium and Aconite</b> to alleviate fear and anxiety.</li><li>• Nightmares and sleep disorders in children</li><li>• Panic attacks and anticipatory anxiety</li><li>• Understanding etiologies for fear including birth trauma, illness and ailments from fright.</li></ul>
<p><b>Healthy Start to a Healthy Year</b></p>	<p>A personal training specialist will be giving tips and advice on how to start the year off on</p>

January 30<sup>th</sup>, 2006 – 6:30-8pm

the right foot. Come and learn simple things you can do to add more physical activities and overall fitness to your life. All ages and fitness levels are welcome.

## HELLO MY NAME IS: Toni Oliver

Hello my name is Toni Oliver. I'm a registered massage therapist and a new addition to the Foster Family Chiropractic Team. I have been working in the office since November doing Swedish massage, which involves therapeutic and relaxation massage. I have also introduced hot stone massage therapy for those who want to experience a great soothing relaxation massage. I have been practicing massage therapy for eight years and hot stone massage for four years. My life outside of massage revolves mainly around my family. I have a six year old son who is very active, much like his mother and father. Like most people our life changes with the seasons and right now the focus is on hockey. I said I would never be a hockey mom who is at the arena first thing Saturday and Sunday mornings, but who knew it was going to be so entertaining. Now that the New Year is here we are waiting for Lake Simcoe to freeze so we can get back out on the lake. HAPPY NEW YEAR!!

## SNIPPETS FROM THE STAFF

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

**“One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is.”**

Norman Vincent Peale

The New Year is a time of reflection for me. It's a time to look back and acknowledge the accomplishments as well as the challenges that I have faced personally and professionally in the past year. It's a time to praise myself on my successes but it's also a time to reflect on things that didn't go quite as planned...Where was I at that point? What could I have done differently? What will I do if this situation arises again in my life? What have I learned from this situation?

I encourage everyone to take time and reflect over the past year. Instead of focusing most of your energy into what you don't like and what you want to change for the New Year, focus on where you have been, what you have accomplished and what you have learned over the past year. This not only builds confidence and pride in yourself but it help to set goals for the future.

### Piper Martín, B.Ed., DS Hom.Med

So here is the baby news - my latest, newest and littlest baby has arrived. He was born at home on December 3rd with midwives Edie Posca, RM and Kara Brockington, RM, Dr. Laura Foster, Randy Ketterling, Andrea Ketterling, Gabe and Charlie Ketterling all in attendance - (as well as Axel Gonzalez - Gabe's best friend!) It only took us three weeks to name this little boy and thanks to all for the name box suggestions - we have decided on Isaac Green JellyBean Ketterling.

## Sandra Víaes, RMT

The New Year is here and along with celebration, fresh starts and New Year resolutions comes the stress of Christmas bills and debts. Studies have shown that 60–90% of illness is stress related so make a new year's resolution to give your body a break and cut stress from your life. Set realistic budgets for the New Year and spend wisely. Buy what you NEED and not what you WANT if you find yourself constantly falling into the negatives or close to it with your bank account. And if you have extended health care benefits USE THEM. Massage Therapy can significantly decrease stress and worked up muscles physically, mentally and emotionally with only one treatment. So carefully balance your benefits and try to spread them evenly throughout the year so you can achieve optimal health care AND stress relief throughout the entire year. To less stress and optimal health in the New Year! Cheers!

## Dr. Amy Butt, BSc, DC

Another new year is upon us. It is at this time of year that we feel the need to make New Year resolutions and changes in our lives. The problem I find is that people go for the gold – they decide to make big changes in their lives and set high expectations for themselves. The “I'm going to lose 50 pounds by June” and “I will stop smoking January 1<sup>st</sup>” are among the lofty goals I often hear. My concern with most New Year resolutions is that we set the bar too high, and most often lose sight of what the original intention was. For most people, their resolutions reflect the intention of a healthy lifestyle change. However, I think the best way to initiate the changes is to start small – for example, choosing to eat less fat and processed food instead of focusing on the numbers on the scale – is a realistic and attainable goal. My goal for the upcoming few months is to increase my running distances (I'm at a comfortable 10 kms right now) and complete a ½ marathon in the spring. I'm not going for the gusto and looking to run the next full marathon. I know that running a marathon is something I will do, I just need to take the right steps to get myself there.

## IN YOUR OWN BACKYARD

### *A Very BIG Thank You!*

Thank you to all of the staff and practice members of FFC for your overwhelming generosity during our annual Christmas drive. We had an enormous amount of thoughtful donations that will make a significant difference in the lives of two local Newmarket families. Thank you.

## THINGS THAT MAKE YOU GO HMMMMMMMMMM...

According to **You're Not Sick, You're Thirsty! Water, for Health, for Healing, for Life**, by F. Batmanghelidj, M.D., water is essential for the proper functioning of joints. In fact, "in chronically painful joint conditions of the spine or joints of the hands and legs, the actual recurring pain is a signal of water deficiency in the area where pain is felt. Chronic pains have two components: peripheral and brain-generated pains. Locally initiated pain is relieved by analgesics, but brain-level pain is not. Both pains are relieved by the intake of adequate water."

When it comes to daily water intake, a good rule of thumb is to drink approximately half of your body weight in ounces. For example, if you weigh 140lbs you need about 70oz of water (about 8 cups) everyday. This will ensure that you are getting enough water to keep your body properly hydrated. However, depending on your current health condition daily water requirements may need to increase.

**Thu Dec 28, 12:17 PM**

WASHINGTON (Reuters) - Milk and meat from some cloned animals is safe to eat and can be sold in the United States, the Food and Drug Administration said on Thursday in a landmark draft ruling that brings the controversial technology one step closer to Americans' grocery carts. If given final approval, the ruling would allow the sale of food from cloned cattle, pigs and goats, but not sheep, for the first time in the United States. The agency said it would be unlikely to recommend special labels for the cloned food, but would not decide on the labeling issue until after it gets public comment. "No unique risks for human food consumption were identified in cattle, swine or goat clones," the FDA said in a draft risk assessment, which now enters a public comment period before the agency makes its final decision.

Ok, that's frightening. If there was ever a time to start eating organically ... it might be now! Unnatural food (processed or otherwise) is one of our greatest forms of 'chemical stress' that affects our nervous system and its ability to function optimally.

Organic meat can be bought at Hallelujah Organics @ [www.hallelujah.ca](http://www.hallelujah.ca) or visit the store just behind FFC @#10-110 Pony Drive, Newmarket (905-953-7900). Nature's Emporium carries a wide selection of organic meat, fowl & fish. Another suggestion is Clean Food Connection @ 210 Main Street S (905-898-3317). [www.cleanfoodconnection.com](http://www.cleanfoodconnection.com).

## TRICKS OF THE TRADE

### Homeopathic Remedy Tips

#### **Homeopathic Postpartum Kit**

We are now making the Homeopathic Postpartum Kits available for sale at FFC. The kits are comprised of three homeopathic remedies and a homeopathic tincture (a remedy suspended in alcohol) that are very useful to take following a birth. They are also effective for healing from surgery. The remedies include:

- **Arnica 200C** - for bruising, blood loss, shock and swelling
  - **Bellis 200C** - for bruising of internal organs, soft tissue, breast injuries
  - **Hypericum 200C** - to use to assist in healing nerve rich areas - perineum, tongue, fingers, toes and spine
  - **Calendula tincture** - Calendula is made from the marigold and can be compared to a natural form of *Polysporin* - it is an antibacterial and acts on the epithelial tissue to heal wounds, abrasions and burns.
- The kit includes a schedule of instructions and descriptions of the remedies and their uses. If you have more questions about the kit please inquire at the front desk or speak with Piper or Wendy.

**These remedies are now sold at FFC - just ask Debora or the front desk staff to purchase your supply.**

## Nutrition Tips

### **The Benefits of Water**

Everyone knows that water is good for you but do you know why it's so important? Water makes up about 65-75% of our bodies and has numerous functions that make it vital. To name a few, water improves digestion, increases nutrient absorption, aids in detoxification, strengthens the immune system, and keeps skin hydrated. Water also plays a huge role in improving common ailments like constipation, arthritis, headaches, high blood pressure, and fatigue. Even though it is essential there are a few things to keep in mind in order to get the most out of your water. Firstly, it is important to gradually increase your intake, especially if your current water consumption is very low. As well, be sure to drink room temperature or warm water rather than ice-cold water. Not only can cold water shock the body and shut down digestion but also it is not absorbed properly, which is why people find that they need to urinate more often. This is also true for those who tend to drink large amounts of water at one time. It is more beneficial to sip on water throughout the day to ensure proper hydration. When trying to determine how much water you require there are a few factors that need to be considered such as age, weight, activity level, and your current health condition.

## Chiropractic Tips

### **"How can I tell if my spine is healthy?"**

#### **15 Warning signs of an unhealthy spine**

Years of training and experience, plus sophisticated analysis techniques, enable your chiropractor to detect subluxations, but there are some simple things you can look for to find out if your spine is healthy.

1. **Your heels wear out unevenly.** Can be due to uneven leg length or stress along the length of the spine.
2. **You can't take a satisfying deep breath.** Breath, health, spinal health and energy are interrelated.
3. **Your jaw "clicks".** Can be caused by neck or hip subluxations.
4. **You have to "crack" your neck, back, or other joints a lot.** Can be caused by areas of your spine that are locked or jammed.
5. **You can't twist turn your head or hips to either side easily and equally.** Reduced range of motion.
6. **You are often fatigued.** An unbalanced spine drains your energy.<sup>1,2</sup>
7. **You have poor concentration.** Subluxations affect brain health.
8. **You have low resistance to disease.** Subluxations affect your neuroendocrine system which plays an important role in your resistance to disease and your ability to fight infection.
9. **Your foot flares out when walking.** This test is easy as long as you don't cheat. Merely look at your feet as you walk. Do they both point forward, or does one foot appear to flare outward or inward? Do both? Foot flare may be a sign of a problem in the lower spine or hips, or meningeal stress in the upper neck or base of the brain.<sup>3</sup>

10. **One leg appears shorter than the other.** Keep your shoes on, and lie down. Have someone stand behind you, look down at your feet, and gently push your heels toward your head. Compare where the heels meet the shoes. One foot (it's often the right) may appear anywhere from 1/8" to 1" shorter than the other. (Circle the short leg and write amount of inches or mm it's off. Show to your D.C.) L\_\_ R\_\_
11. **You have poor posture.** Stand on two bathroom scales. The weight distribution should be about the same over each foot. If it is not, that's a good sign that your spine, hips or head are off centre.
12. **You have headaches, back aches, sore or tender spots in muscles or joints.** Common signs of subluxation.
13. **You have a constant stressful feeling and tension especially in muscles and joints.** Muscles are affected by subluxations.
14. **You feel stiffness in your back and neck.** Stiffness may be a sign of subluxation damage.
15. **You just don't feel right, you are in general poor health.** Subluxations can affect your overall health.

1. Lennon, J. et al. Posture and respiratory modulation of autonomic function, pain, and health. American Journal Of Pain Management, Jan. 1994.
2. Sperry, R. Neurology and the mind-brain problem. American Scientist, 1952, 40, pp. 291-312.
3. Ward, L. Spinal column stressology. Journal of the Nutritional Academy, 1984, 2(1).