

# FFC NEWSFLASH!

February 2007

*“To climb steep hills requires a slow pace at first.”*

- Shakespeare

## BUILDING BLOCKS

<p><b>The Amazing Newborn</b></p> <p>February 13<sup>th</sup>, 2007 – 6:30-8pm</p> <p><i>Space is free but seating is limited. Please register with the front desk.</i></p> <p>Led by: Cheryl Stewart</p>	<p>The Amazing Newborn with Cheryl Stewart, doula and hypnotherapist. Discover the many talents and abilities of the newborn. Explore and uncover the needs of the newborn and strategies for meeting them.</p>
<p><b>Out of My Way – Here I Come!</b></p> <p>February 15<sup>th</sup>, 2007 – 7-8:30pm</p> <p><i>Space is free but seating is limited. Please register with the front desk.</i></p> <p>Led by: Ernie Pavan <i>(To learn more about Ernie read his bio on page 5)</i></p>	<p>Tired of the same old patterns, and the “why does this keep happening to me” syndrome? Ever consider that the only person stopping you from being your best and having what you desire is...YOU? Join Ernie Pavan for a powerful discussion on how to live your best life, physically, mentally, emotionally, and spiritually. Topics will include: The Conditioned Self – Befriending and Releasing the Inner Critic, Healing Pain, Blame, Shame, and Fear, Awakening the Higher Self – The Power of Intuition, Life Purpose and the Power of Story, and Universal Spiritual Laws – A Manual for Living.</p>
<p><b>Family Medicine Chest – Level Two</b></p> <p>February 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and March 5<sup>th</sup>, 2007 - 9:30-11am</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.</p>	<p>Join Wendy in Level 2, as she will continue to explore remedies helpful in dealing with common ailments experienced by you and your family. A more in depth look will also be had at remedies most frequently prescribed.</p>
<p><b>Grounding Your Child and Keeping It Simple: Strategies for a Peaceful Home</b></p> <p>February 19<sup>th</sup>, 2007 – 7-8:30pm</p> <p><i>Space is free but seating is limited. Please</i></p>	<p>This discussion will focus on topics such as structure, routine, homework, sleep and diet, self-esteem, responsibility, video games, logical consequences, and giving up control to get it. Randy will also address the concept of parents’ best intentions and why we continue to get back on that hamster wheel of</p>

<p><i>register with the front desk.</i></p> <p>Led by: Randy Ketterling, M.Ed., Psychotherapist</p>	<p>inconsistency.</p>
<p><b>The Homeopathy Study Group</b></p> <p>Topic: The Homeopathic Treatment of SuperWoman</p> <p>February 23<sup>rd</sup>, 2007 – 9:30-11:30am</p> <p>Investment: \$50 per person Babes in arms welcome.</p> <p>Led by: Piper Martin, B.Ed., DS Hom.Med</p>	<p>Join the ongoing Homeopathic study group as we take a look at the modern day SuperWoman. We will discuss the remedies used to address tendencies such as:</p> <ul style="list-style-type: none"> <li>• The Perfectionist</li> <li>• The Extreme Cleaner/Organizer</li> <li>• Control Issues</li> <li>• Anxiety</li> </ul> <p>The study group is for people with a passion for homeopathy and a desire to learn new remedies and add depth to the remedies they are familiar with. We will experiment with case taking and expand our understanding of homeopathy through case studies and discussion. The study group meets once a month and all are welcome to join in at any point.</p>

## HELLO MY NAME IS: Rhonda Rodrigues

Hello my name is Rhonda Rodrigues. I am a new addition to the Foster Family Chiropractic Team as a Clinic Assistant and Front Desk Receptionist. My previous experience is somewhat different... I continue to work for Clinique as a Makeup Artist and an Associate Consultant. I have also had the opportunity to fly the blue skies as a Flight Attendant, which had always been a career goal of mine. My long-term work experience comes from the tanning industry that had employed me for over 20 years. I grew up in Edmonton, Alberta and in 1999 my husband and our family was transferred to Toronto. Wow— what a shock that was, but we have since adjusted and have never looked back! I also have two wonderful daughters. My oldest Ashley is graduating from university this April, and Talina is starting university in September. I want to take this opportunity to thank The Foster Family Chiropractic office for welcoming me into their family, and I look forward to getting to know all of you!

## SNIPPETS FROM THE STAFF

In a few weeks Ernie Pavan will be leading a seminar entitled *Get Out of My Way – Here I Come!* The statement itself can be interpreted in many ways, so we at FFC thought it would be interesting to speak to this topic. We think that it is a thought-provoking and powerful statement and wanted to express what it meant to each of us. What does it mean to you? Think about it!

Laura Foster, DC

Each person has a truth – the core of who they really are. If we did things that resonated with that essence more often we would encourage it to shine brighter. Kind of like intuition, the more you listen, the louder it gets. I believe we get closer to that part of us by asking ourselves the tough questions, slowing down long enough to hear the answers and paying attention to the details of our lives. I believe it's also imperative to take responsibility for exactly where we are – whether we perceive that as good, or not so good. It may not seem obvious when one first begins holistic forms of self-care; however, I consistently watch long term practice members shift in ways that I believe allow them to vibrate closer to their true frequency. This is where we become our most powerful self. Things that help me be in my moment: journaling, yoga, meditating, good laughs with brilliant loved ones, and being close to nature. That's probably when I feel the most empowered and vibrate at the 'get out of my way – here I come' level!

## **Patty McLean, office manager**

*Get out of my way it's the Year of Patty!*

I have decided that 2007 is my year to break free and push forward. On my journey I have been able to leave the past where it should be, in the past and I have learned to push forward and continue on to become the person I am meant to be. I have several plans in the works for the Year of Patty. I have started to play the violin, something I have talked about for a decade. If I don't have my health I don't have anything and I have renewed my quest to stay healthy and I will be running a half marathon in April just before I celebrate a milestone birthday (30-how did you guess!). I am planning to do some traveling and have trips planned to New York and Ireland and I will be hiking the Machu Picchu trail in Peru in May. I have made the decision to put myself as number one on my to do list. Everyday I take some me time and make myself a priority. I have realized that if I'm not in a healthy and happy place, then I can't be all that I want to be for my family and friends. I feel very fortunate to be surrounded by the ever supportive and encouraging staff at Foster Family Chiropractic. I am an employee as well as a client of the practitioners in the office. My co-workers and my family have all played a part in continually nudging me forward and they have taught me not to be fearful and to go for it. Honestly, when you really think about it, what's the worst that can happen! Get out of my way world, here I come!

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

This reminds me of the Fleetwood Mac song which goes "you can go your own way". As corny as it sounds, it takes me back to when I was living overseas in Sydney, Australia. I moved there on my own, I was 'going my own way', yet for the first time in my life, I was feeling completely isolated and independent. I was forced to rely solely on myself and from that, I eventually found true joy and well being, knowing that I achieved it on my own terms without anyone's help.

'Get out of my way' reminds me that anyone has the ability to overcome anything that may block their path or throw a kink in their plans. They just have to trust in their self and believe that they can do anything.

## **Carolyn Kurtz**

"Here I come, Get out of my way" means to me that you know what you want or need and no one is going to stop you from achieving your goal.

## Karen Green

In the past I have taken my health for granted. I have been ignoring the fact that I was aging. I didn't feel like I was getting older. Now my body is saying that I am. Things change and I need to change with them. I need to watch what I eat, exercise regularly and take an active approach to my health. I need to take this aging thing seriously even if I still act like a kid. Grow up at least with regards to my health.

## Toni Oliver, RMT

Get out of my way here I come....this statement reminds me of how busy our society is. People rushing from one event in their day to the next with little thought of the present moment. Trying to keep up with a busy lifestyle can cause a lot of stress. When we are over stressed we function less efficiently and are easily irritated. We need to take some time to relax everyday, this is important for our health and our state of mind. Relaxation is a quiet time and even ten minutes a day can be beneficial. This time can be spent sitting quietly allowing thoughts to flow freely without focus on any one thought, or you can focus on breathing. Learning some breathing exercises are a great relaxation technique as well as yoga and stretching. Massage is another great way to relax since it causes a deep relaxation response to the entire nervous system, which relieves stress mentally and physically. It is especially beneficial for those who have trouble relaxing. It may be difficult to change your pace of life but try to stay in the present moment and allow time to unwind.

## Sandra Víaes, RMT

It's now February and it's time to reflect on whether or not you have been sticking to your New Year resolutions? Are your goals unrealistic? Are you unmotivated? Maybe you need to think differently about achieving your goals. After all you make resolutions to improve and make a better YOU! So be strong. Tell the world GET OUT OF MY WAY...HERE I COME! Stick with it and you will achieve it. Nothing is ever easy. Just take it one day at a time and remember there are always people who can help you achieve your goals. Especially at FFC. The staff and practitioners are always willing to answer any questions you have or even offer some pointers on how to make your goals more reachable. Stick with it. One month down 11 to go!

## Dr. Amy Butt, DC, BSc

**You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind...**

-Darwin P. Kingsley

As a natural health care provider, I challenge and encourage people to explore greater levels of health and well-being. We are inundated with messages in the media, and sometimes from families and friends, that we need pills, lotions, and other medical interventions in order to be healthy and well. Heard enough times, we start to believe it. Unfortunately, many of us have lost sight of the source of true health, happiness, and well-being – it comes from within. Ask questions, challenge current trends and ways of thinking, and support yourself with natural forms of care. True health and happiness resides in each of us, it's up to you to uncover it and support it.

## Debora Palmieri, BAsc., RHN, RNCP

There are times in life when certain people or situations have the power to hold you back from achieving your goals; and up until a few years ago, when I began my studies in holistic care, I thought that it was strictly these external factors that prevented me from moving forward. Once I gained more knowledge and learned about the body-mind-spirit connection, I realized that those factors were just an excuse and that the true power and/or ability to move forward and achieve my goals lied within myself. I learned that no one but me was holding me back. They were my own fears and insecurities that kept me in my comfortable zone. Once you realize that there is nothing to be afraid of and learn to believe in yourself you can get out of your own way and move forward. It takes time but I'm still working on it!

## BIO: ALL ABOUT ERNIE PAVAN

Following a profound spiritual awakening in 1987, Ernie began a lifelong journey of deep self-awareness and self-actualization. He began his professional career in 1989 as a high school English teacher and later moved on to become a Guidance Counsellor. Meanwhile, Ernie's passion for self-exploration led him to travel extensively through the Far and Middle-East. He was inspired by many experiences throughout these travels to pursue complementary healing modalities. He began his own practice and over the past seven years, has treated over 400 individuals. Ernie continues to serve clients in individual sessions and now offers group training programs on a variety of health, spiritual, and metaphysical topics.

## IN YOUR OWN BACKYARD

### Upcoming Workshops

#### **Red Tent**

Please join us for honest, powerful discussions on our roles as women and mothers in the world today. The original Red Tent meetings were intended for pregnant women and new mothers to make those important connections in the community. Now we would like to extend the scope of our meeting to include all women with children of all ages for interesting discussions, mind expansion and just good conversation. We meet at FFC every other Friday – the next meeting is February 2<sup>nd</sup>, 2007 from 10-11:30am. Babes in arms are welcome. Upcoming dates: Feb 16<sup>th</sup>, March 2<sup>nd</sup> and 16<sup>th</sup> led by Dr. Laura Foster and Piper Martin.

#### **From Maiden to Motherhood**

Be welcome and supported in your transition to motherhood during this 5 week post natal series.

Thursdays from 1-2:45pm  
\$110 for series of 5  
*Winter series starts February 1*  
*Spring series starts May 3*

*For more information or to register for this workshop contact Sandra Miller at 416.399.7421 or sandra-miller@wholenessandgrowth.ca. Visit [www.wholenessandgrowth.ca](http://www.wholenessandgrowth.ca) for more information on this or any other workshop or group.*

## **La Leche League Newmarket**

Next meeting: Thursday February 8<sup>th</sup>

*Meeting 2: Baby Arrives: The Family and the Breastfed Baby – You Have Plans, So Do I!*

LLLC Newmarket Series Meetings are held the 2<sup>nd</sup> Thursday of every month at 7:30pm.

La Leche League Newmarket Group meets at the Aurora Ontario Early Years at 40 Englehard, Unit 1, Aurora. Please note that the unit is at the end of the complex, which actually faces Industrial Parkway, though the entrance is off Englehard. For directions to the meeting or more information, please call Denise at 905.836.4342.

Please feel free to bring a friend or a nutritious (nut free) snack to share. Mothers with their nursing babies and mothers-to-be are welcome.

## **THINGS THAT MAKE YOU GO HMMMMMMMMMM...**

### **Did you know we reward you for family care?**

Once one family member is under active chiropractic care, every additional family member receives a reduced rate (adult, senior, student or child) on all their subsequent care!

### **Look at what you might be missing!**

On January 15<sup>th</sup> practice members joined Drs. Foster & Butt for an in depth look at Arthritis & Aging. Here is what some of our practice members had to say:

*“This seminar was excellent. You communicated with passion and professionalism on the topic. I feel fortunate to be part of this dynamic healthcare group.”*

*“I learned so much and it was beautifully presented. I will be able to implement so much from this presentation immediately. Great handout!”*

**Please join us for upcoming workshops!**

## **TRICKS OF THE TRADE**

### **Massage Therapy Tips**

#### **Relaxation Breathing Exercises**

Anyone interested in relaxation or pain relief should practice breathing exercises. Deep breathing is calming and centering, allowing the body to release tension and the mind to slow down. This exercise can be done sitting in a comfortable chair or lying down.

1. Place your hands on your abdomen with your fingers pointing towards each other and close together. You can remove your hands once you know the breathing pattern.
2. Breathe in slowly and deeply through your nose and into your abdomen. Your abdomen should rise with your fingers moving apart.
3. Breathe out slowly through your mouth or your nose. Your abdomen should fall.
4. **Don't hold your breath.** Once you have exhaled enough air slowly breathe in again.
5. Repeat deep breathing 5-6 times, feel your body relax.
6. After 5-6 deep breaths, continue to breathe into your abdomen with slow normal breaths. Your abdomen will continue to move but breaths aren't as deep so the rise of your abdomen won't be as great.
7. Breathe this way for another 5 to 10 minutes.

Practice this exercise daily or when you need to relax.

## Chiropractic Tips

- When you have overdone things turn to ice rather than heat. When you have strained or sprained an area there is also inflammation and swelling. Heat feels good at the time; however, it increases the blood flow to the area, which increases the inflammatory effect when it cools. Ice will decrease the swelling and reduce the healing time involved. A flexible gel pack applied to the injured area for 15-25 minutes is advised. Protect the skin with a thin layer of cloth and reapply ice as often as required.
- When you feel stressed, tired, or low on energy, this is the ideal time to get a spinal adjustment. An adjustment will serve to release tension on the underlying nervous system allowing your body the ability to work back towards natural balance. You'll feel calmer, more relaxed and have ease of breath. Adjustments are not just about attending to joint and muscle issues, it's about the vital balance and communication that happens between all the cells of your body.

## Nutrition Tips

### **Omega 3: A Friendly Fat**

Omega 3, also known as linolenic acid, is a polyunsaturated fatty acid. It is considered an essential fatty acid (EFA) because, since our bodies can't synthesize it, it is an essential that we make it part of our diet. Omega 3 is responsible for controlling many physiological processes in the body. It plays an important role in immune, brain and reproductive function, diabetes, infant development, oxygen transport, cardiovascular and nervous system health, and cancer prevention. As well, it is needed to maintain healthy skin, hair, and nails, and useful for correcting various skin conditions.

Omega 3's can be found in various oils like flaxseed, canola, safflower and soybean. Other sources include oily fish such as salmon, tuna, sardines, trout, and mackerel, pumpkin seeds, walnuts, wheat germ and dark leafy green vegetables.

Some "bad" fats that you do want to stay away from, however, include meat fat, dairy fat, hydrogenated oils, and palm oil. They are high in saturated and trans fatty acids. These can be harmful to one's health, as they have been linked to various cancers, such as colorectal

and breast cancer, elevated blood cholesterol, diabetes, atherosclerosis leading to hypertension, and obesity. So it is a good idea to eliminate these fats from your diet.

### ***Are You Deficient?***

Don't know if you need to up your daily dosage of essential fatty acids (EFAs)? Check the list to see if any of the following deficiency symptoms apply to you.

- |  |  |
|--|--|
| <input type="checkbox"/> Acne            | <input type="checkbox"/> Dry, brittle hair           |
| <input type="checkbox"/> Diarrhea        | <input type="checkbox"/> Alopecia (hair loss)        |
| <input type="checkbox"/> Rough, dry skin | <input type="checkbox"/> Gallstones                  |
| <input type="checkbox"/> Eczema          | <input type="checkbox"/> Hyperactivity               |
| <input type="checkbox"/> Psoriasis       | <input type="checkbox"/> Irregular menstrual periods |
| <input type="checkbox"/> Poor memory     | <input type="checkbox"/> Slow wound healing          |

If you find that you've checked off a quite a few of these symptoms you may benefit from including more EFAs into your diet.