

# FFC NEWSFLASH!

March 2007

*“Great spirits have always encountered violent opposition from mediocre minds.”*

- Albert Einstein

## BUILDING BLOCKS

<p><b>The Language Mirror</b></p> <p>Tuesday March 6<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: Piper Martin, B.Ed., DS Hom.Med., Classical Homeopath</p>	<p>How does language reflect who you are? Join us for a thought provoking discussion on the power of the words we choose. We will consider the way in which our language impacts our bodies, our beliefs, and the people around us.</p>
<p><b>Raising Exceptionally Healthy Children</b></p> <p>Saturday March 24<sup>th</sup>, 2007 – 11:30-1pm</p> <p><i>Space is free but seating is limited. Please register with the front desk.</i></p> <p>Led by: Dr. Amy Butt, DC, BSc., Family Chiropractor</p>	<p>Join Dr. Amy as she discusses the platforms upon which to raise healthy children naturally. Topics will include supportive health measures, nutritional advice, creating health from the inside in, and setting the stage for a lifetime of vitality and wellness.</p>
<p><b>Change Your Money Blueprint and Create Financial Success!</b></p> <p>Tuesday March 27<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: Michael Woodbeck</p>	<p>Have you ever wondered why some people seem to get rich easily, while others are destined for a life of financial struggle? Is the difference found in their education, work habits, or their choice of investments? The shocking answer is: NONE OF THE ABOVE! Join Michael Woodbeck for an informative presentation on how you can identify and revise your money blueprint.</p>
<p><b>The Homeopathy Study Group</b></p> <p>Friday March 23<sup>rd</sup>, 2007 – 9:30-11:30am</p> <p><i>Investment: \$50.00</i></p> <p>The study group is open to anyone motivated to grow their knowledge of homeopathic medicine. We discuss cases, learn new</p>	<p>Snake Remedies</p> <ul style="list-style-type: none"><li>• Communication issues</li><li>• Snake pathologies – throat and female reproductive system including menopausal symptoms and menstrual irregularities</li><li>• Sexuality and body image of animal</li></ul>

<p>remedy pictures and connect with others in the community with a similar interest. Each group is an individual seminar so please feel free to join us at any point. Babes in arms welcome.</p>	<p>remedies</p> <p>We will look at:</p> <ul style="list-style-type: none"> <li>• <b>Lachesis</b> – the Bushmaster snake</li> <li>• <b>Crotalus Horridus</b> – the rattlesnake</li> <li>• <b>Naja</b> – the cobra</li> </ul>
<p>Led by: Piper Martin B.Ed., DS Hom.Med</p>	

## HELLO MY NAME IS: Julia Chotowetz, RMT

Hello my name is Julia Chotowetz. I am a registered massage therapist and the newest addition to the Foster Family Chiropractic team. I was born in Edmonton, Alberta and moved to Brampton when I was 8. I graduated from Centennial College in Scarborough in 2000 and started working in Etobicoke. This is my seventh year of practice and my first in Newmarket. I have played competitive hockey since the age of 4 and consequently have had many injuries and surgeries from head to toe! Due in part to these injuries I started receiving regular massage and chiropractic care when I was 12 years old. I incorporate a variety of styles into my treatments, specializing in deep tissue massage and trigger point therapy. Other than massage therapy my interests include hockey, dogs and my family, most notably Brandy my 18-year old “mutt” and my two nieces. I am really excited about the changes going on in my life and about all the new things I will be learning from my fellow practitioners here at FFC.

## SNIPPETS FROM THE STAFF

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

**Farewell and Many Thanks...**I'd like to say a BIG THANK YOU to all the FFC staff and patients for welcoming me into the practice with open arms. Coming in as an outsider, I never once felt like a stranger.

Thank you to all of Piper's patients who graciously accepted me into their lives and allowed me to be a part of their journey. Thanks to all of the front desk staff for your patience and support. You gals definitely made my job easier!! And of course, thanks to Piper for the opportunity.

I thoroughly enjoyed my time spent at FFC as Piper's locum and will carry the positive energy I have received with me as I continue on my path. Cheers, Wendy!

### Toni Oliver, RMT

Spring is almost here! March 21 is the spring equinox, the first day of spring, when the day and night are of equal lengths. Spring is a time of rebirth. The earth comes alive after a dormant period. We start to feel as if we are coming alive with the change. This is a time to focus on the new, and spring cleaning is a way to welcome the renewal. Focus spring cleaning on all areas of your life, such as:

Personal space – clear the clutter and open the windows to the fresh air. Remove the dust from the forgotten places that we don't always have time for.

Physical – get out and walk or some other outdoor activity. Fuel your body with healthy food. Cleanse the body internally as well as externally. This is a great time to pamper yourself.

Emotional – the spring change starts to lighten our spirits and we feel the change in our soul. Take this time to change thought patterns, think positive.

A therapy to consider in this season is hot stone massage. The focus of this massage is on balancing the body physically and spiritually. The deep relaxation recharges the body's energies.

## Dr. Amy Butt, DC, BSc

If you've seen the movie 'The Secret', I'm sure you remember the part about the gratitude rocks. If you have yet to see it, there is a part in the movie where a man talks about carrying a gratitude rock in his pocket every day. Every morning when he wakes up, he takes it off his dresser and puts it in his pocket. At the end of the day, he places the rock back on his dresser. The point of this gratitude rock (which is nothing more than a smooth regular ol' rock) is that every time this man sees it or feels it's presence in his pocket, his gratitude rock reminds him of all the wonderful things in his life that he is thankful for.

A few months ago during one of my early morning runs, a rusty van pulled up along side of me. A small, bright-eyed elderly gentleman smiled at me, handed me a single Werther's Original Hard Candy, and said "For you, if you start to feel tired". That candy now sits on my nightstand. I don't carry it with me everyday, but I do see it every morning when I get up and every night before I go to sleep. It has sort of become my 'Werther's Gratitude Candy'. When I look at it, it reminds me of how lucky I am not just to be able to run, but also for all the wonderful things and special people in my life. So, how do you remind yourself of all the wonderful things in your life?

## Congratulations Chantal!

As of February 28<sup>th</sup>, Chantal will be leaving FFC in preparation for the upcoming arrival of her second child. Chantal has been an integral part of FFC for many years, so it is with sadness that we say goodbye to her presence here at the clinic. We wish her and her expanding family lots of love and happiness.

As of March 1<sup>st</sup>, Julia Chotowetz, RMT will be joining FFC. Julia brings a wealth of experience with over 7 years in private practice. She loves deep tissue therapeutic massage and looks forward to offering FFC practice members full time hours, including Saturdays. She joins our awesome group of established therapists, Sandra Viaes & Toni Oliver. Whether you are looking for hot stone massage, therapeutic Swedish massage, pregnancy or rehabilitative soft tissue work, we have it covered!!

## Extended Massage Therapy Hours @ FFC

We offer registered massage therapy at FFC every Monday to Saturday.

Monday: Sandra 10-8 pm Julia 10-8 pm  
Tuesday: Sandra 9-2 pm Julia 9-7 pm  
Wednesday: Sandra 9-2 pm Julia 10-8 pm  
Thursday: Sandra 2-9 pm Toni 9-6 pm (Hot Stone Massage Available)  
Friday: Sandra 9-6 pm Julia 9-7 pm  
Saturday: Julia 9-3 pm

*Please enquire at the front desk for further information!*

## IN YOUR OWN BACKYARD

### **FFC & Associates Annual Patient Appreciation Party!**

What could be better than celebrating our awesome practice members? Please join us for a family skate at the National Training Rink (NTR) on Stellar Drive in Newmarket on **Sunday April 22<sup>nd</sup> from 2-4pm**. Bring your family members and your friends to the NTR for lots of food, fun & giveaways. More on this to come!

### **Upcoming Workshops**

#### **Establishing Rhythm in a Hectic World – Willow Children’s Garden Seminar**

Life in our modern world has become very fast. With all the hustle and bustle of work, school, scheduled recreation, the demands of home and health, and the pressure to maintain the status quo, many of us have lost our connection to the simple, basic rhythms of life.

Setting a schedule helps remind you of appointments and work obligations but it does little to nurture you or your family. Rhythms is more than a routine to follow – a good rhythm restores and nourishes us while providing predictability and security for our growing children.

Join Karen Weyler for a workshop where you will explore practical ways to establish a healthy home rhythm for your family. Please register 2 weeks in advance.

Seminar date: **Saturday April 28th, 2007**. Investment: **\$20**

*For more information, please contact **Karen Weyler** at **905-773-0044**.*

#### **Mighty Tikes – Stranger Danger / Abduction Prevention Classes**

NEW! Fun, Educational & Empowering Safety Programs for Kids 4 & Up! Sign up for one of our NEW Street Proofing Programs now being offered at Prenatal Plus, 130 Davis Dr. #206 in Newmarket. Home sessions for 6 or more children are also available.

Each class teaches separate Street Proofing topics & techniques like essential safety rules & stranger awareness, safety strategies & hands on activities, age-appropriate assertive self-defense techniques, common abduction lures, and more!

Next class: **March 9<sup>th</sup>, 2007 @ 7pm**. Each class is 1 hour.

Cost: **\$25 per class.**

*For registration and details call 905-231-2132 (ref #: B002) or visit [www.mightytikes.com](http://www.mightytikes.com)*

### **Practitioner Achievements**

Dr. Amy has now become a regular contributing writer for two local natural health magazines. Check out her recent articles in the *Human Spirit* and *Living Well Naturally Magazines*.

About Town: The Hartwell Challenge takes place on **Sunday, April 15<sup>th</sup>** at 9am in Aurora. Patty, Amy, Piper, Laura, and Randy will be taking on the Hartwell Half Marathon! Look for us at the front of the pack (we can always be hopeful). For more information visit [www.hartwllchallenge.com](http://www.hartwllchallenge.com)

### **Community Exchange**

Piper and Randy are looking for a double running stroller – anyone wanting to sell, barter, or trade please pass along a message or email us at [hyos@allstream.net](mailto:hyos@allstream.net)

## THINGS THAT MAKE YOU GO HMMMMMMMMMM...

### **Have you ever read *The Book of Secrets: Unlocking the Hidden Dimensions of Your Life* by Deepak Chopra?**

From the publisher: Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside.

We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. *The Book of Secrets*--a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time--provides an exquisite new tool for achieving just that.

We encourage you to get a copy of this insightful book and join us for our Summer Health Series where we will discuss aspects of each chapter in a biweekly group led by Dr. Laura Foster & Piper Martin. An easy read, but well worth reading more than once. Free, but sign up is required. Series runs from July-September.

### **Did you know...**

*"It takes 25 gallons of water to produce one pound of wheat, 2,500 gallons of water to produce one pound of beef. Half of all the fresh water in North America goes towards meat production. 40 times more fossil fuels are needed to produce a meat-centered diet."* Copied from Caroline Marie Dupont's book "Enlightened Eating" which is now for sale at FFC!

## Look at what you might be missing!

### The Amazing Newborn

We were delighted to have Cheryl Stewart back at the clinic for one of her inspiring and knowledgeable seminars. Here is what some of our practice members had to say:

*“Very interesting!!! I learnt lots of new information. Being a new mom, I found the presentation extremely useful and much needed!”*

*“Cheryl was so calm and easy to listen to. She was able to give us insight into understanding subtle cues to what our baby may be trying to tell us. I found the information enormously helpful.”*

### Get Out of My Way – Here I come!

Led by Ernie Pavan, B.A., B.Ed., this seminar was a huge success. Here’s what our practice members had to say:

*“Powerful...this just validated everything!”*

*“Awesome information shared from the heart with compassion and caring...excellent.”*

*“I left feeling enlightened, enthusiastic and positive. More of the same please!”*

FFC would like to thank Ernie for sharing his time and talent. If you would like to contact Ernie at Pathways – Mind Body Spirit Integration, please call **905-836-8514** or visit [www.erniepavan.com](http://www.erniepavan.com) (coming soon – stay tuned)

**Please join us for upcoming workshops!**

## TRICKS OF THE TRADE

### Homeopathic Tips

#### **The Pox**

Chicken Pox is a normal, healthy childhood illness. Children need to go inward mentally, physically and emotionally to grow. Chicken pox usually occurs in grade one, just as children are mastering reading, beginning to lose teeth, spending a large part of their lives away from their families and homes. The chicken pox comes along and it allows them to reflect, be quiet at home with their families, being nurtured and these changes become integrated. You may have noticed significant shifts in your children after an illness.

Homeopathic remedies can assist their bodies in experiencing the chicken pox so that they are as comfortable as possible and heal efficiently. Listed below are three of the most common remedies used to treat chicken pox in children. If the chicken pox may be visiting your house I would advise you to have them on hand.

- **Sulphur** – hot, RED, itchy things that make them worse: warm or hot baths, being heated from the bed or clothing. They tend to be warm and sweat easily. They are thirsty and remain good-natured throughout any illness.

- **Pulsatilla** – people who need Pulsatilla often experience secondary ear infections, or eye infections with thick, yellow mucus. They express themselves through weeping and are in need of constant company and nurturing. They are extremely affectionate (i.e. want to sleep with you and cuddle even when covered in pox)
- **Rhus tox** – the itching is extreme with Rhus tox, they are very restless and they have to move frequently, change positions, shift in bed etc. One thing that will soothe the itching is hot water. They may experience stiffness in their joints or a sensation of aching in the limbs and back.
- **Calendula ointment** – a natural ointment made from marigold – will soothe the skin as well as preventing infection and assisting with healing. Apply as often as needed, can go directly on open wounds.

## Massage Therapy Tips

**ReNEW** Submitted by Sandra Viaes RMT

Spring arrives this month (March 21<sup>st</sup>) and what usually comes along with a new season is a fresh start. Start off this season with the intention to renew yourself (mind body and spirit). Try some of these renewal techniques to start this spring off right!

*(Excerpted from Running on Plenty at Work by Krista Kurth, Ph.D. and Suzanne Adele Schmidt, Ph.D.)*

### *Renew Your Mind*

<b>Rest Your Mind</b>	<b>Focus Your Mind</b>	<b>Develop Your Mind</b>
<ul style="list-style-type: none"> <li>• Daydream</li> <li>• listen to music</li> <li>• Look at a meaningful object: picture, quote, or symbolic object</li> <li>• Practice visualization</li> </ul>	<ul style="list-style-type: none"> <li>• Bring your attention to the present</li> <li>• Give tasks your full attention</li> <li>• Repeat centering phrases</li> </ul>	<ul style="list-style-type: none"> <li>• Contemplate thought-provoking questions</li> <li>• Develop your intuition</li> <li>• Practice positive imaging</li> <li>• Reflect on your life purpose</li> </ul>

### *Renew Your Body*

<b>Engage in Physical Exercise</b>	<b>Eat Healthy Meals and Snacks</b>	<b>Relax</b>
<ul style="list-style-type: none"> <li>• Dance</li> <li>• Garden</li> <li>• Learn a new sport</li> <li>• Practice yoga</li> <li>• Run or walk</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of the effects of food on your body</li> <li>• Cook and eat nutritious, delicious food</li> <li>• Pay attention to your diet</li> </ul>	<ul style="list-style-type: none"> <li>• Get a massage</li> <li>• Get enough sleep</li> <li>• Meditate</li> <li>• Practice deep, steady breathing</li> <li>• Take naps</li> <li>• Do nothing</li> </ul>

### *Renew Your Spirit*

Engage in Spiritual Practices	Open Yourself to the Divine
<ul style="list-style-type: none"> <li>• Meditate</li> <li>• Practice gratitude</li> <li>• Pray</li> <li>• Read spiritual literature</li> <li>• Serve others</li> </ul>	<ul style="list-style-type: none"> <li>• Ask for inner guidance</li> <li>• Be in silence</li> <li>• Forgive yourself and others</li> <li>• Spend time in nature</li> </ul>

## Chiropractic Tips

**Chiropractic Care May Help Children With Dyslexia** - A recent study, published in the Journal of Vertebral Subluxation Research (JVSR), suggests that chiropractic care may offer significant benefits to children suffering from learning disabilities and dyslexia. Swiss chiropractor Yannick Pauli, DC, president of the Swiss Chiropractic Pediatric Association, who specializes in the care of children suffering from learning and behavioral disorders, stressed that, contrary to popular belief, chiropractic is not restricted to back pain in adults. "The only source of constant stimulation to the brain comes from the spine and the postural muscles constantly adjusting to the force of gravity," he explained. "If the daily physical stresses of life cause misalignments in the spine, the brain is not adequately stimulated." He added that chiropractic adjustments can improve the function of the spine and strongly stimulate nerve pathways to the cerebellum and other parts of the brain. "In the case of children, this may, in turn, help brain functions necessary for learning," he said.

## Recipe Corner

### Spelt Oatmeal Raisin Treats

Submitted by Dr. Amy Butt, DC, BSc.

#### *Ingredients:*

- 1 cup olive oil
- 1 cup maple syrup or honey
- 1 tsp vanilla
- 1/4 cup boiling water
- 1 cup and a bit spelt flour
- 1 tsp salt
- 1 tsp baking soda
- 2 cups oatmeal
- 1/2 cup flaked coconut
- 1 cup raisins

- Beat oil, maple syrup or honey, and vanilla with beater for 2 min until foamy.
- Add boiling water and stir.
- Add flour, salt, baking soda, and oatmeal and stir with wooden spoon.
- Mix in coconut and raisins. Batter may seem runny, if so add a little more flour.
- Flatten on greased cookie sheets and bake at 325 for 18-25 minutes.