



# FFC NEWSFLASH

JULY 2007

*He who has health has hope; and he who has hope has everything.*

*Arabian Proverb*

## ONGOING FFC WORKSHOPS & EVENTS:

### **The Red Tent - Pregnancy, Postpartum, & Woman's Circle:**

We meet every other Friday at FFC from 10 - 11:30 am. This is a discussion group for women of all ages. We have an alternative focus and topics vary depending on the participants in the circle. This is an opportunity to make connections in your community and participate in stimulating discussions. Please join us - open and free to all. Babes in arms are welcome to attend. Group meets every other Friday at FFC from 10-11:30 am. The Red Tent is founded by Piper Martin and attended by various FFC practitioners and members of our community.

### **FFC Health Series:**

FFC hosts an ongoing series of biweekly workshops and events on Tuesday evenings from 6:30-8 pm. Topics vary and are led by various FFC practitioners as well as amazing members of our community who have fascinating information to share with our practice members and their friends and family. Workshops are always free, but advance sign up is required! email: [fosterfamilychiropractic@rogers.com](mailto:fosterfamilychiropractic@rogers.com)

### **Chiropractic Health Workshops:**

Dr. Amy Butt hosts this fun and informative workshop twice a month at FFC. This interactive workshop is free to all, but advance sign up is required. To enquire about upcoming dates and times please email our front desk team: [fosterfamilychiropractic@rogers.com](mailto:fosterfamilychiropractic@rogers.com)

## UPCOMING FFC WORKSHOPS & EVENTS:

**SUMMER BOOK CLUB** (runs July-September): This summer join Dr. Laura Foster and Piper Martin as we journey through Deepak Chopra's *Book of Secrets: Unlocking the Hidden Dimensions of your Life*.

Pick up a copy and start discovering the world of Quantum Physics. Come twice a month for stimulating conversations that will change your life and the world you create. We will meet two Tuesdays a month from 7-8:30 pm. First gathering is **Tuesday, July 10th**.

Please bring a journal, a copy of your book and a wide open mind. This workshop is free as part of our community lecture series but registration is required. Please contact the front desk staff to reserve your space. Attendance at every meeting is not required to participate.

### **HOME BIRTH FORUM:**

Curious about Home Birth? Together with the Midwives of York region we are holding the Second Annual Home Birth Forum to educate, demystify and celebrate Home Birth. Mothers, Fathers, Siblings and Grandparents will speak of their experiences as well as a professional panel of midwives, doulas and other birth professionals. Come and air your questions, comments and fears about giving birth at home.

This forum is free and open to all; however, we require advance registration with our front desk. **Tuesday, October 16<sup>th</sup> from 7-9 pm.**

## **STRENGTHENING YOUR INNER FOUNDATION:**

Join Dr. Amy for a basic core-strengthening workshop. Discover exactly what your 'core' is and learn effective and simple ways to keep it strong. This is a hands-on seminar so please come prepared and dress accordingly.

Investment is \$25 per session and advance registration is required as this workshop is limited to 6 participants. Yoga/exercise mats and medium-sized towels required. **Saturday, August 18<sup>th</sup>** from 11-1:30 pm.

**MUCH MORE PLANNED! STAY TUNED TO OUR WEBSITE FOR CURRENT INFORMATION ABOUT CURRENT EVENTS.**

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## **IN YOUR NEIGHBORHOOD**

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### **PREPARING FOR YOUR ULTIMATE BIRTH**

In this 12- hour intensive childbirth preparation class, you will explore the process of labour and birth, comfort measures, common fears and myths, as well as the care of your precious newborn and yourself during your post-partum period.

Lora and Katie, both certified Doulas and Wholistic Nutritionists, will facilitate open-minded discussions on the various types of births and options available, encouraging women and their partners to make an informed choice that feels right to them.

Classes will be held in Aurora from 7 to 9:30 pm, ending with an optional 1/2 hour open discussion and snack from 9:30 to 10 pm. **Thursdays: July 19, 26, Aug 2, 9<sup>th</sup>.**

INVESTMENT: \$150 per couple

Please pre-register by July 12<sup>th</sup>.

Tel (905) 726-1377      Email [lora@aci.on.ca](mailto:lora@aci.on.ca)

### **Simcoe County Eco Farmers Market**

Fantastic selection of organically/ecologically produced seasonal vegetables, pasture raised beef, pork, poultry and lamb. Baked goods, berries in season, maple syrup, honey and more! All vendors use sustainable farming practices with no artificial/chemical fertilizers or pesticides. Every Friday from 3:30 pm to dusk starting July 9 until Thanksgiving. Located at Hempola Valley Farms, 2133 Forbes Rd. Dalton, ON (just north of Barrie, 30 seconds off Hwy 400)

For more info call 1-800-240-9215 or visit [www.hempola.com](http://www.hempola.com)

### **La Leche League Canada - Newmarket Group Announces Outreach Program**

Mondays from 11:00 am - 1:00 pm @ Newmarket Ontario Early Years Centre

Denise, La Leche League Canada Leader, will be available for accurate, up-to-date and personalized breastfeeding information and support for women and their role as a breastfeeding parent. No Fees and No Appointments. For More Information about La Leche League [www.LLCC.ca](http://www.LLCC.ca)

### **Recipe for Mock Deep-Fried Chickpeas**

This snack provides all the crunchy satisfaction of chips but offers protein, calcium and fiber too. You can vary this recipe by changing the spices and herbs. Try curry, chili powder or Thai or Cajun blackened spice mix for a change.

1 can of chickpeas, drained, rinsed and patted dry  
Olive-oil spray  
Sea salt (or coarse salt) to taste  
1/8 teaspoon cayenne pepper  
1/8 teaspoon garlic powder  
1/4 teaspoon oregano

Preheat oven to 425 degrees.

Place chickpeas on a rimmed cookie sheet. Bake for about 35-40 minutes. Shake them every now and then. They are done when they are crunchy and golden brown.

Pour into a large bowl, lightly coat with olive oil spray and sprinkle on the salt and herbs. Toss to coat.

(I like to make these in my toaster oven while I'm preparing dinner)

--Carolyn

Simple ways to save energy save money and reduce greenhouse gases:

- 1) Choose Energy Star appliances, which use a third less energy than their counterparts.
- 2) Wash your clothes on the cold water setting to save 150-500 pounds of CO<sub>2</sub> a year and reduce your electric bill by \$63/year.
- 3) Change your bulbs to compact fluorescent, which last 10 times as long and prevent 80 pounds of greenhouse gas pollution a year.
- 4) Install low-flow showerheads that cost less than \$20 and save up to 300 pounds of carbon a year.
- 5) Unplug stand-by powered appliances, which consume up to 25% of your home's energy. Cash savings: up to \$80 a month.
- 6) Turn up the dial on your thermostat in the summer by just 2 degrees to conserve air conditioning-related carbon emissions.

Convert from Newmarket Hydro to BULL FROG POWER! Ontario's 100% green electricity retailer. By going 100% green in our home it raised our electrical bill by about \$30/month, but considering the impact it has on our environment it seems worth it! Check it out: [www.bullfrogpower.com](http://www.bullfrogpower.com)

## QUESTION AND ANSWER

### WHY DO WE GET MUSCLE CRAMPS????

A muscle cramp is an involuntary contracted muscle that will not relax. Muscles that cross two joints are often susceptible to cramping. The most commonly affected muscles are:

- Back of lower leg/calf.
- Back of thigh (hamstrings).
- Front of thigh (quadriceps).
- Cramps in the feet, hands, arms, abdomen and along the rib cage are also very common.

## Nutrition

## **Debora Palmieri, RHN, RNCP**

Muscle cramps are usually a result of electrolyte imbalance in the body. Calcium and magnesium are a great way to ease muscles cramps. It is a deficiency in these minerals that cause cramping in the legs and feet; as well magnesium deficiency plays a role in menstrual cramps. Potassium is also important for relieving cramps and assists in the metabolism of calcium and magnesium. Together these three minerals can aid in preventing and eliminating muscle cramps. For instance, eating a banana (high in potassium) or taking a liquid calcium/magnesium supplement before bedtime can prevent leg cramps or ease menstrual cramps.

## **Homeopathy**

### **Piper Martin B.Ed., DS Hom.Med**

Muscle cramps are one way your body has of getting your attention! A good muscle cramp is enough to STOP you in your tracks and force you to take note. Cramping, stiffness and a lack of flexibility can be linked to a rigid way of thinking that is constricting you and the direction your life needs to go. Next time you are cramping up consider any place that you are jamming yourself into beliefs, jobs, social engagements, conversations or reactions that no longer suit you. FREE yourself and shift towards flow, change and movement

## **Massage Therapy**

### **Julia Chotowetz RMT and Sandra Viaes RMT**

The natural reaction to massage the muscle is an appropriate one. An additional "trick of the trade" is to contract the opposing muscle against resistance. For instance, if your calf is cramping, try to push your toes upward (dorsiflex) against your hand. Your body will relax the cramping muscle naturally, because that's how you are "wired" neurologically. You may need to repeat the process several times until the cramping subsides. Then be very careful -- the muscle is fragile -- and cool it with an ice pack for about ten minutes. Drink lots of water over the next hour. You may have to force yourself to drink to replace enough fluid, because you will quench your thirst before you satisfy your body's needs. Later on, apply moist hot packs or sit in a hot bath for twenty minutes and massage the muscle.

### **Preventing Muscle Cramps From Occurring in the first place.**

To prevent cramps, you should also keep your body adequately hydrated. Children especially often do not drink enough liquids to replenish fluid lost during exercise. Some tips to prevent cramps

- **Drink water at regular intervals, before you get thirsty.**
- **Drink more than your thirst requires.**
- **Drink a sports beverage if you are working in heat or sweating for more than an hour.**
- **Stretch Regularly - Stretching can relax muscle fibers. Make sure you cool down after exercising, and do not exercise vigorously just prior to sleep.**
- **Train Gradually - Gradually build up an exercise program, and try to avoid sudden increases in activity. The "10% Rule" is a good rule of thumb: never increase your exercise over one week by more than 10% compared to the week before. Sudden changes in activities can cause leg cramps.**

## **Chiropractic**

### **Dr. Amy Butt D.C.**

Chiropractors are trained to detect, analyze, and reduce nervous system interference and spinal subluxations. There are three primary tissue systems involved in the subluxation process, the muscular system, the bony skeleton and the nervous system.

The human nervous system controls every organ, gland, and tissue in the body. This includes the muscles of the body. Unmanaged stress, whether physical, chemical, or emotional, affects the body's vital nerve system and can overwhelm a person's natural adaptive processes and capabilities. Aberrant spinal nerve reflexes cause muscular reactions, which in turn distort the alignment of the vertebral column. This loss of normal bony position causes more stress to the nerve system, and thus the damaging cycle of subluxation is created. Subluxations affect not only the muscles and tissues surrounding the spinal column, but also distant muscle groups, organs, and glandular systems.

Subluxations can initially be asymptomatic; however over time the resultant muscular reactions often manifest as pain, tension, or weakness. The longer subluxations go uncorrected, the more severe the associated symptoms, including muscle cramps and pain.

Chiropractic care focuses on stimulating the body's natural inborn adaptive responses and interrupting the spinal subluxation process. Its focus is on engaging a process of change within the nervous system. When this occurs, the entire body, including the muscular system, is able to function to the best of its ability.

Each month we will answer a question that one of our practice member's has asked. Feel free to ask a question using our box provided at the front desk.

### **Things that make you go Hmmmmm:**

Looking to rent a good movie? How about a thought-provoking documentary about the rise and fall of the electric car:

"The year is 1990. California is in a pollution crisis. Smog threatens public health. Desperate for a solution, the California Air Resources Board (CARB) targets the source of its problem: auto exhaust. Inspired by a recent announcement from General Motors about an electric vehicle prototype, the Zero Emissions Mandate (ZEV) is born. It required 2% of new vehicles sold in California to be emission-free by 1998, 10% by 2003. It is the most radical smog-fighting mandate since the catalytic converter. With a jump on the competition thanks to its speed-record-breaking electric concept car, GM launches its EV1 electric vehicle in 1996. It was a revolutionary modern car, requiring no gas, no oil changes, no mufflers, and rare brake maintenance (a billion-dollar industry unto itself). A typical maintenance checkup for the EV1 consisted of replenishing the windshield washer fluid and a tire rotation. But the fanfare surrounding the EV1's launch disappeared and the cars followed. Was it lack of consumer demand as carmakers claimed, or were other persuasive forces at work? Fast forward to 6 years later--the fleet is gone. EV charging stations dot the California landscape like tombstones, collecting dust and spider webs. How could this happen? Did anyone bother to examine the evidence? Yes, in fact, someone did. And it was murder." - From **Who Killed The Electric Car?** (2006-Sony Pictures).

Dr. Amy Butt D.C.

**What you don't know about sun protection can burn you!**

**There are 2 basic types of skin cream and lotion protection:** "Sunscreens" (which absorb and deflect the sun's rays via a chemical reaction) and "Sunblocks" (which create a physical barrier against rays). Sunblocks are made of either zinc oxide or titanium oxide.

**Ingredients to avoid that are commonly in Sunscreens:**

1. **PABA:** Now rarely used as nearly 40% of the population is sensitive to it.
2. **Octinoxate, Benzophenone, Homosalate, Octy-methoxycinnamate:** These chemical are estrogenic and have the ability to disrupt vital hormones, affecting the development of the brain and reproductive organs in lab testing.
3. **Parabens** (butyl-, methyl-, ethyl-, propyl-): A very common ingredient in chemical sunscreens. Parabens mimic estrogen... bad.
4. **Padimate-O and Parsol 1789:** These chemical can damage DNA when illuminated with sunlight. On the skin's surface they do protect from UV; however, when absorbed into the skin the chemicals prove destructive.

**Choose SUNBLOCKS instead of sunscreens:** This means they include either zinc oxide or titanium oxide. Zinc oxide lies on the skin without being absorbed and very effective at creating a physical block to the UV rays. Titanium oxide is an effective sunblock has shown some phototoxicity; however, most titanium dioxide is coated with materials that reduce its photoactivity. According to current evidence it is shown to be less likely than other sunscreen chemicals to penetrate human skin making it a much healthier alternative. \*\* Products to Consider shown at end of article.

**Choose a biodegradable sunscreen:** Examples of biodegradable sunscreens can be found with labels such as: Lavera, Aubrey, Kiss My Face and JASON Naturals. Check ingredients to ensure these 'biodegradable' sunscreens have safe ingredients.

**Wear Protective Clothing:** The right clothing can protect against the sun's harmful rays. Use sunglasses and wide brimmed hats. Wear unbleached cotton or high-luster polyester or satiny silk to reflect radiation. Clothes made from polyester crepe, bleached cotton or viscose offer little protection because they are transparent to UV rays. You can buy Ultraviolet Protection Factor (UPF) clothing that is effective against blocking harmful rays.

**Infants younger than 6 months should be kept out of direct sunlight and dressed in cool clothing with wide brimmed hats.**

**Do not put on bug spray before sunscreen.** Sunscreen needs to bind with clean, dry skin in order to be effective, so anything you apply beforehand (including lotion or makeup) may reduce its effectiveness. Apply sunscreen first and wait 20 minutes before misting on bug repellent. But keep in mind that when you apply bug repellent over your sunscreen, you reduce the effectiveness of your sunscreen by as much as 30%. It also takes approximately 20 minutes for sunscreen to adhere to the skin in a stable way so apply sunscreen at least 20 minutes before going outside.

**Tanning booths are not safer than the sun.** They also expose you to UVB and UVA rays and can cause the same damage to your skin. There is NO SUCH THING as a safe tan. A suntan is the skins response to injury and DNA damage. With every tan you accumulate more and more damage, which increases your risk of wrinkles and skin cancer.

**Protect your eyes.** UV rays can induce cataracts. For maximum coverage wear glasses that wrap around your temples so the sun can't sneak in from the sides. Look for a label that states protection from both UV rays (100% UV PROTECTION).

**Wear a hat.** Your scalp is also at risk so remember to at least rub sunscreen in your hair part and exposed areas like your ears, forehead, nose and the rest of your face.

**Don't skip the sunscreen because you'll be in the shade.** Shade doesn't totally protect you. Sand and water reflect the sun's rays as much as 50-90%, depending on the angle of the sun and close you may be to the water. And that tree or umbrella will only offer approximately the equivalent of SPF 3.

**PRODUCTS TO CONSIDER:** Nature's Emporium and Ambrosia carry a decent selection of reduced chemical sunscreen products. The internet allows access to an even broader range of products. Always read the labels; however, since even sunscreens found in health food stores can be chemically-laden. Some favorites to consider:

1. Epicuren Discovery Zinc Oxide Sunscreen, \$34: [www.skincarelab.com](http://www.skincarelab.com)
2. UV Natural Sunscreens (zinc oxide), from \$13: [www.dermatologistrx.com](http://www.dermatologistrx.com)
3. Devita Daily Solar Protective Moisturizer (zinc oxide) \$25: [www.holisticbeauty.net](http://www.holisticbeauty.net)
4. JASON Naturals Sunbrellas Chemical-Free Sunblock, from \$13.99 Google it!

These products may show a lower SPF value; however, remember that they are 'SUNBLOCKS' and water resistant so they stay on and won't let UV penetrate!

## WOULD YOU LIKE A PANASONIC DIGITAL CAMERA & IPOD?

***NO PROBLEM! Dr. Amy & Dr. Foster are excited to announce their 'refer a friend or family member' program for August and September! For any existing practice member who refers a friend or family member for chiropractic care, they will receive an entry ballot that will put them in the running to win the digital camera & IPOD basket!!***

***So think .... Who do you know that could benefit from a healthy, vibrant nervous system? ... who don't you know?! Share the news about chiropractic care! All referred friends and family members will receive 20% off their new patient appointment and you just may win a camera and ipod!***

***Offer valid from Aug 1-Sept 30<sup>th</sup>, 2007.***

## M is for Mango!

By Debora Palmieri RHN, RNCP

With its flowery aroma and distinctive flavour mangoes are one of my favorite exotic fruits. Available from April to September mangoes are best throughout June and July. For those of you who have yet to try this delicious fruit, its flavour has been described as a mix of peach and pineapple. Not only does it taste great but it also does wonders for your health!

### Mango Benefits

What don't mangoes do? Packed full of vitamins and minerals mangoes are very healthy for you. They are high in beta-carotene and vitamin C and are a great source of potassium and insoluble fiber. They can help with poor circulation and digestion. They actually contain an enzyme that is soothing to the stomach. This enzyme has similar properties to papain, a digestive enzyme found in papayas. They help to boost memory retention and have been found useful against Alzheimer's. Also

mangoes ability to fight against cancer can be attributed to their high antioxidant content. Lastly, as I mentioned mangoes are quite high in fiber and we all know that fiber is essential for colon and cardiovascular health. So I'm sure you'd agree that this is one tasty way to get your fiber!

What to look for

It is fairly easy to pick out a good mango. Two things to consider when buying mangoes are its colour and aroma. Ripe mangoes are generally a combination of green, orange, yellow, and pinkish-red shades. Unripe mangoes will have no scent, so when choosing a ripe mango be sure it has a fruity and somewhat flowery fragrance. Also, don't be afraid to give mangoes a gentle squeeze. A ripe mango should yield slightly when softly pressed. It shouldn't be too soft and avoid mangoes that are bruised or have black spots. If you end up buying mangoes that aren't quite ripe yet you can easily ripen them at room temperature. Simply leave them on the kitchen counter or if you want to speed up the process you can put them in a brown paper bag with an apple. However, mangoes should be consumed within a few days once ripened. In general, mangoes are good for up to one week when refrigerated.

Get exotic!

Add a little excitement to your fruit platter. It's not uncommon for people to eat the same fruit day after day, without even realizing it. Your body wants something different! With all this variety available, put down that apple or pear, and try something new! Here are a few ideas for using fresh mangoes in your diet.

- Just peel, slice, and enjoy as you would any other fruit
- Chop it up and throw it in a salad for a tropical twist
- Add it to rice, couscous, or chicken dishes - you can find numerous recipes online
- Also used in baked goods the possibilities are endless!

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***FFC & Associates would like to thank Ernie Pavan of Pathways for his series of enlightening workshops held at FFC on June 19<sup>th</sup> and 26<sup>th</sup>. With over 65 attendees, Ernie rocked FFC with his amazing insights into "The Secrets Behind The Secret". To contact Ernie please phone 905-836-8514 or visit the web: [erniepavan.com](http://erniepavan.com) (coming soon!).***

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## THIS IS IT!

THIS IS OUR LAST PAPER EDITION OF FFC NEWSFLASH!  
STARTING IN AUGUST, ALL ANNOUNCEMENTS, NEWSLETTERS, WORKSHOPS AND SEMINARS WILL ONLY BE LISTED ON OUR WEBSITE:

**[WWW.FOSTERCHIROPRACTICE.COM](http://WWW.FOSTERCHIROPRACTICE.COM)**

TO SIGN UP TO RECEIVE AUTOMATED NEWSLETTERS & CURRENT EVENTS PLEASE VISIT OUR WEBSITE AND REGISTER YOUR CURRENT EMAIL ADDRESS OR REGISTER IT WITH OUR FRONT DESK!

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**FFC & ASSOCIATES**

**WISH YOU & YOUR FAMILY AN AMAZING SUMMER FULL OF NEW AND  
EXCITING EXPERIENCES.**