



# FFC NEWSFLASH

August 2007

*We Invite You To Consider  
All Possibilities*

## UPCOMING FFC WORKSHOPS & EVENTS

### HOME BIRTH FORUM:

Curious about Home Birth? Together with the Midwives of York region we are holding the first 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, advance registration is required. Email our front office [fosterfamilychiropractic@rogers.com](mailto:fosterfamilychiropractic@rogers.com) or speak without front desk. **Tuesday, October 16<sup>th</sup>, 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.**

### SUMMER BOOK CLUB

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. Second gathering is **Tuesday, August 14<sup>th</sup> from 7-8:30 pm.**

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.

## **SUPER NOURISH YOUR BABY & TODDLER:**

Join Registered Nutritionist Debora Palmieri and Dr. Laura Foster in an interactive workshop that will cover the following topics:

- How to super nourish your baby's nutrition with whole foods.
- Simple ways to make homemade baby food. We will demonstrate and provide easy recipes.
- When should food be introduced, what are appropriate first foods, and why pablum may not be what you want to introduce during the first year.
- The role of kelp, nutritional yeast, essential fatty acids, and probiotics in infant digestive, immune and nervous system development.
- Ideas on how to make fruits and vegetables a fun part of your toddler's diet.
- Suggestions for recommended reading and other helpful resources.

Bring your questions to this fun and informative workshop on **Friday, September 14<sup>th</sup> from 11am - 12:30 pm**. Investment \$35. Please sign up through our website or at the FFC front desk.

## **VISION BOARD WORKSHOP:**

Join Piper Martin for this interactive workshop on **Tuesday, Sept. 25<sup>th</sup> from 6:30-7:30 pm**. Create a vision board for the future. Free, but sign up is required.

## **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  
**FFC & Associates**  
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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)

STARTING IN AUGUST, ALL ANNOUNCEMENTS, NEWSLETTERS, WORKSHOPS AND SEMINARS WILL ONLY BE LISTED ON OUR WEBSITE:

[WWW.FOSTERCHIROPRACTIC.COM](http://WWW.FOSTERCHIROPRACTIC.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!

## HUMMUS WITH BASIL & BLACK OLIVES:

2 cups garbanzo beans a.k.a chickpeas (canned or soaked and sprouted)  
2 small garlic cloves  
 $\frac{1}{4}$  cup tahini  
 $\frac{1}{2}$  cup pitted kalamati olives  
 $\frac{1}{4}$  cup extra virgin olive oil  
1/3 tsp cayenne pepper (optional)  
1/8 tsp white pepper  
 $\frac{1}{4}$  cup fresh basil leaves  
 $\frac{1}{2}$  medium lemon  
Sea salt to taste

Place beans in food processor. Add garlic, tahini, olives, olive oil, cayenne, pepper and basil leaves. Process for 1-2 minutes, or until smooth. Season with sea salt and pepper. Serve with carrot sticks, strips of bell pepper and flax crackers for dipping.

"One of my favorite snacks for my family. I even use it as a spread in sandwiches!"

## Keeping Your Dog Safe

No matter how minor the situation seems, ALWAYS call your veterinarian and have your dog examined to make sure you don't miss a serious problem. Yearly check-ups are important so the vet can check for any problems and take care of it before it gets worse

**Electrical Hazards** - Puppies and dogs are attracted to electrical wires and may chew on them, causing a severe burn in their mouths. Make sure that all wires are safely put away, secured with a duct tape, or out of your dog's sight.

**Toxic Chemicals And Poisons** - Keep your dog away from bleaches, detergents, cleaners, polishers, and all household chemicals. Houseplants should also be out of your dog's reach. Several plants can make your pet sick, severely ill, or even lead to death. In addition, keep all medicines out of reach.

### Below is a list of some of the food's that should not be given to your dog

1. Alcoholic beverages and caffeinated foods and drinks such as coffee, tea, and chocolate.
2. Dairy products such as milk and cheese.
3. Raw fish and raw eggs.
4. Tobacco.
5. Raisins and grapes.
6. Vitamin supplements for human that contains iron or too much liver.
7. Vegetables such as mushroom, onion, garlic, and potato.

## How Can Massage Therapy Help Headaches?

Headaches are a common source of pain for many people and can be caused by a number of different reasons. Indulging in that extra cup of coffee, your favourite chocolate bar, or taking on too much at work, could all be the source of your headache. Massage Therapy teaches headache sufferers to take control of their pain by identifying what triggers their headaches and, in most cases, alleviating them altogether.

### Common Causes of Headaches Include:

- ❖ Emotional stress
- ❖ Hypertension
- ❖ Certain Foods or Drinks
- ❖ Menstruation
- ❖ Menopause
- ❖ Hereditary Predisposition
- ❖ Fatigue
- ❖ Bright Lights
- ❖ Spinal Subluxation
- ❖ Injury/trauma

*Sometimes I get the feeling the  
aspirin companies are sponsoring  
my headaches.*

*~V.I. Allinore*

**Tension headaches** are caused when muscles and blood vessels in the neck, upper shoulders and scalp become tense or tight. Traumatic injury, overuse, poor posture, emotional stress or a combination of, are usually to blame.

**Migraine headaches** stem from a temporary narrowing, then widening of blood vessels in the brain. Migraines are typically severe and affect only one side of the head. Warning signs often include vision problems and/or nausea.

**Cluster headaches** are caused by an irregularity in the blood flow to the brain and appear in groups. Cluster headaches typically occur at the same time each day for several weeks, until the "cluster period" is over. They are frequently severe and one-sided, but unlike migraines, show no warning signs or symptoms.

**Sinus headaches** are pain caused by congestion and irritation of the sinuses, usually to do with allergies or a cold but sometimes related to an infection.

**Allergic headaches** develop from a heightened sensitivity to a substance eaten or inhaled.

Massage Therapists know headaches. Treatments are uniquely designed for each patient and combine posture training, corrective exercises, relaxation techniques and hydrotherapy. Patients will leave treatment sessions knowing how to work with their individual headache symptoms. Patients who receive massage therapy for headaches report less pain, less frequent headaches, take fewer pain killers, and sleep more soundly. Massage Therapy increases the amount of beta-endorphins in the blood, which promote pain relief and an overall feeling of wellbeing.

## Exercise For A Vital Pregnancy Dr. Amy Butt, DC, BSc

There are many benefits to exercising throughout a pregnancy. Exercising during a pregnancy preserves or increases a mother's metabolic and cardiovascular capabilities. It also promotes good posture and body mechanics, in turn helping to prevent low back pain. A body in balance, with proper muscle tone and strength, will be able to rise to the demands of pregnancy, labor, and delivery with greater ease. Also, women who exercise throughout pregnancy tend to have shorter postpartum recovery times.

A safe amount to exercise throughout a pregnancy is considered to be 3-4 times a week. You want to aim for about 30 minutes of exercise at a time, with a maximum of 15 minutes of fairly intense exercise. Any aerobic exercise should be preceded by a brief warm-up period of about 10 minutes and followed by a short cool-down of 10-15 minutes. The warm-up and cool-down intervals should consist of low-intensity exercises, stretches, and relaxation exercises.

It is best to focus on continuous movement-type activities that involve the use of your larger muscle groups. Recommended activities include walking, swimming, machines such as stationary bicycles and rowing machines, and pregnancy specific exercise classes, such as pre-natal Yoga. If you feel the need to progress in your exercise routine, the safest time to do so is during the second trimester and it should be a gradual progression. It is never advisable to begin a new exercise program or increase the amount of exercise prior to

the 14<sup>th</sup> week of pregnancy or after the 28<sup>th</sup> week.

An important thing to remember while exercising is to monitor your intensity and avoid over-exerting yourself. An easy way to do this is to use the 'Talk Test'. You should always be able to carry on a verbal conversation while exercising. If not, the intensity at which you are exercising is excessive and should be modified.

With regards to exercising after the birth of your child, it is recommended to wait 4-6 weeks postpartum for a vaginal birth, and 6-8 weeks after a caesarian. However, Kegel exercises, which help strengthen the perineum and surrounding tissues, can be started immediately after birth.

While there are many advantages to exercising during pregnancy, there are also certain instances in which exercise may not be appropriate. These include such things as pregnancy-induced high blood pressure, anemia, or toxemia, bleeding in the second or third trimesters, a history of preterm rupturing of membranes or preterm labor, and indications of a weakened or incompetent cervix.

The most important thing to remember is that the decision to be physically active or not during pregnancy should always be made with quality advice from your primary prenatal caregiver.

**Join Dr. Amy Butt on Saturday August 18<sup>th</sup> from 11am-1:30pm for her workshop STRENGTHENING YOUR INNER FOUNDATION.** Sign up at the front desk and continue on your path to wellness.

## Sugar: How Sweet It's Not! By Debora Palmieri

**"Is it really that bad for me?" Clients ask me this question all the time and my answer is always the same. Yes!** You may be thinking to yourself, "Well, I don't really eat very much sugar." However, you may be shocked to find out that you are probably getting a lot more sugar in your diet than you think. Just because you don't see it doesn't mean it's not there. Before you add another sugar to your coffee or open that can of pop, read on to learn more about sugar and why you should avoid it.

Sucrose, commonly known as white sugar or table sugar, is extracted from sugarcane or sugar beet and is the most widely used sweetener within the food industry. Naturally brown, it is chemically whitened and refined. In other words, all of the 'good stuff,' like nutrients, is stripped away to make the fine sugar granules we've come to know. Refined sugar is now devoid of any vitamins, minerals, or fiber, and as a result its consumption may create nutritional deficiencies by pulling nutrients out of the body. Sugar is a high-calorie yet nutrient-depleting substance.

When you eat sugar or sugary foods, there is a rapid increase in blood-sugar levels followed by an immediate 'crash.' When this rapid rise and fall continue over a period of time it may lead to what is called hypoglycemia or low blood sugar. Symptoms associated with hypoglycemia include headaches, irritability, food cravings, dizziness, and/or fatigue. Just think of how you feel at about 3 or 4pm on an average day. Do you find that you have a sudden drop in energy or need a pick-me-up like coffee

or sweets? If so, you probably have a blood sugar imbalance and would benefit from avoiding or limiting your sugar intake. It is important to correct this type of imbalance to minimize your risk of developing diabetes.

Not only does sugar consumption play a huge role in diabetes, it is also linked to tooth decay, weight gain/obesity, anxiety, hyperactivity, depression, candida (yeast overgrowth), arthritis, high blood pressure, and overall poor health. Sugar can also inhibit proper digestion, upset the body's mineral balance, and may suppress the immune system. It can actually impair immune system function for hours after its consumption, therefore making you more prone to illness or infection.

Table sugar, generally used in coffee, tea, for baking, or on cereal, is just one of the many types of sugar available. Food manufacturers are using different forms of sugar extensively throughout the food industry, and these sugars are being added to numerous food products. These sugars are referred to as 'hidden' sugars. They can be found in deli meats, potato chips, instant coffee, ketchup, mayonnaise, salad dressings, cereals, frozen foods, baby foods, and beverages, to name a few. A can of coke alone has approximately 12 tablespoons of sugar in it. Pharmaceutical companies also use sugar in their tablets as a preservative and in syrups as a sweetener, among other things.

Sugar goes by many names. If one or more of the following names are listed on a product label, it means that the product contains some form of sugar.

- **Brown sugar**

- Barley malt
- Cane sugar
- Caramel
- Corn fructose
- Corn syrup
- Dextrin
- Dextrose
- Fructose
- Glucose
- High fructose corn syrup
- Honey
- Lactose
- Maltose
- Mannitol
- Maple syrup
- Molasses
- Sorbitol
- Turbinado

It would be a good idea to become familiar with these different names so that you can begin reading and understanding nutrition labels. This will help you to determine how much sugar you and your family are really consuming. There are some better options for sweeteners out there that you can use. These include barley malt, sucanat (evaporated cane sugar), blackstrap molasses, stevia, raw honey, and pure maple syrup. Nevertheless, you still want to use these sweeteners in moderation for a

healthy diet. Keep in mind, however, this does not mean you should switch to artificial sweeteners, as there are many concerns regarding their safety.

I feel it is necessary to make a quick mention of the natural sugars found in fruit. All fruits contain natural sugars. These sugars do not have the same effect on the body as white sugar does. Eating fresh fruit, like an apple, does not spike blood sugar levels like a donut would. Fruit in its whole, natural state provides the body with the necessary nutrients to metabolize the sugar in the fruit. Fibre in the skin of an apple allows the sugar to be released slowly into the bloodstream, so there is no rapid rise in blood sugar.

A balanced diet of whole grains, fresh fruit and veggies, and good quality proteins and fats will allow for the occasional sweet treat. Just be sure that you are getting the essential nutrients that will support your body and keep you healthy.

*Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~ Doug Larson*

### **Banana Bread Energy Bars** (By Brendan Brazier's Book: *Thrive Diet*)

Cinnamon and nutmeg combined with banana give this bar the taste of traditional banana bread, in a healthy convenient form. In a food processor, process all ingredients until desired texture is reached. If you prefer a uniformly smooth bar, process longer. If you would rather a bar with more crunch and texture, blend for less time. Remove mixture from processor and put on a clean surface. From here just roll it into several bars or shape into bars:

$\frac{1}{4}$  cup ground sesame sees  
 $\frac{3}{4}$  cup fresh or soaked dried dates  
 $\frac{1}{2}$  cup popped amaranth  
 $\frac{1}{2}$  cup walnuts  
 1 small banana

2 tsp cinnamon  
 $\frac{1}{2}$  tsp nutmeg  
 Sea Salt to Taste

Makes approximately 12 - 50 gram bars.

WOULD YOU LIKE A  
PANASONIC DIGITAL CAMERA & IPOD?

20% off New Patient Consultation!

**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 30th, 2007.



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**Day Time Class**

**Monday**

10:00-11:30 Enhance your Practice  
4:30-6:00 Enhance your Practice  
6:15-7:30 Hatha Flow

**Tuesday**

10:00-11:30 Enhance your Practice  
2:00-3:30 Community - By donation  
4:30-6:00 Enhance your Practice  
6:15-7:30 Hatha Flow  
7:45-9:00 Beginner

**Wednesday**

10:00-11:30 Hatha Flow  
4:30-6:00 Enhance your Practice  
6:15-7:45 Beginner

**Thursday**

8:00-9:30 Hatha Flow  
10:00-11:30 Back care/Core  
4:30-5:30\* \*Kids Yoga (pre-registered)  
6:15-7:30 Enhance your Practice  
7:45-9:00 Beginner

**Friday**

10:00-11:30 Enhance your Practice  
4:30-6:00 Enhance your Practice  
**6:45-7:45\*** \*Belly Dancing (pre-registered)

**Saturday**

9:00-10:30 Beginner  
10:45-12:15 Enhance your Practice

**Sunday**

10:00-11:30 Enhance your Practice  
11:45 -1:00 Restorative