



# FFC NEWSFLASH

SEPTEMBER 2007

*"The highest result of education is tolerance"*  
-Helen Keller

## UPCOMING FFC WORKSHOPS & EVENTS:

### Super Nourish Your Baby & Toddler:

Friday, September 14<sup>th</sup>

11 am - 12:30 pm

Led by Debora Palmieri, registered nutritionist, and Dr. Laura Foster, chiropractor.

Investment: \$35, pre-registration is required.

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.

### Vision Board Workshop

Tuesday, September 25<sup>th</sup>, 2007

6:30-8 pm

Led by Piper Martin & other FFC team members.

Investment: FREE, but sign up is required.

A vision board is a collection of pictures, words, images and anything visual to serve as a daily reminder of your dreams, goals and aspirations. Join us on Tuesday, September 25<sup>th</sup> to create a vision board for yourself to inspire you on a daily basis.

### Healing Trauma with Homeopathy

The Homeopathy Study Group

Friday, September 21<sup>st</sup>, 2007

9:30-11:30 am

Led by Piper Martin, B.Ed., DS Hom. Med.

Investment: \$50.00 per class

A traumatic experience can create beliefs and behaviors that become life long. Explore the ways in which homeopathy can shift those ideas and change the way a person views the world.

This group will discuss the mental, emotional and physical aspects of trauma and the way in which homeopathy addresses these states.

- .. Birth trauma and its effect on newborns and their mothers
- .. Physical and sexual abuse
- .. The effects of fright and grief
- .. Physical trauma such as severe head injuries and accidents

**Join the Homeopathy Study group; we meet once a month on a Friday morning to discuss homeopathic remedies, cases and philosophy. If you are intrigued about homeopathy and want to expand your minds and knowledge please join in at any time. If you are new to homeopathy but would like to get started consider joining the Core Homeopathy classes beginning in October 2007.**

## **CREATING YOUNG NATURE LOVERS**

Tuesday October 2<sup>nd</sup>, 2007

6:30-8:00 pm

Led by Cheryl Stewart

Investment: FREE, but sign up is required.

Join Cheryl for an evening to explore the fun-filled learning opportunities offered in the great outdoors. Discover how simple it is to get your children outside and engaged. Experience how to turn a simple neighbourhood walk into an adventure. Come prepared to go outside and explore!!!

Cheryl Stewart is an Outdoor Education Specialist with the Toronto District School Board and the Nature Program Coordinator with Camp Big Canoe-Pee Wee Camp. She is also the mom of two nature enthusiasts!

## **Core Homeopathy Classes**

Level One

Friday mornings, 9:30-11:30 am

October 5<sup>th</sup> and 19<sup>th</sup>, November 2<sup>nd</sup> and 16<sup>th</sup>, 2007

Led by Piper Martin B.Ed., DS Hom.Med

Investment: \$200.00

Babes in arms most welcome.

This level one homeopathy class will involve learning the basics of homeopathic prescribing, philosophy, potency selection and materia medica. You will gain an understanding of how homeopathy works on the mental, emotional and physical levels and the gentle ways in which you can

Newsflash September 2007

FFC & Associates

support your family through illness, imbalance and stress. We will move through a comprehensive workbook as we study remedies for acute illness, first aid and anxiety.

Not sure what homeopathy is all about? Check out the homeopathy links on the FFC website for more information.

## **Second Annual Home Birth Forum**

Tuesday, October 16<sup>th</sup>

7-9 pm

Led by FFC staff and the Midwives of York Region

FREE - babes in arms welcome!

Are you curious about how to support yourself through a natural birth?  
Join us for our second annual home birth forum.

You will meet the midwives that guide women and their families through natural childbirth, both at home and in a hospital setting. Midwives provide exceptional care to women throughout their pregnancies, birth and postpartum period. They are the only birth professionals that offer women the option of giving birth at home or in the hospital. In addition to meeting the midwives you will hear experiences and advice from fathers, siblings, grandparents, doulas and childbirth educators on the topic of giving birth at home. If you have questions, concerns or fears this is the place to educate yourself and consider the possibilities of a different birth experience for you and your baby. We will also discuss vaginal birth after cesarean (VBAC) as well as home birth after cesarean (HBAC). Please register if you would like to attend as seating is limited and this event fills quickly.

## **AND BABY MAKES THREE....(BUT IT FEELS LIKE 10!!)**

Jo-Ann McRogers, Psychotherapist & Doula

Tuesday October 23<sup>rd</sup>, 2007

6:30-8:00 pm

Led by Jo-Ann McRogers.

How we define ourselves as men/women, fathers/mothers and partners is challenged through birthing and the process of becoming a family. Roles in the family, self, and other expectations, stress and communication styles take on lives of their own. Come be part of a presentation and discussion that can help add tools to your newly defined Family Toolbox. Participate in a discussion about the things that most books and prenatal classes don't tell you about becoming a family!

Jo-Ann McRogers has been working compassionately in the field of wellbeing for 20 years. Her credentials and life experiences have brought her to a place of offering specialized therapy services to the birthing community.

## **SUBSTANCE MISUSE AND YOUTH**

Monday November 19<sup>th</sup>, 2007

7-8:30 pm

Led by Randy Ketterling, M.Ed, Psychotherapist

Investment: FREE, but sign up is required.

This informative seminar will discuss trends of youth substance use and abuse in York Region. Randy will expand on which drugs are popular, their accessibility, and the signs of misuse. This seminar will also describe the risk factors associated with abuse and will give parents tips on how to manage concerning situations.

## **January 2008 - January 2009 - Biography Course**

Led by Piper Martin and Dr. Laura Foster

This is a one year program to inspire growth, keep you on track and committed to creating the life you dream of having. Stay tuned for more details.

## **ONGOING FFC WORKSHOP'S AND 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.

### **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)

### **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. Next gatherings are: Tuesday, September 11<sup>th</sup> and Tuesday,

Newsflash September 2007

FFC & Associates

September 18<sup>th</sup>.

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.

*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)

## *IN OUR COMMUNITY*

### 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 informed choices that feel 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: Nov 1, 8, 15, 22<sup>nd</sup>

INVESTMENT: \$150 per couple

Please pre-register by Oct 18/07

Tel (905) 713-0452

Email [katie.randell@sympatico.ca](mailto:katie.randell@sympatico.ca)

*Birth and Beyond and Doula C.A.R.E. Simcoe County are hosting a special benefit performance of the critically acclaimed hit play "Birth" as part of a global Birth on Labour Day movement to make maternity care mother-friendly. More than 30 cities around the world will take part. The performance will be held at The Gibson Centre in Alliston on Sat., Sept. 22, followed by a session discussing the birthing unit status. Tickets are \$30.00 each and all proceeds will go to the Stevenson Memorial Hospital Birth Unit.*

*For more information visit on-line at [www.birthandbeyondontario.ca](http://www.birthandbeyondontario.ca)*

*MOVEMENTS to last a lifetime*

Balancing Bodies is pleased to announce our Yoga & Pilate's retreat held in beautiful Collingwood, Ontario at Chateau Ridge in the Village.

Experience a weekend of Yoga, Pilate's, Meditation, vegetarian cuisine and reflection.

Enjoy fresh air, delicious meals and scenic walks through this beautiful village setting.

Disconnect from the "busyness" of life and give yourself the gift of a weekend retreat...find your sacred space. Personal renewal, quieting of the mind and a connection with your own inner being are all benefits of guided yoga classes.

Create your own sanctuary

### **Registration & Fees**

\$279 – cash or Cheque

Includes: 2 nights shared-accommodation first come first serve, linens, 6 meals, snacks, beverages, 7 classes, welcome bag, guided meditation and hike.

Non-Refundable \$100 deposit due upon registration

Full payment by Sept 15<sup>th</sup>2007. No refunds or cancellations after Sept 15<sup>th</sup> 2007.

To register or for more information please contact Jenn at:

(905) 868-5527 or

Email: [balancingbodies@hotmail.com](mailto:balancingbodies@hotmail.com)

### ***Weight Loss Pills: Why Should You Avoid Them***

#### **Debora Palmieri, Registered Nutritionist**

There are a number of weight loss pills available in today's world. There are diet pills that increase fat loss, help to suppress hunger, and increase your metabolism. However, most of them have yet to be proven safe and actually seem to be more dangerous than effective. Unfortunately, since they do not need to meet rigorous standards, diet pills are often marketed with health claims that haven't been authorized by the Food and Drug Administration (FDA). This lack of regulation makes it hard to know if you are even getting what is listed on the bottle. Here are a few common substances that are found in diet pills today, along with their side effects.

**Chitosan.** This substance blocks the absorption of dietary fat. It is said to be relatively safe, but unlikely to cause weight loss. Rather it can cause constipation, bloating, and other gastrointestinal complaints.

**Bitter orange (AKA Citrus aurantium).** A common ingredient in most "ephedra free" weight loss supplements, it helps to decrease appetite. Another name for bitter orange is synephrine. Synephrine is chemically similar to ephedra. Studies do show that synephrine can raise blood pressure and heart rate. Thus, bitter orange is not appropriate for anyone with heart disease, blood pressure issues or kidney disease, similar problems caused by ephedra.

**Ephedrine.** Ephedrine is a component of adrenaline. It stimulates the central nervous system and after many years on the market was found to cause a rapid heartbeat, raise blood pressure, increase the risk of heart attacks, and more seriously, seizures. Due to the high number of side effects, it is no longer allowed to be used in diet pills.

**Caffeine.** Most of us are familiar with the stimulatory effects of caffeine. It directly affects the central nervous system and creates energy. It can increase fat breakdown, as it speeds up one's metabolism, so it is frequently found as the main ingredient in a variety of weight loss pills. However, this only works during exercise. There are a number of problems associated with caffeine intake, which include blood sugar imbalances and adrenal fatigue.

**Hoodia Gordonii.** Hoodia has gained more recent popularity when it comes to weight loss. This plant is used by many as an appetite suppressant. Completely natural it helps to trick the brain into thinking the stomach is full. Some have found it to work, however many of the products with hoodia do not contain enough of the plant to be effective. Reducing food intake, through the use of appetite suppressants, may create nutrient deficiencies that may negatively affect one's health in the long run.

A number of other substances found in diet pills are those that block carbohydrate absorption, otherwise known as "**carb blockers**". They prevent starches from being converted to glucose and fat. The most commonly used ingredient is phaselous vulgaris, a herbal extract of white kidney bean. It works by interfering with the enzyme responsible for carbohydrate breakdown, thereby inhibiting fat production. Common short-term side effects include stomach discomfort, diarrhea, and nausea.

Contrary to popular belief diet pills are not the answer. Most importantly, none of the substances listed above have been tested for long-term effects on health, making any safety issues still unknown. Whether it suppresses your appetite or speeds up your metabolism there is no quick fix for losing weight.

The most effective way to lose weight and keep it off is to adopt healthy lifestyle changes, which include eating healthier, watching portion sizes, and engaging in regular physical activity!

### *New Stats on the Dangers of Trampolines*

*Sandra Vias, RMT*

## HEAD'S UP!

A new study from the Canadian Pediatric Society and the Canadian Academy of Sport Medicine states that the risk of injury is high when bouncing on trampolines and that they should not be used in backyards. Trampoline injuries requiring hospitalization rose by 56% in Canada from 1990 to 2001. 12.4 % of all trampoline injuries required a hospital stay. In comparison, only 3.3% of hockey injuries required a hospital stay and football injuries requiring hospitalization the percentage was 2.8.

Parents may get a false sense of security with items such as protective netting. Most of the injuries do not happen from flying off the trampoline, they happen from landing wrong on the mat of the trampoline. Dr. Merrill Zetaruk, a member of both the pediatric society and the academy of sport medicine said that she's seen a wide range of injuries, from broken bones to twisted spines, from the trampoline. They are not just bumps and bruises; they're fractures and serious spine injuries.

## DID YOU KNOW?!?!

When you treat pain with medication, anti-inflammatory and muscle relaxant products, you are treating the symptoms and not the cause of the problem. Treat the symptoms and the pain is masked. Treat the cause and the pain will go away.

Massage therapy is a safer and more natural way to treat your pain. Massage increases the release of the body's natural pain killers and killer cells (serotonin, dopamine, and endorphins).

Taking medications, particularly muscle relaxants and pain-killers will dull your perception of pain and pressure, especially when taken before a massage treatment, which in turn may cause tissue damage or bruising. So let your massage therapist know what medications you have taken, how much and when...or better yet, refrain from any anti-inflammatory, muscle relaxants or pain-killers before seeing your massage therapist. Staying away from these drugs will also allow you to provide your massage therapist with a better description of what you're feeling and exactly where you're feeling it, along with any referral patterns which you may not be able to describe if on the drugs.

## *Antibiotics in Pregnant Women Lead to Allergies/ Asthma in Children*

**Dr. Amy Butt, DC, BSc**

*A study of British children suggests that women who have an infection or take antibiotics during pregnancy are more likely to have a child with an allergy-related condition such as asthma, hay fever or eczema.*

*Researchers at the University of Nottingham evaluated the medical records of nearly 25,000 British children and their mothers. The study found that children exposed to antibiotics in the womb had a higher risk of developing asthma, hay fever and eczema than did children whose mothers did not take the medication during pregnancy.*

*Because a person's immune system develops while he or she is still in the womb, some experts speculate that factors that modify microbial exposure at this time may have a long-term effect on the risk of developing allergic disease.*

## HAPPY RAKING!

*Julia Chotowetz, RMT*

*Another new season is upon us... which could mean, re-aggravating old injuries, and acquiring new ones!*

*For some people the reason why our low back is susceptible to injury is that our spines are too mobile. These same people usually have a lumbar spine that is surrounded by inflexible muscle groups. Most commonly the paraspinals (muscles along the spine which help you sit up straight) and the hamstrings or quadriceps of the leg. Along with this is the fact that the majority of people have core muscles (abdominals and deep muscle's of the back) that are too weak. So unless you are on the few who routinely strengthen these important muscles, take a look at these few tips and hints.*

- 1. Warm-up---try dancing around a little, jog on the spot or jump softly. Something to get the heart pumping. Try a couple of stretches:*
- 2. While holding on to something for support grab one foot with one hand behind your rear end and hold it as you bend that leg. Make sure you feel this stretch in the front of the leg that is bent and try to hold it for 10 counts. Repeat on the other side.*

*Again, maintain balance by holding onto something and place your leg up on a chair, tighten that thigh while pulling your toes towards your body. You decrease the risk of injury if you do not bend over towards your toe. Try to stand tall and hold for 10 counts. Repeat on the other side.*

- 3. While you are raking try to maintain focus on proper positioning and hip rotation. Focus on pulling your belly button towards your spine; this will activate the lumbar stabilizers.*

*Preventing back injury is simple when you take the time. Keeping tight leg muscle's stretched and loose while keeping your core muscle's flexed can take you a long way in enjoying your weekend.*

## Do you treat yourself like the Goddess you are?

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

### *THE CANARIES ARE SINGING!!!*

*"A woman's health is a barometer of her environment. It is modeled and shaped according to her evolution in the womb and the social, cultural, and ecological environment of her childhood. It is created out her relationships, her joys and traumas. It is grounded in the quality of her nutrition and the purity of the water and air around her. At each stage of a woman's life cycle, because of her innate connection to birth, creativity, and the protection of the human race, a woman's health represents a sentinel of subtle and great disturbances in our culture and our environment. For that we should be thankful. Women are the canaries in the coalmine, warning us of imminent danger, of disturbances no one else can see or feel. Unfortunately, these disturbances register in the anatomy, the*

biochemistry, and the souls of women. They create imbalances, which can be healed by shifts in belief, nutrition, and activity and supported by the fruits and plants of the earth, which have evolved in harmony with our own bodies, offering health and balance.

### *The canaries are singing loudly enough.*

Why there is there an epidemic of hormonal disturbances in women's life cycles?

*Dr. Mark A. Hyman, M.D. - the Life Cycles of women: Restoring Balance, Alternative Therapies, May/June 2007, vol.13, NO.3, pg #10*

*The past eight years in practice as a homeopath I have seen a vast number of women on the birth control pill or with a history of taking the birth control pill for over ten years.*

*“Physicians prescribe oral contraceptives to regulate patient's cycles rather than addressing lifestyle and environmental etiologies of altered function”.*

*Dr. Mark A. Hyman, M.D.*

*I am commonly having conversations with women with regard to birth control and 9/10 women have a history of or are presently using the birth control pill for protection. They are being told that the birth control pill has no negative side effects, is safe to use at any age and is used for a wide variety of complaints ranging from irregular cycles, to pimples to heavy menses. The Birth control pill is appealing. It allows women to know exactly when they will menstruate, gives them the ability to manipulate their cycle - i.e.: if they are going on vacation they can simply continue taking pills throughout the entire month and skip their menstruation all together. Women have been programmed to believe that this is a kind of freedom, to be in charge of their bodies through the use of a synthetic estrogen. Most commonly women begin taking the pill as teenagers and continue until they decide they want to get pregnant. No one has advised them that this might be difficult.*

*“The Pill, of course, which had its thirtieth birthday this year, makes us sexually accessible at all times with no fear of fertilization. In fact, it often ends our periods altogether. There are no more eggs. When we are not fertile enough we are given hormones in the form of fertility drugs to produce more eggs. They induce our babies with hormones, often only for convenience sake, which is effectively injecting our babies with hormones before they see the light of day.”*

*Melissa Asylum, Folliculinum, Mist or Miasm*

*The years of taking the birth control pill have a physical, mental and emotional effect on women.*

### *The Mental/Emotional side of the Pill*

*A homeopathic remedy has been made from synthetic estrogen, it is called Folliculinum. It is used to treat women that are experiencing symptoms of estrogen poisoning through the use of synthetic hormone treatments. A British homeopath named Melissa Asylum has done a great deal of work with this remedy and she describes the mental/emotional state in the following terms:*

- *She feels she is controlled by another*
- *she is out of sorts with her rhythms*
- *she is living out someone else's expectations*

- she feels she is being fed off emotionally or psychologically
- she loses her will
- she over-estimates her energy reserves
- she is full of self-denial
- she becomes a rescuer, addicted to rescuing people
- she becomes drained
- she has become a doormat
- she has forgotten who she is
- she has no individuality.
- she loses sense of herself
- she may totally lose herself in her relationships

*These mental/emotional symptoms correspond with the fact that regulating your cycle through the use of a hormone disconnects you from your body and your personal cycle. The earlier this occurs in a woman's life the less likely she is to have a sense of who she is. If young women are put on the pill from the ages of ten onward she never has an opportunity to develop a sense of self. This makes it very difficult to trust that your body will know what to do when it is time to create a child, give birth, breastfeed a baby and travel through menopause.*

- *Feeling out of control, mood swings that are intense and unmanageable.*
- *Disconnection from your body - no sense of the internal rhythms of ovulation and menstruation of your personal cycle.*
- *Strong PMS symptoms*

*“The ovary is such an organ of creativity. It simply seethes with life and activity. When it isn't functioning well, creativity can be blocked. Maybe it is blocked by a domineering parent or spouse. Maybe it is blocked by the way our society views women's creativity. If the energy is blocked, suppressed, and tricked, where is it going to go? It goes into disease, depression, anxiety, hypersensitivity and instability. She gets easily upset, easily hurt and unsure of herself. She does not want to be alone, gets restless, goes hyper, gets allergies. It appears like an estrogen allergy. The body gets confused and rejects the things that nourish it. The mind gets confused and can't make decisions. Folliculinum helps to restore clarity.”*

*Melissa Assilem, Folliculinum, Mist or Miasm?*

***Consider the way in which you care for yourself.***

## The Wisdom I Am Living

- #1. I have a higher purpose.  
I am here to serve, inspire, and love. I am here to live my truth.
- #2. I am in communion with the whole of life.  
Withdrawing or refusing to communicate is not an option.
- #3. My awareness is always open to change. From moment to moment I sense everything in my environment.

Getting caught up in rigid habits is not an option.

#4. I feel acceptance for all others as my equal, without judgment or prejudice.  
We are equally important and interdependent.

#5. I seize every moment with renewed creativity, not clinging to the old and  
outworn.

I can think thoughts I've never thought before and behave in ways I've never done before. I do  
not cling to old behavior.

#6. My being is cradled in the rhythms of the universe. I feel safe and  
nurtured.

#7. My idea of efficiency is to let the flow of life bring me what I need.  
Force, control and struggle are not my way.

#8. I feel a sense of connection with my source.

#9. I am committed to giving as the source of all abundance.

#10. I see all change, including birth and death, against the background of  
immortality.  
Whatever is unchanging is most real to me.

I live these qualities each day with a renewed sense of vitality

WOULD YOU LIKE A  
PANASONIC DIGITAL CAMERA & IPOD?

*ONE MONTH TO GO!!*

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.*