

FFC Newsflash

January 2008



*“Wanting to be someone you’re not is a waste
of the person you are.”*

Kurt Cobain

Happy New Year!

I think of a new year as an opportunity to think about what I really want to accomplish in the year ahead. I sit down and plan all the 'fun' events ahead (vacations, celebrations, holidays). I then physically elect days during the year when I am going to accomplish something I've always wanted to do, experience, or have. Maybe it's a new hobby, event or endeavor.

**WHY NOT DO THIS? ... IF YOU DON'T
NAME IT, YOU CAN'T CLAIM IT.**

*ffc & Associates wishes you &
your family an amazing 2008.*

THE LAW OF ATTRACTION

The **Law of Attraction** refers to an esoteric principle that individuals experience physical and mental manifestations corresponding to their predominant thoughts, feelings, words, and actions; and that they thereby have the ability to control the reality of their lives through thought alone. The principle is based on the concept that a person's thoughts (conscious and unconscious), emotions, beliefs and actions attract corresponding positive and/or negative experiences. This process has been described as "harmonious vibrations of the law of attraction", or "you get what you think about; your thoughts determine your experience."

UPCOMING EVENTS

DETOXIFICATION

You eat to live and love to eat - but if your meals are mainly made up of processed chemical-laden 'foodstuffs', you aren't living your best or to your true potential.

**DO YOU NEED TO CLEAN UP YOUR ACT?
ARE YOU:**

- Overweight and overfed?
- Suffering from constipation & bad breath?
- Plagued with lackluster skin & hair?
- Smoking & drinking too much?
- Craving sweets all the time?
- Worried about acne, rashes & oily skin?
- Tired of aches and pains in your joints?
- Looking for a way to feel cleaner & leaner?

Join this informative workshop and explore the following topics: what are the signs & symptoms of toxicity; what are the benefits to detoxifying; how are we exposed to toxins; how toxins can damage us; and how do we eliminate.

DATE: TUESDAY, FEB 5TH

Led by Jenn Pike, RHN

7-8:30 pm

INVESTMENT:

FREE, but advance sign up is required.

Sign up at front desk or email

fosterfamilychiropractic@rogers.com

CRAWLING TOWARDS A BRIGHTER FUTURE

Join Dr. Warner for an indepth workshop on the topic of cross-crawl patterning. She will be outlining the importance of crawling and its link to neurologic development and growth. She

will also be exploring the relationship between crawling and common developmental delays and learning disabilities. What can you do if your child missed crawling during their development?

DATE: TUESDAY, JANUARY 15TH

7-8:30 pm @ FFC

INVESTMENT:

FREE, but advance sign up required.

LEVEL ONE: CORE HOMEOPATHY CLASSES

Learn to prescribe homeopathic remedies safely and effectively for your entire family. Have the tools to support your children through ear infections, fevers, coughs, colds and injuries. You will learn to:

- Take a homeopathic acute case history
- Learn detailed information about the remedies through case examples and clinical findings.
- Expand your knowledge of homeopathic remedy selection and potency choice.

Upcoming session:

February 8th & 29th

March 7th & 28th

10:30 am - 12:30 pm

INVESTMENT:

\$200 for complete session. Course binder incl.

Babes in arms always welcome!

Sign up at FD or email

fosterfamilychiropractic@rogers.com

HOMEOPATHIC STUDY GROUP

We meet once a month on a Friday morning to expand our knowledge of homeopathic medicine. Learn new remedies; get new

perspectives on case taking and analysis, potency choices and much more. Some prior homeopathic knowledge is advised.

January 25th:

"Constitutional Prescribing for Children"

Upcoming dates:

February 22nd

March 21st

10:30 am - 12:30 pm

INVESTMENT:

\$50.00 per session

Babes in arms most welcome.

Sign up at front desk or email

fosterfamilychiropractic@rogers.com

HOMEOPATHIC MEDICINE FOR PREGNANCY & CHILDBIRTH

This course was created to educate midwives on the use of homeopathy during pregnancy, birth and the postpartum. There is an additional section on using homeopathic medicine for newborns. Mentoring offered for the duration of the program.

For serious students of homeopathy, midwives, doulas.

Session begins:

Saturday, January 12

Once a month for six months

2-6 pm @ FFC

INVESTMENT:

\$600 for complete session

Payments plans available, please inquire.

Sign up at front desk or email:

fosterfamilychiropractic@rogers.com

DISCOVER CHIROPRACTIC

Join Dr. Warner for a fun and informative chiropractic health workshop where she will be exploring the triad of health and wellness and how a chiropractic lifestyle can work for you. This workshop is intended for people who are curious about chiropractic and want to have their burning questions answered! ... And for those wishing to expand their knowledge on this topic.

INVESTMENT:

Free, but advance sign up is required.

Upcoming sessions:

Please enquire at front desk

Or email: fosterfamilychiropractic@rogers.com

BALANCED EATING THE OPTIMUM HEALTH PLAN

Led by FFC's Jenn Pike, RHN

This 6-week comprehensive nutrition & wellness program will provide you with the tools and resources necessary to make everyday your healthiest day. To help you feel lighter, leaner more energized and empowered to make lasting changes to your eating and lifestyle habits.

In this 6 week program we will meet once per week for 90 minutes to discuss the following:

Micro & Macronutrients, Digestion & Assimilation, Organics 101 (shopping & stocking your kitchen), Supplementing a Whole Food Diet (guest speaker), Detoxification/ Juicing/Fasting. The final week wraps up with fitness tips, delicious meals and mini-consultation.

WHEN:

January & February

First class Saturday, Jan 12th

10:30-12 pm
(Minimum of 6 participants required)

INVESTMENT:

\$179

Fee includes your copy of the book *Enlightened Eating* by Caroline Dupont. For more information or to register please see FFC front desk or contact Jenn Pike, RHN (registered holistic nutritionist) at 905-868-5527 or email her directly at balancingbodies@hotmail.com



Winter Saturday Morning Ritual

Visit the Waldorf Village market. It opens from 8-1 pm on Saturday mornings and consists of an entire room of organic farmers and their incredibly fresh produce. You can buy all fruits, vegetables, nuts, seeds, grains, meat, eggs, dairy and baking - ALL ORGANIC and in some cases BIODYNAMIC which is even better. Check it OUT - www.torontowaldorfschool.com

**Examine the opportunities, the challenges
you've given yourself.**

- Michael Johnson

***ffc offers a wide range of
wholistic services:***

- chiropractic - homeopathy - nutrition -
- psychotherapy - massage therapy -

***From the desk of Piper Martin,
classical homeopath ...***

I think of winter as a time to go inward and consider my next stage of growth. One of the ways I have been finding my way for the past few years is through the use of a particular journal called *The Sacred Journey*.

It is available at Chapters and online (www.thesacredjourney.com) and is well worth taking a look at. I find it appealing because it is loosely structured with headings such as Opportunities, Goals, Focus etc., but also asks you to examine Symbols and Affirmations that are appearing in your month. The pages are wide, spiral bound and blank. Reflections are encouraged at the change of the seasons marked by the solstice dates. This journal keeps me accountable.

The best thing about it:

This journal helps me to celebrate when the things I want to create begin to manifest right before my eyes.

***From the desk of Dr. Danielle
Warner, family chiropractor ...***

OVERCOMING EMOTIONAL STRESS

Emotional stress is a very real and very powerful contributor to our overall sense of health and wellbeing. Overcoming the effects of this type of stress is particularly important in the fall and winter months; a time when we receive minimal exposure to daily sunlight, our physical activity levels decrease, and we are inundated with the demands imposed on us from work, school, extracurricular activities, and all that life throws our way.

During these times of increased emotional stress, our nervous system typically goes into defense physiology, or a sympathetic state. The sympathetic nervous system is responsible

for protecting our bodies from harm. When under stress, the body will manipulate its physiology to prepare itself for a flight or fight response to what it perceives as impending danger. It does this at the expense of other systems in the body, including that which is required for proper digestion, blood pressure regulation, organ function, and cognitive and rational thinking.

The parasympathetic nervous system, on the other hand, controls and regulates the functions of our body when we are in a restful and non threatened state, including proper organ functioning, decreased heart rate and blood pressure and rational thinking. It is when we are in a parasympathetic state that we feel good, we think clearly, and we self heal and regulate appropriately.

True health can be seen as the ability to heal. A sympathetic response is vital to proper nervous system functioning. It is only when the body gets stuck in this response that our health is compromised.

Chiropractic works with the nervous system to restore proper parasympathetic balance so that the body can express its full potential to self heal.

This winter season, *put you first*. Ensure that you don't get stuck in a flight or fight state. This will allow you to approach life with the tools you need to stay healthy, including the ability to deal with what comes your way with a clear and open mind.

FFC is pleased to welcome LISA to our front desk team!

Lisa is joining FFC after working at Southlake Regional Health Centre for over 10 years in community relations. Lisa is anticipating working with our team of professionals, dedicated to improving our patients' health and vitality.

Lisa was born and raised in a small town in Northern Ontario. She eventually moved to Newmarket to be with her husband. They have been married for 18 years and looking forward to the years ahead! They moved to the Lake Simcoe area 8 years ago, so that their daughters could enjoy living near a lake as she did in her youth.

Lisa has a passion for writing poetry and photography, and her hobbies include camping, canoeing and hiking with her family. She also takes pleasure in doing yoga to keep in touch with her inner self.

From the desk of Lisa, front desk team member ...

ENJOY THE SIMPLE PLEASURES IN LIFE

When you are ready
Keep you posture steady

Quieten your mind
Counteract the stresses
Achieve well- being
Explore the movement of the breath

If you are considering changing your focus
I can assure you that this is no hocus-pocus

Listen to your body

Feel your strength
Increase your concentration
Cleanse yourself with each breath

Stimulate your awareness to activate
Meditate and good feelings will generate

Dedicate time for you to celebrate

Written by Lisa Phillips

*From the desk of Julia Chotowetz,
registered massage therapist ...*

MAYBE IT'S NOT A LINGERING COLD!

Treatment of trigger points in overstressed or overused jaw muscles can be the remedy for earache and stuffy ears when the ears otherwise appear to be normal. Eyelid twitching and bags under the eyes can also be traced to trigger points in jaw muscles.

Trigger points in the jaw muscles have been shown to cause pain and a sense of pressure in the front of the face, under the eyes, and over the eyebrows, symptoms that are often mistaken for sinusitis.

When conventional approaches have not eased your sinus pain, it's a good bet that trigger points are the problem.

As incredible as it may sound, trigger points in the muscles of the face, jaws, and front of the neck can cause the generation of excess mucus in the sinuses, nasal cavities, and throat.

This can be the simple explanation for your continuing sinus drainage, constant clearing of your throat, chronic cough, allergic rhinitis (runny nose), and persistent hay fever or cold symptoms.

Through a variety of massage techniques trigger points are relieved and you are educated on how to prevent this problem in the future!

Julia & Sandra are available Mon-Sat with appointments from early morning to nights. Many extended health benefit plans cover Massage Therapy when provided by a Registered Massage Therapist. Please enquire at our front desk.

Reflections

For many people this time of year is one of reflection and rejuvenation. I am definitely one of those people. 2007 was a year of change for me and looking back upon that year I am very happy with the outcome. In February I joined the FFC team and have never looked back since! Moving to York Region has brought me closer to my family and introduced me to a lot of truly amazing people. My new friends at FFC have made this transition so smooth and for this I am truly grateful.

This past December has been especially rewarding. On December 1st we hosted a drive to collect donations that went to the SPCA. Sandra and I did massages and donated our profit, while many people brought in blankets and brushes and other things shelters require.

The staff & practice members also sponsored a family through the Blue Hills organization. It was absolutely overwhelming to see the generosity in so many of our practice members. We have definitely given this family a Christmas to remember! With being my first year at FFC it was also my first time being involved with the Christmas Drive. I have been told that every year is a huge success. The 2007 Christmas Drive has set a very high standard and I really look forward to next year. Thank you to all FFC practice members for your tremendous support!

I am very excited about 2008. There are many things I want to do and learn this year; top of my list is yoga. I have never been involved with yoga but since coming here I have so many people who rave about the benefits that I figure its time. I also want to focus on making time for the little things like reading and journaling. This will also be a new year with some new faces at FFC and I look forward to working with Danielle, Jenn and Lisa.

Happy New Year to everyone

Julia Chotowetz, RMT

FFC NEW YEAR'S TIP: CHECK OUT YOGA SOURCE FOR THE MOST AMAZING YOGA STUDIO YORK REGION HAS TO OFFER: www.yogasource.ca . FIRST CLASS IS FREE ... WE HIGHLY RECOMMEND!



ffc & associates is pleased to welcome ...

DR. DANIELLE WARNER
DC, BHSc(hon), family chiropractor



Dr. Warner is a family chiropractor and associate @FFC. She was born and raised in Toronto as part of a chiropractic family. In 2001, she graduated from the University of Western Ontario with an honours bachelor degree in Health Sciences. She graduated from the Canadian Memorial Chiropractic College Magna Cum Laude, receiving an award for exceptional communication and commitment to patient education in her clinic year. During her years at Chiropractic College she was actively involved in the Pediatric Club.

Shortly after graduation Dr. Warner and her husband John were blessed with the birth of their beautiful baby girl, Charlotte. Since that time, Dr. Warner has worked in chiropractic practices all over Ontario as a locum doctor.

Dr. Warner's chiropractic practice is focused primarily on providing families with the opportunity to grow in health through improved nervous system function.

She is a member of the International Chiropractic Pediatric Association (ICPA). As part of their Chiropractic Pediatric Certification Program, she has completed continuing education courses in pre and post natal and infant care. She has cared for many women in their pre and post natal periods including utilization of the Webster Technique.

Dr. Warner is a regular contributing writer to various wellness-based magazines in York Region and she has lectures extensively on a variety of health related topics.

Dr. Warner's greatest passion is her family. Her second love is Chiropractic. She has been witness to the tremendous benefits associated with ongoing chiropractic care from a very young age and looks forward to helping others optimize their health through Chiropractic. Her goal is to empower individuals by providing them with the tools necessary to make healthy life choices (and hopefully to have fun while doing it). Through specific chiropractic adjustments, Dr. Warner works with the nervous system, maximizing the body's potential to self heal and self regulate.

Dr. Warner is available for gentle based chiropractic care @ FFC.

She maintains office hours Mon-Thurs & Saturdays. Early morning & evening appointments are available.

FOR SALE: 2 dozen gently used Mother Ease cloth diapers with 12 liners and 6 wraps. Price: \$250.00. Also, a sling (washed but never used). \$40.00 and a barely used Graco swing \$80.00. Please call Sue at 905-953-4210, if interested.

AROUND TOWN ...

Gluten Free Cooking Demonstration

January 14, 2008 from 6-8pm

Cost is \$30 Includes recipes and samples

Newmarket Superstore

Register by phone with cc at 1-800-296-2332

or at Customer Service counter in the store.

Almond Bites



2 ½ cups rolled oats

½ cup raw pumpkin seeds

½ cup raisins

2 tbsp. raw sunflower seeds

1 tsp. cinnamon

½ cup almond butter

1/3 cup plus 1 tbsp. honey

2 tbsp. barley malt syrup

1 tsp. vanilla extract

1. Grind ½ cup oats and ¼ cup pumpkin seeds in food processor until powdery. Transfer to a medium bowl, set aside.
2. Combine remaining 2 cups oats, remaining ¼ cup pumpkin seeds, raisins, sunflower seeds, and cinnamon in a large bowl. Stir in almond butter, honey, barley malt syrup and vanilla until soft dough forms.
3. Moisten hands, and roll dough into 1 inch balls. Coat balls in oat-pumpkin seed powder. Place in freezer 20 minutes to set, then serve or store in the fridge.

*From the desk of Sandra Viaes,
registered massage therapist ...*

PROTECT YOUR SPINE THIS WINTER

One of the more common causes of back injuries during the winter months is snow removal. Using the wrong body mechanics when shoveling snow can put undue stress on the spine and lead to muscle strains, falls, or more serious back injuries. Pick the right snow shovel

An ergonomic snow shovel such as a shovel with a curved handle or an adjustable handle length will minimize painful bending, requiring you to bend your knees only slightly and arch your back very slightly while keeping the shovel blade on the ground. In addition, a small, lightweight, plastic blade helps reduce the amount of weight that you are moving. Warm up thoroughly

Cold, tight muscles are more prone to injury than warmed up, flexible muscles. Do your back a favor by warming up for five to ten minutes before shoveling or any strenuous activity to get your blood moving. Then, stretch your low back and hamstrings (the large muscles in the back of the thigh) with some gentle stretching exercises. Limber up your arms and shoulders with a body hug.

Pace yourself during snow removal

Removing small amounts of snow frequently is less strenuous than removing a large pile at once. When shoveling, take a break for a minute or two every 10-15 minutes or if you feel overworked at any point. Use this opportunity to stretch your arms, shoulders, and back to keep them warm and flexible.

Use ergonomic lifting techniques

- Always face towards the object you intend to lift
- Bend at the hips, not the low back, and push the chest out, pointing forward. Then, bend your knees and lift with your leg muscles, keeping your back straight

- Keep your loads light and do not lift an object that is too heavy for you
- If you must lift a shovel full, grip the shovel with one hand as close to the blade as comfortably possible and the other hand on the handle (handle and arm length will vary the technique)
- Avoid twisting the back to move your object to its new location - always pivot your whole body to face the new direction
- Keep the heaviest part of the object close to your body at your center of gravity
- Walk to the new location to deposit the item rather than reaching or tossing
- When gripping the shovel, keep your hands about 12 inches apart to provide greater stability and minimize the chances of injuring your low back.

Be a good neighbor ...

Elderly residents or residents with health problems that prevent them from shoveling snow may need help with their snow removal. Or if you are not capable ask for help from your neighbors or a snow removal service rather than attempting to remove the snow yourself.

STRETCHES FOR SNOW SHOVELING

Drs. Warner & Foster have provided copies of stretches that will help protect your from injuring yourself during snow shoveling.

Please enquire at the front desk, or ask the doctors!

The FFC Team

Karen

Office Manager

Carolyn, Lisa, Lindsay

FFC front desk team

Dr. Laura Foster, D.C., B.Sc.

Clinic Director & Family Chiropractor

Dr. Danielle Warner, D.C.,

BHSc(Hon) Family Chiropractor

Piper Martin, B.A., DS Hom Med.

Classical Homeopath

Jenn Pike, RHN

Registered Holistic Nutritionist

Sandra Viaes, RMT

Registered Massage Therapist

Julia Chotowetz, RMT

Registered Massage Therapist

Randy Ketterling, M.Ed.

Psychotherapist

UPCOMING EVENTS

THE FFC ANNUAL RETREAT

IT REALLY IS A WORKING RETREAT!

We're off and away in February for our annual retreat. We plan, we educate, and we inspire each other to bring more to our family of amazing practice members.

We'll let you know how it went in our March Newsletter.

We invite you to consider all possibilities.