

FFL Newsflash

March 2008



*"This is the beginning of a new day.
You have been given this day to use as you will.
You can waste it or use it for good.
What you do today is important because you are
exchanging a day of your life for it.
When tomorrow comes, this day will be gone forever;
in its place is something that you have left behind
...let it be something good."*

Earth Hour 2008 A Global Movement

This simple act has captured the hearts and minds of people all over the world.

8-9 pm March 29, 2008

On this date, millions of people in some of the world's major capital cities, including Toronto, will unite and switch off for Earth Hour.

It might seem an inconsequential thing to turn out the lights in your house for an hour on a Saturday night. But Earth Hour is all about the power of one, multiplied many, many times.

Earth Hour is not about solving climate change:

It's about people expressing concern and an intention to do something about it.

UPCOMING EVENTS

RECLAIM YOUR YOUTH

Understanding the forces that contribute to the natural aging process is the first step in reclaiming your youth.

Join Dr. Danielle Warner on **Tuesday, March 25TH from 7-8:30pm** and discover ways to create and support the 'you' that embraces change and meets life's challenges with a youthful vitality.

Areas of discovery:

- ✓ The amazing truth about arthritis
- ✓ Building healthy bones
- ✓ What is your real age?
- ✓ What is our self-talk?
- ✓ Creating natural balance
- ✓ AND MORE

INVESTMENT:

Free, but advance sign up is required at the FFC Front Desk or email:

fosterfamilychiropractic@rogers.com

**FFC HAS MANY MORE
WORKSHOPS AVAILABLE.**

**Schedule available at FFC
available online soon**

*From the desk of Jenn Pike, holistic
nutritionist ...*

Springing Into Raw

It sounds like a promise made in an advertisement for a luxurious beauty cream - buy this and you, too, can have this fabulous

glow - something just a little too good to be true. But for those who live the raw food lifestyle and invest as much as thought into the process as into the product, it's too true not to be good.

People who eat only raw, plant-based foods have an unmistakable shine, like a pregnant woman in her second trimester or someone newly in love. They have a radiant, positive energy. Eating food that is alive keeps you feeling alive.

WHAT IS RAW FOOD?

It is a diet comprising naturally grown wild or organically raised fruits, vegetables, nuts, seeds and sprouted grains. Some raw foodies also include raw milk, cheese and meat into their diet. During the preparation of raw food dishes, nothing is cooked or heated above 118 degrees Fahrenheit.

WHY GO RAW?

The life force of any food, measured by the intensity of electromagnetic or energy field captured through Kirlian photography, decrease as we cook foods. Consider this...plant two sunflower seeds: one raw, one toasted. Which one will grow? Which one is alive? Which one when eaten will impart more aliveness in your body?

- ❖ Many foods are rich in water and when cooked become dehydrated.
- ❖ Heating foods above 118 F destroys enzymes, which exist in every raw food. As our enzyme pool diminishes with age, our ability to perform tasks that keep the body healthy also diminishes. Aging happens when enzymes decrease in concentration in the body. By eating raw foods we build up our enzyme reserve.

- ❖ Provide a rest for our Digestive and Intestinal systems. The more enzymatic energy that exists in a food the less work our bodies have to do in order to digest, assimilate and breakdown that food.
- ❖ Shed excess weight, clear up your skin (eczema/rashes), rid yourself of headaches, muscle and joint pain.

HOW TO INCORPORATE MORE RAW FOODS INTO YOUR DIET:

- ❖ Eat more fresh fruit and veggies
- ❖ Make meals of fruit, fruit salads, fruit smoothies
- ❖ Expand the variety of fresh produce that you consume
- ❖ Eat at least one type of raw food at each meal
- ❖ Have a large salad every day
- ❖ Drink fresh pressed vegetable juice
- ❖ Buy a raw foods cookbook
- ❖ Attend a raw foods cooking class

A raw food diet is not a trend, a tool, a religion or some kind of cult. It doesn't have to be all about sacrifice or discipline. You can incorporate raw foods into your own lifestyle to whatever degree, at whatever pace you wish. Just be prepared to feel happier, sexier, more vibrant, energetic, and at peace with yourself and the rest of your world, even if that isn't your intention. And of course, be ready to exercise your right to glow.

*If you are interested in learning more about a Raw Foods lifestyle please phone or email the FFC front desk for my current schedule of cooking classes and watch for my upcoming seminar at FFC.

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

DEMYSTIFYING GROWTH PAINS

My heart goes out to all those families who have had to suffer through many nights of having their child cry at bedtime with what seems to be poorly defined pains in his/her legs. Then, after trying several standard parent remedies (hot towels, walking, massage, distraction) being told by a health care professional that "It's simply growing pains" or "It's a normal part of childhood " and " Your child will eventually grow out of it".

**Let's think about this for a moment:
When did it ever hurt you to grow?**

Most children who complain of growing pains are between six and 15 years old, which are very active years. Vigorous play can often produce stress on the spine and cause spinal imbalances. These imbalances can affect the way spinal nerves control the function of your child's legs, knees, and feet. In adults this is called sciatica: pain in the legs. Even the internal organs can be affected, creating symptoms such as abdominal cramps, diarrhea and/or constipation.

Pelvic imbalances can also change the way your child walks and put considerable strain on the muscles of your child's legs. They can become slightly inflamed and produce discomfort, usually at night.

If your child is experiencing pain in the legs or "restless legs" consider having him or her checked by a chiropractor with pediatric experience.

In the meantime the following may offer some temporary relief:

- Hot damp compress on the outer part of the thighs
- Gentle leg stretches
- Vitamin B complex
- Calcium supplementation

Reference: The Mythology of Growing Pains by OJ Ressel, DC

On a personal note from Dr. F ...

I cannot tell you how many children we have helped with this problem. Growing pains are 'signals' from the body that there is an imbalance occurring. Ignore your body or honor your body - there is always a choice.

From the desk of Sandra Vias, registered massage therapist ...

YOUR AMAZING SKIN

Did you know.....

- ❖ Your skin is the largest and most visible organ on the body! It accounts for about 7% of total body weight in adults.
- ❖ 50 000 of the cells in your body will die and be replaced with new cells, all while you have been reading this sentence!
- ❖ On average, every square centimetre of your skin contains about 60 cm of nerve fibres, 200 nerve cells, 20 sweat pores, 500 000 cells and 50 cm of blood vessels.
- ❖ The cells in your skin act as a "freshness seal" against bacteria. Some bacteria and spores that land on your skin die due to the natural bacterial flora found on your skin. If your body

didn't produce these substances you would wake up in the morning with a layer of mould growing on your skin!

Your skin is extremely important. Limit sun exposure, drink plenty of fluids (skin likes to be well hydrated) and eat a well balanced diet, so you have an adequate vitamin intake for tissue repair.

Reference: National Research Council Canada

**SPRING 2008 PARENTING SERIES
PRENATAL PLUS PREGNANCY &
PARENTING CENTRE**

www.prenatalplus.com 905 830-1709

Please join us for all or any of the topics that might be of interest to you. We do ask that you register by phone or e-mail with your name and phone number. This ensures that everyone has comfortable seating and the speakers have prepared informational packages or free gifts for everyone in attendance.

Children are welcome!

All sessions are Fridays from 11-12 pm

April 4 Keeping your Child Safe

This workshop is intended to educate parents and caregivers in making the home safe for children. The topics discussed in this workshop will be on preventable injuries such as poisonings, burns, scalds, drowning, suffocation, choking and strangulation. Presented by York Region Health Services.

April 11 Healing Your Child

We are excited to welcome back Meredith Deasley, author of "The Resourceful Mother". Meredith will discuss commonly seen symptoms in children i.e. colic, rashes, constipation, chronic runny noses, or congestion and mood swings that might alert you to the possibility of food sensitivities. She will explore the uses

of different alternative therapies to help your children become healthier and happier

April 25 Baby Sign Language

Join Smalltalk Academy and learn more about the benefits of using sign language with babies, toddlers and children of all ages. A 30 minute story time with songs & rhymes will be included in the talk for parents and children. You and your little one will have so much fun!

June 20 Crawling Towards a Brighter Future

Did you know crawling is linked to proper growth & development for a child? Join **Dr. Danielle Warner**, family chiropractor, for an in depth discussion of the importance of tummy time, sensory integration on growth and development of the child, and playtime exercises to enhance learning.

YOGA FOR CHILDREN

Yoga is for everyone - especially children! Postures, breathwork, & playful explorations of yogic principles such as interdependence and mindfulness encourage children to learn & develop into conscious, compassionate & confident little beings, while supporting their bodies inside and out!

Parents, teachers, therapists - Looking for fresh, creative ways to relate to the children in your life? Yoga can help! Check out this upcoming workshop - **A Taste of YogaKids**. Children demand and deserve that we have a hefty tool box to help us meet their needs and support their growth. This workshop explores practical ways to use yoga postures and precepts to connect with and support children (*warning - may induce serious spells of laughter and child-like glee!*). **March 22nd, 1-7pm @ YogaSource. Register at www.yogakids.com.**

FFC practice member and friend Amanda McFadyen, founder of *BlissKids Yoga &*

Music, leads children's yoga classes & workshops throughout York region, in studios, daycare centres, and schools. Visit www.blisskids.blogspot.com for a current schedule of classes, or call **905-868-3088** for more info.

From the desk of Dr. Laura Foster, family chiropractor ...

DID YOU KNOW ...

FFC practitioners are huge fans of yoga, and most of us are ongoing students. I encourage you to step outside your comfort zone and try something new. Exercise is my number two recommendation for vibrant living (#1 ... get adjusted, of course). Consider these fun forms of exercise:

#1. An afternoon with your kids or an evening with friends at 'Rock and Chalk'! Its inexpensive, beginner friendly and full of laughter. Rock 'n Chalk would be happy to provide instruction and professional belaying.

#2. Check out the indoor walking oval at Magna Centre on Mulock Drive. For just a couple of dollars you can hook yourself up to your ipod and walk the track.

#3. Yoga Source! We've said it once, we'll say it again! First stretch is free - check out the most amazing yoga studio in York Region. www.yogasource.ca . There are also a variety of yoga classes offered at our local gyms such as Fit City.

#4. Aquaerobics and Aquafit classes. This form of exercise is easy on the joints and appropriate for all ages. Try the Town of Newmarket Parks & Recreation program (for

local class schedule at Ray Twinney & Magna Centre pools), There is also an indoor salt water pool at Persechini Fitness Complex.

#5. For a great workout and breath of fresh air try snowshoeing or cross country skiing at Mono Mills, Albion Hills, Kortwright Centre, and Mansfield Outdoor Centre. Many of these places will rent all the necessary equipment.

#6. How about a Saturday night or Sunday afternoon at Snow Valley going TUBING! Gather your friends and enjoy the ride.

YOU'LL BE SURPRISED TO LEARN WHAT EXERCISE CAN DO FOR YOU

Do you think exercise is only good for developing a lean body, strong muscles and a strong heart? Well, think again about Health and Fitness! Physical activity has been shown to help with being emotionally and mentally fit also.

While the majority of fitness research efforts focus on the physical and health benefits of exercise, there is a growing body of work demonstrating that exercise promotes wellness and mental health. Researchers at Duke University studied people suffering from depression for 4 months and found that 60% of the participants who exercised for 30 minutes three times a week overcame their depression without using antidepressant medication.



A LITTLE RESEARCH GOES A LONG WAY ...

The Medicated Child

Six million children are taking psychiatric drugs, but most have never been tested on children. Is this good medicine or an uncontrolled experiment?

www.pbs.org/wgbh/pages/frontline/medicatedchild/#postcard

Death risk higher for women 'too posh to push'

A major study of more than 94,000 births published in BMJ found that women who had a planned caesarean section were putting themselves and their babies at increased risk of serious complications.

www.telegraph.co.uk/news/main.jhtml?xml=/news/2007/10/31/nabot331.xml

Chiropractic Care for Children Found to be Safe and Effective!

Two recent survey studies have shown chiropractic care for children is safe, gets results and offers children unexpected health benefits. One survey included data from doctors of chiropractic and the other survey collected data from parents of children under care.

Both surveys revealed that children experienced added health benefits beyond what they came in for. The three most common additional benefits were: improved immune system function, improved sleep and improved moods in the children.

View Abstract Here:

www.icpa4kids.com/research/published_papers/Safety_Parents_RAC2008.htm



FFC EASTER COLOURING CONTEST

DEADLINE FOR COLOURED SUBMISSION: FRIDAY, MARCH 28TH

2 categories (5 & under) (6-10 yrs old)

ENTER & WIN A FFC PRIZE - HAPPY EASTER!