

# FFC Newsflash

## June 2008



"I don't think jogging is healthy, especially morning jogging.  
If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups."  
~ Rita Rudner



**SUNDAY, OCTOBER 19<sup>TH</sup>**  
**JOIN THE FFC TEAM AS WE TAKE ON THE**  
**TORONTO**  
**HALF MARATHON**

Take Yourself Right Out of Your Comfort Zone....

A group of people involved in the Foster Family Chiropractic community have been sharing a desire to run a half marathon in the fall. As a group we have decided to make this happen.

As a way of creating community and having more fun running we propose to come together for long runs on Sundays.

A typical half marathon training schedule is 12 weeks in length which would mean that the training would start the last week of July. We have many, many helpful practice members that would be willing to share training information, support and experience.

Sign up at the Front Desk so that we can keep you informed about start dates, relevant lectures and running meetings.

Running is a perfect way to spend dedicated time with partners and friends. Feel free to speak to Piper or Laura about this opportunity.

**Stay tuned for more details including running workshops, schedules & training tips.**

**"You can't help someone get up a hill without getting closer to the top yourself. "**

**H. Norman Schwarzkopf**

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

### **Are You In Need Of A Transformation?**

Soon after I began consulting with clients and leading talks and seminars about nutrition and health, I became fascinated with the process of human change. Many of us already have the information about what we should and shouldn't be eating, how we should be preparing our food and nourishing our bodies - yet we aren't able to consistently incorporate this know how and obvious desire to feel better into our lives. This has been as frustrating for me as an individual working in the health industry as I am sure it is for you, an individual wanting to feel and look better.

I have learned from my own experiences personally that good intentions are not always enough. So what does it take for us to not only want change to happen but to be able to cultivate as well? What are the mental and emotional reasons behind a resistance to effortlessly taking care of ourselves on a consistent basis? How does information move from our brain into our body?

*Health is a conscious choice that takes self responsibility, love, commitment, courage and time.*

**Please join me on Tuesday June 17<sup>th</sup> 7-830pm at FFC in an open discussion and guided seminar that will discuss the steps we may all benefit from taking in order to reach our true potential:**

- Accepting where you are today
- Trusting that you will know when you are ready for change
- Educating yourself
- Surrounding yourself with like minded people who will reinforce and respect changes you want to make to your health
- Connect emotionally & mentally to why you are eating and what you are choosing to eat
- Setting the appropriate intention to use food as nourishment not punishment or reward
- Begin with small daily changes
- Stocking your kitchen
- Making it a family affair
- Trust the expert inside!

Eating, moving, thinking, breathing and living healthfully doesn't have to be so hard...it just needs to truly be what you want!

Jenn



*From the desk of Dr. Danielle Warner,*

*family chiropractor ...*

Here's a great article written by another chiropractor that I want to share with you. It makes perfect sense to me...

### **Great Expectations:**

A very busy road near my home is under construction right now. I travel this way twice every day, but the other day I noticed a sign I hadn't seen before. The sign said, "New lane configurations-EXPECT DELAYS!" Now at first, this didn't seem strange to me, but as I continued to think about it, I wondered why I should EXPECT delays, rather than just preparing for them. What I mean by this is, if I leave a little earlier than I usually do so that I don't have to worry about being late and I bring an extra CD to listen to in the car, then I am prepared for a delay. And, if there is no delay, everything is still fine. This way, my expectation is that the situation will be fine no matter what happens.

But again, why should I EXPECT delays? If you're still confused, let me try a different means of explaining what I mean. The fact is, you cannot escape something you are giving your attention to. When I put my attention towards EXPECTING delays, I am very likely experiencing that. But, when I put my energy into expecting to be OK with whatever happens because I am PREPARED to deal with it, I often experience whatever is best for me. This concept is true with every area of your life-even your health. My question for you is, what are you EXPECTING to happen with your health? In other words, does more of the energy with your thoughts, words, and actions go toward worrying about what might go wrong, or towards what might go right?

Most of us were raised with the belief that our bodies are inherently weak and defective and that they will break down without some kind of medical intervention. This begins in pregnancy with all the talk about how hard labour is and that drugs will be necessary for the mother to be able to handle it.

Next, we are told that we need lots of vaccines because our immune systems are inadequately prepared to handle life. We are taught that if your body raises its temperature it is a mistake and that we must take some kind of medication to lower it. If we are creative and active in school, we are told we have a condition that doesn't allow us to focus and function normally. We are basically told that we are not good enough the way we are, but that medication can make us better. This continues on throughout our lives and we unknowingly pass this legacy of lunacy onto our children.

The chiropractic paradigm takes the completely opposite approach to health and life. It says that we are born with an innate intelligence and that when we fully express this intelligence, our bodies are strong, healthy, and we are free to happily work toward the actualization of our purpose and potential in life.

If there is any interference in the ability to express this intelligent force, then we end up in a state of "dis-ease". We call this interference in your nerve system the subluxation process. The chiropractic adjustment process restores the free flow of intelligent energy and allows us to progressively return to the full expression of health and life. BY making sure your brain and body can communicate effectively and by living a healthy lifestyle, you are PREPARED for whatever life brings you.

People raised in this mindset tend to progressively apply this way of thinking to every area of their lives, and so the legacy they pass on to their children is one of health, hope, and faith that every situation offers an opportunity for growth. SO again, I ask you-**What do you expect?**

Dr. Kevin Donka, D.C.

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

## MEDIOCRITY

- Living a "FINE" life

- Just going with the motions of life - not "living" life
- **Status Quo**
- Following a predetermined path
- Following a "leader"
- **Stagnant**
- A vocabulary full of "**I wish and I hope**", excuses and blame
- Worrying about what others think
- Not taking control of ones life
- Continually **trying to look good**
- Not loving every moment life
- **Unhealthy Mind = Unhealthy Body**



## GREATNESS

- Leading a "great" life on a daily basis
- **Creating** your own path in this world
- Being a "**leader**"
- **Unique** individual
- Do not live your life concerned about how you look or what others think
- Live a life full of **endless possibilities**
- Open to **failing and making mistakes**
- Learning and new experiences
- Knowledge
- Continually **moving forward**
- Confident, strong and courageous
- **Personal Responsibility** - full ownership of one's life
- Making a difference - **being a contribution**

The law of attraction says you will attract into your life the goals and visions that you manifest as possible and real. Great visions and goals will attract others with great visions and goals. Great people help great people become greater.

**Choose to be GREAT...**Choose to bring greatness into your life and choose to partake in "elevating

the world from a place of mediocrity to a place of greatness!"

Lululemon Athletica

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

Setting goals for yourself is a sure fire way to better your life. There is one person in your life that you need to impress and that is yourself. So why not set a goal, accomplish it, and feel the pride in succeeding.

As some of you may know I entered into a competition at Fit City at the beginning of February. It was called "Jack It Up Body Transformation Challenge". It was a 12 week competition that ended at the beginning of May. The program was designed to help all of us who really wanted to kick start their path to health. It involved a lot of exercising and eating clean and all the stuff that we strive to make habitual in our lives. I am very proud to say that not only did I complete the 12 weeks but I came in 3<sup>rd</sup> place overall! There are so many things I discovered about myself, and others, this spring. I received such support from my FFC team and of course the practice members. I would like to say Thank You to everyone for their encouragement and loving thoughts. I can feel that my energy is affecting those around me and that is quite empowering.

I challenge you to make a difference in your life and see how it affects others. Begin with a small change that will better your life, and possibly motivate somebody else. Start small so you do not overwhelm yourself. Add an additional glass of water a day, or find a stretch that you can incorporate into your daily routine...and do it! I would bet that before you know it your lifestyle change has inspired somebody else, which in turn inspires you to make another change, which in turn inspires somebody else, and the cycle continues. I challenge you to impress yourself, push yourself and above all amaze yourself.

**"The first and the best victory is  
to conquer self."**

**Plato**

### *Enzyme Boost Smoothie*

*Serves 2-4*

2 cups diced pineapple

2 cups diced papaya or mango

1 ½ cups rice milk

3 tbsp. agave nectar or raw honey

2 tsp vanilla extract

Squeeze of lime juice

In a blender, blend all ingredients until smooth.

Enjoy!



*From the desk of Carolyn, front desk extraordinaire ...*

I had the opportunity to be in the Niagara area the weekend of Mother's Day with my family. The weather was beautiful, the gardens magnificent and the fragrance from the lilacs just blooming was heavenly. We had brought our bikes and pedaled from Niagara Falls to Niagara-on-the-Lake on the Niagara Recreation Trail. (If you have not already enjoyed this route it is something not to be missed!) Once in Niagara-on-the-Lake we decided to purchase our lunch and take it to the park to enjoy as the restaurants were quite busy for Mother's Day. While walking through the town, I saw the usual horse and carriages taking people for a leisurely ride through the town. One particular carriage caught my eye as there was one lone occupant. Upon closer examination, I saw an older woman with a large flower tucked behind her ear. My first thought was that perhaps her family could not all fit in the carriage, so they had sent her for a solo ride. Walking back to the park, I again saw the woman as she was getting out of the carriage. To my surprise, there was no one waiting for her. Immediately my mind started creating all sorts of possible stories. *Was her family out of the country and not able to spend time with her today? Were they busy with their own young children and celebrating their Mother's Day with their own children? Or did she even have any children?* I continued to watch her and smiled as I watched her smell the flowers along the sidewalk. She was obviously enjoying her day. We continued on to the park, but later I could not stop thinking about this woman.

What a beautiful gift this woman had given to herself. On a picture perfect day, she spent a glorious day in a beautiful setting and gave herself

permission to live life to the fullest. She spent her money and time doing something that would bring joy to her! And she stopped to smell the flowers along the way. So go ahead...give yourself permission to spend money and time doing things that make you joyful!

**OUR FULL SCHEDULE OF EVENTS IS AVAILABLE ONLINE @ [www.fosterchiropractic.com](http://www.fosterchiropractic.com) (under workshops & events)**

### Looking for a new place to check out?

It's a new bistro in the junction called "Rawlicious" @ 3092 Dundas St. W Toronto, Ontario M6P 1Z8 // phone # 416 551 3161. They love to support local growers and they have a 'zen den' that can become your own private dining room -- come dressed comfortably, as the table is low to the ground and you'll be sitting on cushions.

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

### Retreat Reflections ...

The basement at our clinic is source of untapped potential. We have decided as a group to create a new space. This space will allow us to grow our community events and lectures, create privacy for groups such as Red Tent and provide a space to relax and rejuvenate during our work day. This decision was part of the outcome of our time spent as a group at our annual FFC Weekend Retreat. Please stay connected to our progress to encourage and guide us through this time of expansion.

## STORY FOR YOUR SOUL

**There are no mistakes**



"Have you noticed how many people you feel that you already know.....even though you don't

recall meeting them in this lifetime? What you are recognizing is a fellow member of the 'Heaven on Earth Construction Crew'. You've known them forever.....but now they have a face. Fun, huh?"

J. Hough

### The Heaven on Earth Construction Crew Poem

AKA the Not Belonging Club  
Poem

It's good to find your friend of mine,  
I see it in your eyes

That knowing glow of things to  
come, It's that I recognize.

We come together to create, And  
teach a different way

To wake up to our joyful selves, And share the art of  
play

I've always known I don't fit in, And thought it's  
something wrong

But I can't find my path of joy, Unless I sing my song

It's wonderful to not fit in, And sing what's in my heart

As others now will do the same, World Harmony will  
start

by Jennifer Hough [www.thevitalyou.com](http://www.thevitalyou.com)

### IN OUR COMMUNITY ...

Please join others each Sunday morning from 10-11am for a Complimentary class @ Lululemon! RSVP your intention to attend, to: [newmarket-community@lululemon.com](mailto:newmarket-community@lululemon.com) (Upper Canada Mall)

### Sunday June 8th-Heavenly Hips with our Ambassador Jenn Pike

Join Jenn Pike for a fusion inspired flow of Yoga and Pilates to help create open hips and an open mind.

### Sunday June 15<sup>th</sup> (Father's Day Event)- Birdies, Bogeys & Balance: Yoga for Golfers

Golf fundamentals, such as stance and stroke, require a number of the same mental and physical

disciplines as yoga. A balanced body remains the cornerstone of a good golf game, and cross-training is an excellent way to enrich your play. Engaging in specific yoga postures and positions can help golfers gain flexibility on the fairway and improve their mental discipline for mastering the game. Participants will strengthen and condition their core body, focus on proper breathing techniques, and learn how to calm their mind. From the tee box to the cup, you'll experience greater power in your swings, a stable and stronger body and flow of concentration. Let yoga take you to the top of your game.

**Sunday June 22nd-Yogilates with Laura Guistizia of Divine Yoga and Dance**

An integration of Yoga and Pilates practice, the focus of this class is on building core strength, flexibility and learning the art of relaxation...ahhh!

**Sunday June 29th-Power Yoga with Ann Green of Bliss Yoga, Barrie.**

Please join Olympian, yogi and lululemon athletica Upper Canada Mall Ambassador, Ann Green for an hour of energetic yoga, infused with fun and laughter!



**TREETOPTREKKING**

Saturday, June 21<sup>st</sup> 10-1 pm @ Horseshoe Resort.  
The 'Tree Top Trek' is open to all **Enjoy the Journey** workshop participants.

A remarkable group of inspiring women have been meeting biweekly for the last two months @ FFC. The purpose of this gathering has been to bring

together like minded individuals who wish to question everyday thinking and push themselves onwards in their personal journey. Well, its been working! If this interests you we encourage you to join us at our next meetings: Tuesday, June 10<sup>th</sup> and Tuesday, June 24<sup>th</sup> from 7-8:30 pm @ FFC.

**DRINK FRESH WATER AND AS MUCH WATER AS YOU CAN. WATER FLUSHES UNWANTED TOXINS FROM YOUR BODY AND KEEPS YOUR BRAIN SHARP.**

A daily hit of athletic-induced endorphins gives you the power to make better decisions, helps you be at peace with yourself, and offset stress.

The pursuit of happiness is the source of all unhappiness.

**Do one thing a day that scares you.**

**LISTEN, LISTEN, LISTEN, AND THEN ASK STRATEGIC QUESTIONS.**

Write down your short and long-term GOALS four times a year. Two personal, two business and two health goals for the next 1, 5 and 10 years. Goal setting triggers your subconscious computer.

**Life is full of setbacks.**

Success is determined by how you handle setbacks.

**YOUR OUTLOOK ON LIFE IS A DIRECT REFLECTION OF HOW MUCH YOU LIKE YOURSELF.**

**WHAT WE DO TO THE EARTH WE DO TO OURSELVES**

The world is changing at such a rapid rate that waiting to implement changes will leave you 2 steps behind.  
**DO IT NOW, DO IT NOW, DO IT NOW!**

**Friends are more important than money.**

**BREATHE DEEPLY**

and appreciate the moment, Living in the moment could be the meaning of life.

Take various vitamins. You never know what small mineral can eliminate the bottleneck to everlasting health.

**THE MOST** SHOULD NEVER GIVE WAY TO THAT WHICH MATTERS

**THE LEAST.**

**Stress is related to 99% of all illness.**

**JEALOUSY WORKS THE OPPOSITE WAY YOU WANT IT TO.**

**DON'T TRUST THAT AN OLD AGE PENSION WILL BE SUFFICIENT.**

Visualize your essential demise. It can have an amazing effect on how you live for the moment.

The conscious brain can only hold one thought at a time. Choose a positive thought.

Live near the ocean and inhale the pure salt air that flows over the water. Vindcoover will do nicely.

**Children are the orgasm of life.**

Just like you did not know what an orgasm was before you had one, nature does not let you know how great children are until you actually have them.

**Successful people**

replace the words 'wish', 'should' and 'try' with **'I WILL'.**

Creativity is maximized when you're living in the moment.

Nature wants us to be mediocre because we have a greater chance to survive and reproduce. Mediocrity is as close to the bottom as it is to the top, and will give you a lousy life.

lululemon athletica creates components for people to live longer, healthier and more fun lives. If we can produce products to keep people active and stress-free, we believe the world will become a much better place.

**Do not use cleaning chemicals on your kitchen counters or floors. Someone will inevitably make a sandwich on your counter.**

**SWEAT ONCE A DAY TO REGENERATE YOUR SKIN.**

COMMERCIALS IS COMPLICATED. WE ARE ALL BARRED IN A CERTAIN FAMILY WITH SLIGHTLY DIFFERENT DEFINITIONS OF EVERY WORD. AN AGREEMENT IS AN AGREEMENT. OUT OF EACH PARTY KNOWS THE CONDITIONS FOR SATISFACTION AND A TIME IS SET FOR SATISFACTION TO OCCUR.

**DANCE, SING, FLOSS AND TRAVEL.**