

FFC Newsflash

August 2008



"In the infinity of life where I am, all is perfect, whole, and complete, and yet life is ever changing. There is no beginning and no end, only a constant cycling and recycling of substance and experiences.

Life is never stuck or static or stale, for each moment is ever new and fresh.

I am one with the very Power that created me, and this Power has given me the power to create my own experiences.

I rejoice in the knowledge that I have the power of my own mind to use in any way I choose.

Every moment of life is a new beginning point as we move from the old.

This moment is a new point of beginning for me right here and right now.

All is well in my world."

- Louise L. Hay

Habitat for Humanity would like to include you in a special project. It seems the busier we get, the more we should consider helping others!

August 4-9th HFH is in need of volunteers..... 'The Vital You' is sponsoring a group of volunteers who are going to build a home for a wonderful family in need of shelter and help.

We are looking for 20 inspired people!

Location: Uxbridge Area (in Ontario, Canada)

Time: 9-5 any of the these days between the dates of Aug 4th to 9th (if you can do all of them, even better)

Intention: Build a home for a very special family.....and filling every wall and nail with love and intention.

Contact: Email Jennifer with 'Habitat' in the subject line at thevitalyou@sympatico.ca letting me know if wish to play & which dates work for you!!

Absolutely no skills required!!!! You will get training....and it's always fun to learn. If you do have skills....even better!

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

FINDING BALANCE

I am often asked how I find balance in my life; I never really know how to answer this one, because just like you, I still feel like I'm searching for it. What I do know are some of the things that I have incorporated in to my life daily that have made it possible to stay motivated and disciplined to make the healthier, happier more balance choices more often:

1. I count my blessings daily for my husband, daughter, soon-to-be born son, family and friends.
2. I remember that when I feel like I have control over nothing else that I do have control over my breath and I will take a moment to just breathe.
3. I move daily. Whether it is vigorously at the gym or teaching a class or playing with my daughter and cleaning the house like a mad woman, I always make sure to move.
4. I nourish my body with healthy whole foods and quality water daily.
5. I enjoy treating myself to the not so 'wholey' foods here and there, lick my lips and just enjoy. I allow myself to do this without judgment and punishment.
6. I am grateful that from years of training and working with my body and mind we have this awesome relationship and level of communication that allows me to know if I doing something that nourishes or moves me in the right direction or if I need to stop where I am and create a new action plan.
7. That I am abundant in so many ways that don't involve money....and that I can see all of that.
8. I love what I do for a living, which on most days, makes going to work feel like I am just going to socialize with my awesome co-workers and spend the day with clients talking about my passion.
9. That there is such diversity and variety in the world so that we can all choose from the buffet of life.
10. That I can still feel as stressed out as everyone else, ball my eyes out, yell at the top of my lungs and still come back to...what's it called...balance?

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

WEBSITES OF INTEREST

www.kiva.org -

This is an interesting concept, I first heard about Kiva on the Studio 7 design website, a group I was working with in Victoria. The premise of Kiva is that you can lend small amounts of money directly to entrepreneurs in developing

countries. They have a variety of business ventures they would like to create and are in need of seed money. The idea is that they pay it back over a year or so and are able to create an income for their families in a long term way. The website has profiles of the people that have applied for help, you can choose who you would like to assist and it feels quite hopeful because they tell you how much more is needed for that individual to get started and what exactly they will use the money for. It actually feels like a small amount of money like \$25.00 really could make an impact for someone - check it out.

www.newleafyoga.org -

This is a group of individuals that have begun a project in which they teach yoga to incarcerated youth. They have begun offering classes within prison facilities and are currently finding great success in teaching these young people the postures and principals of meditation and yoga. They are looking for support to expand this project and it feels like a real and hopeful way to offer new strategies to young adults who are struggling. They are in need of yoga teachers and people who generally believe that yoga can create a calm, grounded and strong individual.

Core Homeopathy Level One

Next Session will begin September 19th, 2008
Four Friday morning Sessions - 10:30-12:00 pm
Sept. 19/Oct. 3/17th and 31st.

Comprehensive Workbook includes - homeopathic treatment of fever, colds, ear infections, coughs, first aid treatment and much more.

Please register in advance at the front desk.
Investment: \$100.00
Babes in arms welcome.

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

Lessons in Life By Regina Brett:

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written.

My odometer rolls over to 50 this week, so here's an update:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. but don't worry; God never blinks.
16. Life is too short for long pity parties. Get busy living, or get busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, and then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important intimacy organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone, everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time, time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of

- anything you did or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative - dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
49. Yield.
50. Life isn't tied with a bow, but it's still a gift

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

THE EPITOMY OF 'LIVING IN THE MOMENT'

Have you ever taken the time to consider how truly amazing our bodies, specifically our nervous systems, are? Brain cells begin to form as early as three weeks after conception and multiply more rapidly than any other body cell. The central nervous system (brain and spinal cord) has to control and coordinate every other system and function in the body, while at the same time maintaining a constant state of balance so that we can thrive. In a perfect world this would be an easy task; however, life stress can often impede the process. For example, have you ever noticed that decision making and concentration is more difficult when you are particularly stressed out?

Let me break it down for you physiologically:

When your body goes into a sympathetic (fight or flight) state your nervous system intuitively knows to redirect blood flow to your arms and legs so that you can get away from the stressful situation. As a result, the majority of blood in the brain goes from the cortex (the part of the brain required for rational thought) to the brainstem (the part of the brain that uses mainly primitive reflexes). On the other hand, when we are in a more relaxed or parasympathetic state more oxygen via blood supply is directed to the higher thinking centers of our brain

(those responsible for rational thought and concentration.)

A chiropractic adjustment will put the body in a parasympathetic state, helping you better cope during times of stress.

Many parents have commented that their child seems to pay better attention and focus more since they started getting adjusted regularly. This makes perfect sense to me. Children have nervous systems too. The early years of development are a time of rapid growth as the developing nervous system works to assimilate all of the information that it is receiving. Why not support this process by allowing the body to return to a more restorative and vital state?

Are your children being adjusted?

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

SOAP OPERA Singing the virtues of natural and organic soaps

Part of the reason I was drawn to becoming a holistic nutritionist versus a conventional nutritionist, is that 'holistic' refers to treating the person as a whole. This includes not only dietary concerns but also what we treat our bodies with mentally, emotionally, environmentally and topically.

As a society we are huge consumers of skin and body care products and while most of us are drawn to certain products by fancy advertising, celebrity spokes models, the way a product smells and what it costs; we don't take into consideration that our skin is our largest organ and most porous (ready to absorb).

Using unhealthy and toxic skin and body care products can greatly effect not only the quality of your skin but also contribute to allergies, respiratory issues, certain cancers and hormone imbalances as well as interfering with our natural immunity.

Conventional soaps, even those that are glycerin based, can dry your skin. Instead look for handmade soaps, which are usually made without harmful or potentially harmful ingredients. But just because a soap product deems itself natural or organic doesn't mean that it's pure or better than the one next to it on the shelf. The word "organic" can mean that only some of the ingredients are organic. It doesn't necessarily mean that the ingredients are good

for you, so be sure to read your labels and ingredients carefully.

Look for ingredients like olive, almond, jojoba, Shea or coconut oil, which replenish and moisturize the skin. Botanical-based ingredients are better than synthetic, and essential oils provide the best natural, plant-based fragrances. Ground ingredients such as almond, rice, peach pit and coffee make great exfoliating agents to help keep your complexion clear.

Search out vegan soaps as they are cruelty-free and made without animal products (such as lard, beeswax and beef tallow).

If the ingredients on the list include long words that you can't pronounce, the soap probably isn't natural.

As for facial and body soap, many natural soaps can be used for both, just be sure to read the suggested use before trying.

Bottom line...if you wouldn't eat it don't put it on your body!



Soap Ingredients to Avoid:

- **Aluminum** - may be linked to cancer
- **Formaldehyde** - linked to irritation of the skin, eyes, and lungs
- **Butyl, methyl, ethyl, and propyl parabens** - linked to developmental and reproductive toxicity and certain cancers
- **Petroleum products** such as Vaseline or mineral oil - congestive to the skin and environmentally damaging
- **Phthalates** - known endocrine (hormone) disruptors
- **Propylene glycol** (also used as antifreeze)
- **Synthetic colors** labeled as FD&C or D&C
- **Synthetic fragrances**
- **Toluene** - linked to developmental and reproductive toxicity
- **Triclosan** - antibacterial agent known to interfere with natural immunity

WHAT'S NEW & EXCITING @ FFC

KEEP ON MOVING !!!

In order to truly succeed while training for a half marathon, we need to support and maintain our bodies during the process. Join the FFC team as we identify strategies to prevent some of the more common injuries associated with long distance running. This will keep you moving and enable you to fully enjoy the journey!

SUNDAY, AUGUST 10TH, 2008 7-7:30 AM @ Fairy Lake Pavilion BEFORE our Sunday run!

ENJOY THE JOURNEY - THE JOURNEY CONTINUES ...

This exciting 5 part workshop will begin a new session starting **TUES., AUGUST 26th - 7-9 pm @ FFC.** Join us to begin to challenge beliefs and patterns that you would like to shift and create room for growth. We meet every other week for five sessions. **ENJOY THE JOURNEY** is free and everyone is welcome.

Led by Piper Martin and Laura Foster.



CPR CERTIFICATION

Understanding the basics in adult and infant CPR can save a life. In September 2008 FFC will be providing for practice members the opportunity to get their basic CPR training and certification. Details on date, time and investment will soon be provided.

Please let any FFC front desk staff member know if you are interested in attending.

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

FFC'S Recipes for Health, Wellness & Joy

Keep your eyes open and get your kitchen ready for this practitioner and staff infused recipe book. We have worked together to bring you some of our favorite food, drink, body, baby & home cleaning recipes and solutions from our homes and families to yours. With over 100 recipes and natural health ideas this will be a great addition to your home and make a great gift as well.

Available for purchase in Sept 08'

All proceeds going to our FFC educational movement lounge downstairs...stay tuned for more details!

*From the desk of Randy Ketterling, M.Ed.,
Psychotherapist...*

KIDS AND TEENS ONLINE: HOW FAR OUT IS TOO FAR?

The increased use among teens of MSN messenger, Facebook, MySpace, and other assorted sites seems to have no end of possibility and no end in sight in terms of an amazingly growing trend of communication information sharing. Well publicized cases of cyber bullying, abduction by online predators, health risks associated with excessive use cell phones and hours of computer use and increasingly "internet dependence or *addiction*," being identified as mental health concerns give many parents pause when making decisions about when, how long and even *if* their children should have regular access to computers or cell phones. Ask yourself a few questions:

1. Do I understand the sites and programs my child is accessing?
 2. Do I understand the security measures offered and which of these my child is utilizing?
 3. Do I know who my child is talking to on line?
 4. Do I have access to my child's pages that they have put out in these formats?
 5. Do I understand "wireless" internet connections?
 6. Do I feel I have a right to monitor on line conversations & history of web sites visited?
- How does your child react when you limit on line use?

I have yet to meet a youth who has lost a friend or been ostracized for not being on line.

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

RUNNER'S KNEE (Chondromalacia Patellae)

Runner's knee presents as pain around and sometimes behind the kneecap. It often strikes runners as they approach 50 kilometers per week for the first time. Even after a few days off, the pain seems to come right back, sometimes intensifying after the first few miles of the next run. The pain often feels worst when running downhill or walking downstairs, and the knee is often stiff and sore after sitting down for long periods of time. You may even hear crunching or clicking when you bend or extend your knee.

The sure-fire test for runner's knee: sit down and put your leg out on a chair so that it's stretched out straight. Have a friend squeeze your leg just above the knee while pushing on the kneecap. She should push from the outside of the leg toward the center. At the same time, tighten your thigh muscle. If this is painful, you're looking at runner's knee.

LIKELY CAUSES:

It's actually not your knee's fault at all. Blame your feet and thighs; for one reason or another they aren't doing their jobs properly. Your knee moves up and down in a narrow little groove in your thigh bone. It's a nifty design: when your legs and feet are working efficiently, your knee moves smoothly and comfortably with every step. But trouble appears when your kneecap moves out of its track, or rubs up against its sides. That trouble becomes pain when you factor in nearly 1000 steps per cartilage-grinding mile. Over time the cushioning cartilage around the knee becomes worn. That smarts. And that's runner's knee.

How did your knee get off track? Probably because of relatively weak thigh muscles and a lack of foot support. It's your thigh muscles that hold your kneecap in place, preventing it from trying to jump its track. Running tends to develop the back thigh muscles (hamstrings) more than those in the front (the quadriceps), and the imbalance is sometimes enough to allow the kneecap to pull and twist to the side.

Your foot, meanwhile, may not be giving you the stability you need. It's likely that your feet are making a wrong movement every time they hit the ground, and you're feeling the constant pounding and repetition of this mistake in your knee. Maybe you're overpronating (rolling your foot in) or supinating (turning it out too much) when

you run. (This is where your visit to Running Free comes in handy!).

Runner's knee is further aggravated by simple overuse. If you have steeply increased your mileage recently, you might consider holding back a bit. Likewise, back off on new hill work or speed work. Runner's knee can also be brought on by running on banked surfaces or a curved track. Running on a road that is banked at the sides, for example, effectively gives you one short leg, causing it to pronate and put pressure on the knee. Try as much as possible to run on a level surface, or at the very least give each leg equal time as "the short leg."



HOW TO REMEDY RUNNER'S KNEE:

This is an easily treatable injury with a little patience. First, relieve the swelling by icing your knees immediately after running. We recommend investing in gel ice packs or simply put a wet towel in the freezer before you run. Wrap the cold packs around each knee for about fifteen minutes to bring down the swelling.

If the problem persists speak to the FFC team about natural anti-inflammatories such as Bromelain and helpful homeopathic creams such as Traumeel or Arnica.

Also important is to stabilize your feet. Make sure you have the right kind of shoes for your foot type (**Running Free will do an expert check on your current running shoes for free - A MUST!**)

Also speak to the FFC team about giving you thigh strengthening exercises and a thorough spinal/pelvic examination. Balance through the lower spine is essential if one is to have proper foot and knee biomechanics.

COMMON RUNNER'S INJURIES

The FFC team will have an open discussion before our long run on **Sunday, August 10th from 7-7:30 am** at the Fairy Lake Pavilion. We will be discussing ways to treat and prevent common runner's injuries.

FREE ; open to everyone.