

FFC Newsflash

September 2008



“Wherever you are, be there.”

-unknown author

From the desk of Karen, office manager & front desk extraordinaire ...

HELLO AUTUMN

Back to school means more than returning to routine. It means back to 7 hrs a day in class, homework, and then off to an extra curricular activity. Go Go Go. Kids are so busy these days. We want our kids to have fun and live balanced lives, but how can they when they are so busy? Sure they enjoy soccer, hockey, tennis, dance, guitar lessons. For some there is also that 'quality time' with the after school tutor!

HOW ARE YOU & YOUR CHILD COPING WITH YOUR EVERYDAY ROUTINE?

I see a lot of families come into our practice. Most of our families continue to keep their children on their adjusting program throughout the school year; however, some kids have schedules that are too busy to make it work. Simply put ...their schedules are too tight. Help your kids cope with all that society throws at them by getting them regularly adjusted. Build in a lifestyle of sleep, nutrition, exercise, and regular adjustments that allow them to THRIVE. I assure you, planning a schedule

of ease will allow you & your family to reap the benefits of peace, health and greater happiness.

Watch for upcoming seminars regarding this very topic in the months to come.

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

CREATE SERENITY IN YOUR LIFE

Post a list on your fridge of ten things you can do to support yourself when you are feeling stressed. It is not always easy to think of how to help yourself when you are in the midst of a hectic time so think ahead about what makes you feel good, relaxed, creative or inspired. Then post it somewhere accessible. It may even remind you to do those things before the Wild Times hit - maybe it is a step towards a tranquil life....

Here are some of my personal favorites:

1. **Regular Exercise** - our secret weapon at FFC.
2. **Write** in your journal.
3. Yoga, Meditation or an activity that requires your **FULL** attention.
4. Painting, Sculpting or **artistic pursuits** that make you feel easy and happy.

5. **Music** - play it, sing it, go and hear it - singing releases endorphins.
6. **Go to the Forest** - in all seasons - connect with the earth.
7. **Massage** - give your body some love and nurturing - as often as possible.
8. Eat food that makes you feel **alive**.
9. Take a **nap**.



BOOKS OF INTEREST

Two books by the same author - **Marisa De Los Santos**

Love walked in and *Belong to me*. She is an interesting writer, pretty emotionally complicated and I think there is a lot happening on several levels. I like the way she moves past the ordinary limitations of relationships and problem solving of every day life and goes for the bigger picture.

ENJOY THE JOURNEY

"On your deliberately joyous journey your actions will be inspired, your resources will be abundant and you will know by the way you feel that you are fulfilling your reason for life."

The Teachings of Abraham Hicks

This quote is the focus for our next series of Enjoy the Journey. We meet on alternate Tuesday evenings from 7-8:30 pm. This is an open conversation about joy. Please feel free to join us. Led by Laura Foster and Piper Martin. Upcoming Dates: September 9th and 23rd. FREE.

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

CREATING A PEACEFUL START TO YOUR DAY

Unbelievable, but school is starting up again. And that means that the early-morning scramble is starting, too.

Here's the insight: I was focused on chivvying my children along. Wrong! I needed to worry about ME.

When I work on my own habits, mornings are much easier.

Here are some tips for keeping the mornings calm:

1. **Get enough sleep yourself.** I'm good at putting my kids to sleep at a decent hour, but not so good about doing it myself. It's tempting to stay up late, to enjoy the peace and quiet, but 6:30 a.m. comes fast, and being overtired makes the morning much tougher.

2. **Sing.** As goofy as it sounds, I try to sing in the morning. It's hard both to sing and to maintain a grouchy mood, and it sets a happy tone for everyone—particularly in my case, because I'm tone deaf, and my audience finds my singing a source of great hilarity.

3. **Say "no" only when it really matters.** Wear a bright red shirt with bright orange pants and bright green shoes? Sure. As Samuel Johnson said, "All severity that does not tend to increase good, or prevent evil, is idle."

4. **Get organized the night before.** It's so hard to take the trouble to wrangle all the stuff together the night before, but it really pays off. Those last-minute dashes for homework sheets or empty paper-towel rolls are hard to bear with equanimity.

5. **Have a precise routine.** This sounds counter-intuitive, and I'm not sure it would work for everyone, but in our house, we have a NASA-like countdown to get to school. At 6:45 a.m., my oldest can go downstairs to breakfast. At 7:15, she leaves the table to get dressed. At 7:45, we leave the house to walk to school. Knowing these exact times keeps her moving and stops her from repeating, "Just a minute, just a minute."

6. **Java.** If you love your caffeine, go for it! Me I'm not a coffee drinker so I leave this one out!

A friend of mine works full-time and has two young sons. She told me, "For a long time, our mornings were awful -- lots of crabbiness and procrastination, me yelling at everyone to hurry up. Then it hit me: I don't get to spend that much time with my kids during the week, and a big part of that time is during the morning. I made changes so that it became good family time."

For her, the secret was to get up earlier. She hated to lose thirty minutes of sleep, but that extra half hour made the difference between a relaxed, cheerful morning and a rushed, difficult morning.

It's worth the effort to try to get mornings running smoothly, because the morning sets the tone for the whole day - for everyone.

As quoted from /www.happiness-project.com
By Gretchen Rubin

HOMEOPATHIC ACUTE CARE PLAN

Homeopathy can be used to treat all cold and flu symptoms. You do have an option to going to the clinic and using drugs. Remedies are safe, easy to use and supportive of your body. Using homeopathy means that you are opening up a line of communication with your body - you will have to observe your symptoms, respond to requests your body has for food, drink and rest and also consider the impact your mental/emotional life is having on your physical body.

If this sounds appealing to you consider the Acute Care Plan. It will support and cover you throughout the more challenging months of fall and winter so that you and your family will emerge stronger as every year goes by.

If you are interested please speak to our front desk staff about registering today.

Family Plan: \$50.00 per month
Individual Plan: \$15.00 per month

The plan covers all of your acute care phone calls for an entire month. You may choose the number of months you sign up for. There is no limit on phone calls but calls are restricted to acute complaints.

*Piper Martin, DS Hom Med
classical homeopath*



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

POSTURE

Going back to school means bringing home homework. And how and where your child does his/her homework can have

consequences on your child's performance. Have you ever watched your child do homework? Are they doing it on the bed, the floor, the couch or sitting at a desk? If your child is head down and shoulders hunched forward it's time for a change.

If you were to spend five minutes in the same position that your child is in I'm sure you would say you were sore and uncomfortable. While you are experiencing this soreness do you think you would be able to give 100 % concentration to the task at hand? In this state of soreness and stiffness are you at your peak learning state?

Our brain controls our entire body by sending messages through the spinal cord and nerves. If there is no interference to these messages everything runs smoothly. As your child sits with his or her head looking down, tension is placed on the spinal cord and nerves. Is it possible that your child's homework posture could be causing interference to how body parts communicate with each other?

An adult has no problem recognizing this soreness, however, a child doesn't. The child will often work right through this in a quest to get their homework done. The longer they sit in this poor posture the more interference they are creating with the pathways of communication between the brain and the body. Is the student losing concentration, causing homework to take longer? Yes. Is the productivity decreased? Yes. Inefficient learning? Most definitely. Easily distracted? No doubt.

SO WHERE SHOULD HOMEWORK BE DONE?

- ❖ Homework should be done at a table or desk,
- ❖ Elbows and knees should be bent at 90 degrees.
- ❖ Most children cannot touch the floor when sitting in a chair so add a footstool if their feet are dangling.
- ❖ The child's back should be straight, not rounded forward and the head should be up. Place pillows behind their back if they cannot reach the back of the chair.
- ❖ Prop up books to have your child avoid looking down
- ❖ If at a computer make sure the screen is at eye level.

In the long-term, bones can grow abnormally if they have too much pressure put on them in one direction, in other words, **BAD POSTURE!** As the bones change their shape it becomes much more difficult to correct the problem.

Backpacks can also be a burden on children if they are not selected properly. Make sure to take your child with you when choosing a backpack and follow these tips.

- ≈ Select a pack with wide, padded shoulder straps that won't dig into shoulders, causing pain and restricting circulation.
- ≈ Find one with a padded back, which protects against sharp edges on objects inside the pack and increases comfort.
- ≈ Pack light. The backpack should never weigh more than 10 to 20 percent of the student's body weight, according to McCoy.
- ≈ Always use both shoulder straps. Slinging a backpack over one shoulder may look cool, but it can strain muscles and may also increase curvatures of the spine.

WHAT'S NEW & EXCITING @ FFC

WHOLE BODY, WHOLE BRAIN LEARNING

Discover fun and easy ways to maximizing learning, enhancing balance and coordination, and improve memory, concentration and overall function AT ANY AGE. September 30TH @ FFC from 7-8:30 pm. INVESTMENT: time and enthusiasm. Sign up with front desk please.

CPR CERTIFICATION

Understanding the basics in adult and infant CPR can save a life. On Wednesday, October 15th from 6:30-9:30 pm FFC will be providing for practice members the opportunity to get their basic CPR training and certification. Investment: \$50 for full certification. Sign up @ front desk or email fosterfamilychiropractic@rogers.com

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 Anne-Marie, front desk extraordinaire ...

TOP 10 FOODS FOR A GOOD NIGHT'S SLEEP

The secret to getting a solid 7 to 8 hours?

About 90 minutes before you want to nod off, head for the kitchen and make yourself a sleepy-time snack. Keep it light (around 200 calories), so you don't overload your digestive system. And include one or two foods from the list below. All help to relax tense muscles, quiet buzzing minds, and/or get calming, sleep-inducing hormones -- serotonin and melatonin -- flowing. Yawning yet?

1. **Bananas** -- They're practically a sleeping pill in a peel. In addition to a bit of soothing melatonin and serotonin, bananas contain magnesium, a muscle relaxant.
2. **Chamomile tea** -- Chamomile is a staple of bedtime tea blends because of its mild sedating effect, which makes it the perfect natural antidote for restless minds and bodies.
3. **Warm milk** -- It's not a myth. Milk has some tryptophan, an amino acid that has a sedative-like effect, and calcium, which helps the brain use tryptophan. Plus, there's the psychological throwback to infancy, when a warm bottle meant "relax, everything's fine."
4. **Honey** -- Drizzle a little in your warm milk or herb tea. Lots of sugar is stimulating, but a little glucose tells your brain to turn off orexin, a recently discovered neurotransmitter that's linked to alertness.
5. **Potatoes** -- A small baked spud won't overwhelm your gastrointestinal tract as it clears away acids that can interfere with yawn-inducing tryptophan. To up the soothing effect, mash the potato with warm milk.
6. **Oatmeal** -- Oats are a rich source of sleep-inviting melatonin, and a small bowl of warm cereal with a splash of maple syrup is cozy -- and if you've got the munchies, it's filling, too.
7. **Almonds** -- A handful of these heart-healthy nuts can send you snoozing because they contain both

tryptophan and a nice dose of muscle-relaxing magnesium.

8. **Flaxseeds** -- When life goes awry, and feeling down is keeping you up, try sprinkling 2 tablespoons of these healthy little seeds on your bedtime oatmeal. They're rich in omega-3 fatty acids, a natural mood lifter.
9. **Whole-wheat bread** -- A slice of toast with your tea and honey will release insulin, which helps tryptophan get to your brain, where it's converted to serotonin and quietly murmurs "time to sleep."
10. **Turkey** -- It's the best-known source of tryptophan, credited with all those Thanksgiving naps. But that's actually modern folklore. Tryptophan works when your stomach's basically empty rather than overstuffed and when there are some carbs around rather than tons of protein. But put a lean slice or two on some whole-wheat bread mid-evening and you've got one of the best sleep-inducers in your kitchen.

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

MUSCLE FIBERS

Humans have three different types of muscle fibers, as well as gradations between them- the proportions of which are genetically determined.

Slow twitch fibers are used for aerobic activities and have many capillaries to supply oxygen, lots of myoglobin (the muscles version of blood's hemoglobin) to transport oxygen, and lots of mitochondria (energy powerhouses" that contain enzymes responsible for aerobic metabolism).

Fast-twitch fibers are divided into fast-twitch A and fast twitch B fibers: Fast twitch A fibers contain both endurance and power characteristics, while fast twitch-B fibers are used for short, intense exercises. To be a good sprinter or jumper-or to achieve a respectable amount of muscle hypertrophy- you need a large proportion of fast-twitch B fibers. You can see the different fiber types on your Thanksgiving table: the dark meat of your turkey dinner-so coloured because of its myoglobin-comes from slow-twitch fibers, while the white meat comes from fast-twitch fibers. But if you want to run faster or lift heavier weights, don't reach for the white meat too quickly. Unfortunately, the type of meat you eat has no impact on your endurance level or sprinting ability.

To train your slow twitch fibers, do lots of cardio and lift with many reps and a lighter weight, to train your

fast-twitch fibers, do sprint intervals and lift with fewer reps and a heavier weight.

Dr. Laura Foster, family chiropractor ...



HOW FUN IS THIS

I was embarrassed to admit that I was slightly terrified to give it a try. What if I came in last? What if I fell over while clipped into my bike? (I did, I got over it). Those were my irrational fears. Last fall I declared that 2008 would be the summer I tackled duathlons. There was no going back, I declared it out loud - several people heard and I bought a tri bike. Now I was emotionally and financially invested. Only one disclaimer, I was NEVER going to do a TRIathlon (the run-bike-run of the duathlon was all I was going to tackle). "Don't even bother trying to convince me otherwise, this was as far as I was ever going to go with it. Period". My friends openly laughed at me, but I found solace in knowing that I meant what I said.



OK, I'm not winning, but clearly I am not last (another irrational fear dismissed). One of the BEST things about taking on this challenge has been ...



MY KIDS! They think I'm the Simon Whitfield of the house and as funny as that seems, maybe they're teaching me a little about believing in myself just a little more.

And by the way, I start my stroke improvement classes this month ... seems like I might just give triathlons a go. Between the Beijing Olympics and my new hobby, they are fully inspired and are begging us to let them do a KIDS OF STEEL triathlon next summer.

Check out the Kids of Steel program for 3-16 year old kids:
<http://triathloncanada.com/en/page.ch2?uid=KidsofSteel>.

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 Dr. Danielle Warner, family chiropractor ...

HONOUR YOURSELF

The philosophy of Chiropractic is solidly embedded in a foundation of healthy lifestyle choices. Life is cumulative, and the choices we make to support our health today will determine to what extent we can embrace and enjoy life in the future.

LISTEN TO YOU BODY-when it tells you to rest, rest. When your body gives you a symptom, honour it.

The beauty of the human body is that it is always working on your behalf, striving constantly to achieve a higher level of function.

The body doesn't waste energy on sending unproductive signals. Symptoms are the only means it has of alerting you to stress and imbalance. To ignore it allows relatively minor compensations to take hold and resurface later as a major episode of ill health. What you do with the information your body sends you is a large determinant of your true health and vitality.

Chiropractic has always honored the natural processes of the body. By restoring and optimizing nerve and cellular function, the body is better able to deal with the physical, chemical and emotional stress we encounter on a daily basis. Be assured that by making Chiropractic part of your lifestyle you are not only ensuring the prevention of future spinal degeneration, but you are also laying the foundation for a healthy, prosperous, and abundant future.

HALF MARATHON PRACTICE MEMBER UPDATE

As we write this, the FFC training team of practice members is getting ready for a 16 km run this Sunday! They are doing an amazing, amazing job of training towards this goal. Stay tuned in to hear more about their journey. Good Life Toronto Half Marathon takes place on Sunday, October 19th.

*We invite you to consider
all
possibilities.*