

FFC Newsflash

October 2008



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more"
-Melodie Beattie.

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

"The essence of all that you appreciate is constantly flowing into your reality. As you find more things to appreciate, your state of appreciation opens more avenues to more to feel appreciation for. (As you think you vibrate. As you vibrate you attract.)"

--Teachings of Abraham Hicks

With this quote in mind I have set the intention of creating a Gratitude Board. I want a place I can write down things that come to mind and a physical presence that will remind me where to focus my attention. I believe that gratitude and appreciate for my life will attract more things to be grateful for - so I am going to do this little experiment to see where it leads. I try to savour the moment in each day that feels peaceful. In a house with three young boys there is often a level of chaos but there is also a lot of joy and abundant vitality. I tell my children frequently how grateful I am that they are my sons and I thank them for choosing to come and live with me.

RECOMMENDED READING FROM FFC:

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

Molecules of Emotion: The science behind Mind-body Medicine: By Candace B Pert, Ph.D.

"Why do we feel the way we feel? How do our thoughts and emotions affect or health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system?"

In her groundbreaking book Molecules of Emotion, Candace Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries.

By establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings,

and the connection between our minds and our bodies-bodyminds-in ways we could never possibly have imagined before."

From the desk of Cheri Kemp, registered holistic nutritionist...

VITAMINS & MINERALS 101

Your vitamin/mineral supplement may not be providing you with the nutrients you are paying for. Many popular multivitamin/minerals come in a tablet form. The mineral content in these cases are usually derived from rocks. Have you ever tried to eat a rock or stone? There's a reason why we don't - we can't digest them! Unfortunately, we can't digest or properly absorb the minerals in many of these tablets, either. They just pass through our bodies almost completely whole and undigested. The vitamins don't get absorbed, either, and that's literally money down the toilet. Try a supplement that comes in a liquid form (there are even liquid gel caps on the market.) The minerals in these are usually derived from a plant base, either from sea vegetables or from prehistoric humic shale. These are very highly bioavailable, and easily absorbed by the body. Now that's money well spent.

If you are interested in learning more about proper nutrition choices for you or your family, please speak to the front desk about meeting with Cheri.

IN AND AROUND TOWN . . .



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

FAVORITE PLACE FOR A FALL HIKE

Mono Cliffs Provincial Park

West of Airport Road on Mono Centre Road.
www.ontarioparks.com

Then go to Mono Inn for fabulous food afterwards.
www.monocliffsin.com

AVALON ORGANIC APPLE ORCHARD

Pick your own delicious apples!
For details go to: www.avalonorchards.net.

BRADFORD FARMER'S MARKET

Hwy 11 & 88 Fri. 10-4 May-Oct

THE AURORA FARMER'S MARKET

Aurora Town Park (Mosley St & Wells St)
Saturdays 8am-1pm
First Saturday in May - Last Saturday in October

Both Markets sell honey and many other products from the hive as well as Pecans, Black Walnuts, Hazel nut, Chestnut and more! (when seasonally available)

Free Prenatal Series @ Organic Baby World All sessions are free but space is limited. Please call or e-mail to confirm your seat with Organic Baby World info@organicbabyworld.ca or Phone: (905) 417-7105 Toll Free: 1-(866)-901-9579 or www.organicbabyworld.ca:

"What Babies Want Documentary Viewing and discussion with practical application of the CALMS Method - A Guide to Soothing Your Baby"

Thursday October 2 - 7:30 - 9:00 pm or Saturday November 8 - 10:00 - 11:30 am

What Babies Want is an award winning documentary film that explores the profoundly important and sacred opportunity we have in bringing children into the world. Filled with captivating stories and infused with Noah Wyle's warmth as narrator, the film demonstrates how life patterns are established at birth and before. The documentary includes groundbreaking information on early development as well as appearances by the *real* experts: babies and families.

"What's A Father to Do?"
Saturday October 18 - 10:00 - 11:30 am or Thursday November 20th 7:30 -9:00 pm

What's A Father To Do? Getting Dad Ready For Labour, Birth and the Postpartum
This fun and interactive session will

"Benefits of Baby Wearing"

Thursday October 30 - 11:00- 12:30

"Night time Parenting"

Thursday November 13 - 11:00 - 12:30

**FFC WELCOMES CHERI KEMP,
registered holistic nutritionist**



Cheri Kemp is a Registered Holistic Nutritionist and honours graduate of the Canadian School of Natural Nutrition. She has owned and operated a local health food store where she enjoyed working alongside a Naturopathic Doctor and an Iridologist. Always trying to expand her knowledge, Cheri found great interest in Aromatherapy and was lucky enough to train under Dr. Caroline Dimarco in Raindrop Therapy. She also likes to incorporate her knowledge of Iridology into her practice.

Interested in good health all her life, it was the birth of her daughter, now eight, that sparked her passion towards natural health and the incredible benefits of clean, whole foods. This passion quickly grew into a need to expand her knowledge, resulting in both lifestyle and career changes for her.

A resident of Aurora, a mother of one and stepmother of three, Cheri has conducted seminars within the community and is always willing to educate whenever she can.

Her practice is committed to the wellness of the body, mind and spirit. She focuses on the digestive disorders, lifestyle habits and personal

outlooks of her clients and tries to increase their awareness of their own bodies' symptoms. She hopes to inform and empower others by giving well-rounded guidance that will launch them forward to a healthier, happier future.

Cheri is an amazing addition to FFC and will be seeing Jenn Pike's nutrition patients until Dec, 2008.

From the desk of Anne-Marie, front desk extraordinaire..



HEALTHIED UP PUMPKIN CRUST

That flaky, rich crust makes pumpkin pie one luscious treat. But it sure doesn't do your figure any favours. What if you could have your pie and eat it, too, without the pastry guilt? You can! We've got a pumpkin pie crust recipe that cuts carbs, fat, and calories and still tastes delicious.

***EatingWell's* Pumpkin Pie Crust**

Often the crust is where all the saturated fat and calories are lurking in a pumpkin pie. But not with this tender crust. Here's what you'll need:

Ingredients

- 3/4 cup whole-wheat pastry flour
- 1/2 cup all-purpose flour
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons canola oil
- 2 tablespoons ice water

1. Whisk whole-wheat flour, all-purpose flour, sugar, and salt in a large bowl. With your fingers, quickly rub butter into the dry ingredients until the pieces are smaller in size but still visible. Add sour cream and oil; toss with a fork to combine. Sprinkle water over the mixture and toss with a fork until evenly moist. Knead the dough in the bowl a few times -- the mixture will still be a little crumbly. Turn onto a lightly floured surface and knead a few more times, until the dough just holds together. Shape into a 5-inch disk, wrap in plastic, and refrigerate for 1 hour.
2. Remove the dough from the refrigerator; let stand

for 5 minutes to warm slightly. Roll between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Trim the crust with kitchen shears or a butter knife so it overhangs the edge of the pan evenly. Tuck the overhanging crust under, forming a double-thick edge. Flute the edge with your fingers.

3. Proceed with your favourite pumpkin pie recipe.

Nutrition information (per serving): 104 calories; 12 g carbohydrates; 6 g fat; (2 g sat, 2 g mono); 2 g protein; 7 mg cholesterol; 1g fiber; 10 mg potassium; 118 mg sodium.

Reprinted with permission from *EatingWell*.

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

VOC PAINT

Having moved into a new home, and with the fall season here, there's no better time to freshen up a room than with a new coat of paint. And why did I wait until the fresh air of fall is here? Because with all the paint fumes, there's nothing like having a few windows and doors open to let the fresh air circulate throughout the house! But with the help of some great sales associates at a local home improvement store I have discovered something new! Low- or Zero-VOC paint. VOC stands for volatile organic compounds. These paints emit less harmful fumes and chemicals into the surroundings we breathe, sleep and cook in everyday.

The U.S Environmental Protection Agency states that indoor pollution is far higher than outdoor in most homes and rates paint among its top five environmental hazards.

Indoor air studies have found that the level of volatile organic compounds, or VOCs, present while paint is drying can be in upwards of a 1,000 times higher than levels outdoors. Studies have shown that "off gassing" of chemicals is most noticeable immediately after painting but for weeks, months or even years after a fresh coat of paint is applied VOC's are still being leaked into the air.

These VOCs, which include formaldehyde, have been linked with respiratory condition; skin and eye

irritation; headaches; nausea; muscle weakness; and more serious ailments like liver disease and lung cancer. Children, seniors, and those with compromised immune systems are particularly vulnerable to the vapours released by paint and other chemical products.

Many local home improvement stores now offer low- and zero-VOC paint and finishing products which can help the 'do-it-yourselfer' spruce up a room or two without driving them from it. These paints are especially great for a baby nursery or children's bedroom.

Alternatives to conventional paint generally fall into one of four categories:

- ❖ **Low-VOC** - paints and stains must not contain VOC's in excess of 200 grams per litre, but may still emit an odour until they dry. (remember that pigment also adds some VOCs as well as toxins - and the deeper the hue, the more pigment needed).
- ❖ **Zero-VOC** - are not allowed to contain more than five grams of VOCs per litre. (But like low-VOCs, adding pigment generally brings the VOC level up).
- ❖ **Natural** - considered the healthiest and most environmentally sound. Made primarily from renewable or abundantly occurring natural materials such as citrus oil, lime, clay, linseed oil, and even powdered casein (milk protein). Because natural paints do not contain petroleum products, they emit few, if any, of the VOCs regulated by current paint standards.
- ❖ **Recycled** - Some companies now recycle unused paints, mixed with a small quantity of new ingredients. As durable as mid-range new paint, the recycled product sucks up less energy and fewer natural resources in its production, with fewer leftovers wasted. Of the final product, about 1% is made up of new materials.

For more information about alternative paint visit: www.green seal.org www.treehugger.com

FFC'S THIRD ANNUAL HOME BIRTH FORUM
November 4th 7-9pm

Join us for an informed choice discussion on the experience of Home Birth. Receive information from registered midwives, doulas, parents, grandparents and siblings. You will have the opportunity to ask questions, view alternative perspectives and understand the experience of giving birth at home on a different level.

This is a Free Community Event and will be held @ the Yoga Source Studio space on Yonge Street in Newmarket. Please register in advance as it is traditionally a packed room

CPR CERTIFICATION

Wednesday, October 15th 6:30-9:30pm
@FFC/ \$50

CREATING A HEALTHY HARVEST FEAST

Tuesday, October 21st 7-8:30pm
@FFC-FREE

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

ESSENTIAL OILS

In my practice I do use essential oils. I enjoy using them not only for their healing properties but of course for their lovely smell! I am sure there are many times that you walk in FFC and smell the Aromas. Anytime I use scented oil during a massage I ask first. I am well aware that not everybody likes to smell like they had a massage for the rest of the day!! There are also some general precautions that should be noted when working with these oils.

Aromatherapy Cautions

- Aromatherapy can be extremely powerful. For this reason it is important to adhere to the following guidelines. If you are unsure about any particulars, it is a good idea to contact a professional for further advice.
- Because essential oils are so concentrated, always remember less is more. Sometimes a single drop is sufficient.
- Do not apply pure essential oils directly to children's skin - always use a carrier oil.

- Not all essential oils are suitable for skin use - check the properties of each oil before using it - especially for oral intake or skin application (I recommend comparing at least 2 sources).
- Keep out of reach of children and pets. While essential oils are very safe when used correctly, they are very concentrated and many should never be ingested. Better safe than sorry.
- Citrus oils react with the sun - be sure to avoid applying topically if there is a chance your skin will be exposed to the sun within 6 hours after application
- Use sparingly with young children. Children have a very highly developed sense of smell (babies can even identify their mothers by scent within just a few days of birth). Essential oils are generally not recommended for infants and it is best to use them only therapeutically for very young children.
- Avoid direct sunlight or sunbed rays for 12 hours following use of Bergamot, Orange, Lime, Grapefruit, Lemon or Tangerine.
- Essential Oils are for external use only.
- Dilute essential oils before using. Carrier oils such as Sweet Almond, Grapeseed, Jojoba are recommended.
- Keep essential oils away from eyes and ears (if you do get oil in your eyes, rinse with vegetable oil, not water!).
- Consult a professional before use with epilepsy, heart disease or high blood pressure.
- Keep out of sunlight and store in a cool place in amber or cobalt blue bottles. Cap tightly.

Oils to avoid during pregnancy:

Anise, Bay, Basil, Camphor, Caraway, Carrot, Cedarwood, Cinnamon, Clary Sage, Clove, Comfrey, Cypress, Fennel, Hyssop, Jasmine, Juniper, Marjoram, Mugwort, Myrrh, Nutmeg, Oregano, Pennyroyal Peppermint, Rosemary, Sage, Sassafras, Tansy, Thuja, Thyme, Wintergreen, Wormwood, Yarrow

Oils to avoid in first trimester: Chamomile, Frankincense, Geranium, Melissa, Rose

From the desk of Dr. Laura Foster, family chiropractor

DO YOU ACCEPT THE CHALLENGE?

<http://hundredpushups.com/index.html>

If you're serious about increasing your strength, follow this six week training program and you'll soon be on your way to completing 100 consecutive push ups!

Think there's no way *you* could do this? I think you can! All you need is a good plan, plenty of discipline and about 30 minutes a week to achieve this goal!



**THE
PERFECT
PUSH UP**

**STAY TUNED FOR MORE INFORMATION
CONCERNING OUR CHRISTMAS FOOD & GIFT
DRIVE FOR THE FAMILIES OF OUR
COMMUNITY.**

If you would like to bring in non-perishable food items NOW, feel free. We will gladly begin collecting them for distribution.

From the desk of Lisa Phillips, front desk extraordinaire .

Autumn Leaves

*All the glorious colours of fall...
Gently, swiftly, swaying tall!*

*Kaleidoscope of colour, crisp smell in the air...
Crunching in each step as we walk towards our destiny!*

Swaying tall in the air,
drooping low to the ground
Branches reaching to the sky, roots traveling far beneath
the earth
Leaves of many shapes and colours,
bark of dark and white
Trees are glorious,
for they give us the air we breathe

Ocean waves spray,

splashing a refreshing mist
Seas deep and vast,
reflections shimmering with sparkle
Beaches warm and welcoming,
sand white and fine
Waters alive with current, full of life abound

Spirits soaring high, above the clouds
Mindful of our surroundings,
oblivious of a care
Daydreaming is a world,
between awake and asleep
Gazing ahead, looking at nothing

*Some days are brighter than others...
This makes us appreciate!
If everything were always bright, we would not enjoy...
The clouds, enable us to see more clearly!*

Moods shift gears, high and low
Attitudes adjusted, and fine-tuned
Feelings are a reflection, of our surroundings
Emotions released, free our soul

Pleasures of the world take us on a ride
Working hard, spending what we make
When is it ever enough, to satisfy?
Unite together, take a stand, and live in harmony!

*As the colours of the leaves unfold...
Familiar as the season reveals!
Movement, in continuance of growth...
Our lives travel in a progression of colour!*

FFC WISHES YOU A SAFE HALLOWEEN!

