

# FFC Newsflash

November 2008



**"Life is change, growth is optional. Choose wisely"**

Karen Keiser Clark

## UP CLOSE & PERSONAL

The following are questions we put forth to the team at FFC. Here is what was revealed...

### THREE BOOKS THAT ARE ON MY NIGHTSTAND RIGHT NOW ARE:

**Jenn Pike (holistic nutritionist):** Core homeopathy handbook by Piper, Women's Bodies Women's Wisdom by Dr. Christiane Northrup and my lifestyle journal that I have kept since I was 15 years old.

**Dr. Laura Foster (family chiropractor):** Way of the Wizard by Deepak Chopra. Harvesting the Heart by Jodi Picoult and World Without End by Ken Follet.

**Karen Green (office manager)** The Last Lecture by Randy Pausch and Tears of a Giraffe by Alexander McCall.

**Julia Chotowetz (registered massage therapist):** No books, just magazines: Runners World, Oxygen and Massage Therapy Today.

**Dr. Danielle Warner (family chiropractor):** I currently have only one book on my nightstand: The Princessa: Machiavelli for Women, Harriet Rubin

**Carolyn Kurtz (front desk extraordinaire):**

Conscious Loving, Take Time for your Life, and Backpack.

### ONE BOOK THAT I'VE ALWAYS WANTED TO READ AND HAVEN'T YET:

**Jenn Pike:** A New Earth by Eckhart Tolle.

**Dr. Laura Foster:** I want to re-read Atlas Shrugged by Ayn Rand.

**Karen Green:** Kalahari Typing School for Men (No 1 Ladies Detective Agency).

**Julia Chotowetz:** The Shock Doctrine by Naomi Klein.

**Dr. Danielle Warner:** From Dawn to Decadence: 1500 to the Present. 500 years of Western Cultural Life. My husband bought this for me for my birthday when we first got together because I admitted that I did not know much about history... oops.

**Carolyn Kurtz:** Friday Night Knitters Club by Kate Jacobs.

### ONE OF MY GREATEST ACCOMPLISHMENTS THUS FAR IS:

**JENN-** Giving birth to my two beautiful children Emerson and Sam in the home that my husband and I built ourselves...(okay, I just did the decorating!)

**LAURA -** The obvious answers would be my kids (which are likely my greatest accomplishment - they are such lovely boys), my family, and our clinic. In a broader sense one of my greatest accomplishments would have to be the feeling that I have created a great balance in my life and that I am truly enjoying the benefit of it each day.

**KAREN -** My two amazing kids.

**JULIA -** Running a 1/2 Marathon.

**DANIELLE-** Attracting things into my life that have allowed me to a) be surrounded by friends I enjoy and respect, b) work diligently on my happy family, and c) grow personally in concert with my expanding career.

**CAROLYN-** Running a half marathon this past October.

### **IT'S TRUE. I'M AFRAID TO:**

**JENN-** Do handstands in my yoga practice and I am terrified of spiders...gross!

**LAURA-** Go to Nia. The thought of having to engage in 'freestyle' dance in front of complete strangers makes me want to vomit.

**KAREN-** Hold a spider.

**JULIA -** Admit that I am wrong...sometimes.

**DANIELLE-** SCUBA dive. I don't like the idea of being potential fish food.

**CAROLYN-** Show my true self.



### **MY FAVORITE HOBBY IS:**

**JENN-:** Yoga, working out and reading

**LAURA-** Training. I love setting racing and training goals and having the experience of pushing myself mentally and physically.

**KAREN-** Scrapbooking.

**JULIA-** Playing hockey.

**DANIELLE -** Performing on stage. It terrifies me and I feel entirely exposed. What a rush!!

**CAROLYN -** Any kind of sport.

### **WHAT I'VE LEARNED ABOUT LIVING AN ABUNDANT LIFE IS:**

**JENN-** The fewer expectations I put upon myself and the more I challenge myself to go with the flow, the more clearly I see, the more warmly I am touched and the more at home I feel. I am learning to be abundantly thankful for all the things I have... not all that I think I want or need.

**LAURA -** What I know for 'myself' is that I need to make choices that are for ME. When I feel self appreciated, self loved and self respected I have the ability to give the same to others.

**KAREN -** It's contagious.

**JULIA-** It's very difficult! Finding balance in a world of chaos is extremely tricky...and I don't even have kids yet! Placing importance on me and my needs is a key part in living an abundant life, and I am learning this and implementing it. What I find to be the most difficult part is maintaining this lifestyle. Living an abundant life is a constant effort, from which I am greatly rewarded.

**DANIELLE-** There is always plenty to go around. The more you give, the more you receive.

**CAROLYN-** Take things as they come. Things will all work out.

### **MY LEAP GOAL IS:**

**JENN-** To run the Sept 2009 Scotia half marathon again in under my last time of 2hr 11min, spread my knowledge across the media making television appearances, create the image of my practice in my head and make it a thriving and successful reality.

**LAURA-** Ironman (with husband and kids in tow).

**KAREN-** To live a long and healthy life, and see my grandkids grow up.

**JULIA-** To run a marathon one day.

**DANIELLE-** Take several vacations a year with my family and have no worries about doing so. Maybe run a marathon at some point. Possibly perform a lead part in a musical (it could happen).

**CAROLYN-** Not sure yet.

### **THE REASON I AM AT FFC IS:**

**JENN-** I am a nutritionist at FFC because I am both intrigued and motivated daily by society's mission to find the cure all for being healthy the quick, expensive and non-lasting way. I love a challenge and figuring out how to balance an individuals lifestyle and food habits that take on a 24/7 role is one my favourites. It never gets boring to open my client's eyes to the possibility that they have true potential everyday, by making simple correct choices, to ultimately change the course of the health and life that have and lead.

Here at FFC I am provided with an environment that allows me exposure to some of the greatest challenges and most amazing success stories. There is no plate too

big, no confession too junky or goal too unrealistic that I wouldn't love to take on in heart beat.

I say it often that it is no coincidence to me that the name 'Foster' means to encourage the development of something or to keep a feeling or thought alive, because that is exactly the role that Foster Family Chiropractic plays not in my world but yours too!

**LAURA-** The reasons I became a chiropractor are probably fairly typical. I wanted to help people in a gentle, holistic fashion. Over time it has developed into the most amazing way for me to help people. I feel honoured that others have decided to come into our clinic, share of themselves, and trust us to support them. The longer I practice the more I realize that we are so capable of much more than we give ourselves credit for. It is the most amazing thing to witness people find their way back to who they truly are. The ultimate example of human potential.

**KAREN-** The reason I choose to be part of FFC is because I enjoy working here. Being a part of this culture motivates me on a daily basis to live a healthier lifestyle. It has changed my life and as a result, my family's life.

**JULIA-** I am a massage therapist at FFC because when I decided to make a move to York Region, for personal reasons, I had a close friend who was already a practice member. The first time I walked through the doors here I knew this was the place for me. We are a diverse group of practitioners and I believe it fits me, both on a personal and professional level. I knew I wanted to work in a place where there are various holistic practitioners, and I found it! I believe my future will be long lasting at FFC!

I have a strong desire to help people heal themselves. I have a passion for massage therapy and pride myself in being able to share that with FFC members. One of my particular strengths is in injury prevention.

**DANIELLE-** Being a chiropractor allows me to provide people with the opportunity to create health in their lives. Without health, be it physical chemical and/or emotional, how can we truly recognize and embrace the gifts we receive every day? Working in an environment such as FFC allows me to help people realize their full potential in life and in doing so I am learning to recognize and realize my own.

**CAROLYN-** The reason I choose to be part of FFC is because I wanted to make some positive changes in my life. I choose to work at a job that I enjoy. This provides balance in my life and allows me to be surrounded by people who are on the same path.



On a beautiful Sunday morning in October we put ourselves on the start line of Toronto's Oldest Marathon - the Good Life Fitness Toronto Marathon.

#### Congratulations:

Danielle Warner  
Sandy Dunn  
Randy Ketterling  
Carolyn Kurtz  
Cindy Green  
Julia Chotowetz  
Jo-Ann McRogers  
Laura Foster  
Cheryll Brencis &  
Kim MacDonald



We would also like to show our appreciation to John, Henrietta, & George from Newmarket's newest running store, **RUNNING FREE**. Thanks for your expert advice, coaching and inspiration. Running Free will be opening mid-November in Newmarket on historic Main Street. Check it out for the best product and advice!

### Up & Coming at FFC

**AWAKEN YOUR SACRED SPIRIT**

**ERNIE PAVAN @ FFC**

**CONGRATULATIONS TO THE FFC HALF MARATHONERS!**

Caught up in day to day living, we often neglect our connection with our inner self, our source, our spirit. The truth, however, is that you are far greater than you think and have truly amazing potential. Each of you brings your own unique gift to the world. The key is to tap into your higher self and recognize that you have a specific life purpose so you can unleash your full capacity for success and happiness.

Join Ernie Pavan for an introductory, transformational session on how to live the life you were born to live.

Tuesday, November 18 7-8:30pm @ FFC

This is a free community event. Please sign up with any of our friendly front desk staff members in advance as space is limited and fills up quick!

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

### CHOCOLATE ALMOND BANANA SMOOTHIE



Just because summer is almost over, doesn't mean we have to put the blender away! I love this smoothie recipe that I stole from a fellow athlete. Enjoy!

Chocolate Almond Banana Smoothie:

**3 Bananas**

**1-2 TBSP Almond Butter**

**8-10 oz of Unsweetened Chocolate Almond Milk**

**2 scoops Soy Protein Powder**

**1-2 TBSP Flax Seeds**

**1-2 TSP Agave Nectar**

**½ cup of Organic Vanilla yogurt**

**Handful of ice cubes**

**Blend**

**Enjoy!**

Great for post-workout or as a super snack.

### CHRISTMAS BOOK & FOOD DRIVE STARTING NOV 1ST

FFC practice members are notoriously giving. We would like to give back to the community by donating and collecting new books for children and adults. We are also accepting non-perishable food items for the Newmarket Food Pantry.

Please ask any front desk staff member for more details.

### "SOMETHING FOR HER" ANNUAL MAKE-UP DRIVE HOLIDAY PROJECT

This is a very special initiative created by one of FFC's practice members. The goal is to collect items to put in assembled make-up kits, which are delivered to women's shelters and support groups in York Region.

Very often, these special women are overlooked when Christmas morning arrives, and these kits can brighten their day and lighten their heavy hearts.

Items suitable for collection are:

**unopened / unused cosmetic samples, lipsticks, eye makeup, face creams, perfume samples, hand creams, as well as hotel shampoos and soaps.**

**Make-up bags to put all these items into are particularly appreciated.**

If you would like to donate something but do not have anything, some cosmetic bags from the Dollar Store are great!

This project is in its 2<sup>nd</sup> year, last year over **150 individual make-up kits** and gift sets were collected for distribution to women's shelters and support groups in York Region. In addition to the kits and gift sets, two cartons of toiletry items to women's shelters were donated. Hopefully with your help we can exceed that amount this year!

**Deadline: December 1<sup>st</sup>.** Drop off items @ FFC and we will give these items to Dawne.

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

## WHY EAT SEASONAL

**All of the World's Healthiest Foods are seasonal. Changes in growing conditions from spring to summer or fall to winter are considered essential for balancing the earth's resources and its life forms.**

In fall, turn toward more warming, autumn harvest foods like carrot, sweet potato, onions and garlic. Emphasize the more warming spices and seasonings like ginger, peppercorns, mustard seeds, cayenne and cumin. . Begin to increase protein consumption. Replace salads with lightly steamed vegetables and soups. Eat cooked foods with warming spices. Beneficial are yams, carrots, winter squash, bok choy, broccoli, leek, beets, and pumpkin; barley, wild rice, and whole grains; garlic, ginger, rosemary, sage, and thyme; and seasonal fruits.

Dense vegetables such as roots, tubers, corn, and winter squash, as well as nuts and seeds, are perfect ways to nourish and thicken the blood—another perk in frigid weather. In addition to generating heat in your body, these foods also support your immune system for the imminent cold and flu season.

Sour foods stimulate contraction and are therefore beneficial for reining in the more scattered energy of a playful summer and promoting the mental focus we need for work or study. Lemons, limes, yogurt, sourdough breads and tart apples are ideal fare for the season, as are vinegars, sauerkraut and pickles—though with these, a little goes a long way.

One of the most obvious characteristics of autumn: dryness. To offset the drying influence, include moistening foods like pears, apples, honey, nuts, seeds and soy products. Barley and millet are also nourishing, as are all kinds of edible mushrooms.

Enjoy eating with the seasons!

### WHAT'S NEW @ YOGA SOURCE

#### **New Class!**

Monday & Wednesday mornings  
8-9:30am  
Start your day with a stretch!

**Detoxify Yoga Workshop with Amy Bagshaw**

Sundays - Oct 19, Nov 30, Dec 28 1:30-3:30pm  
Investment: \$30/workshop

#### **Festive family Yoga with Amanda**

Saturday December 20<sup>th</sup> 2-3:30  
Investment: \$30 per pair, \$10 for additional family member.

**New Year Special:** 3 months unlimited yoga classes for \$249.

[www.yogasource.ca](http://www.yogasource.ca)

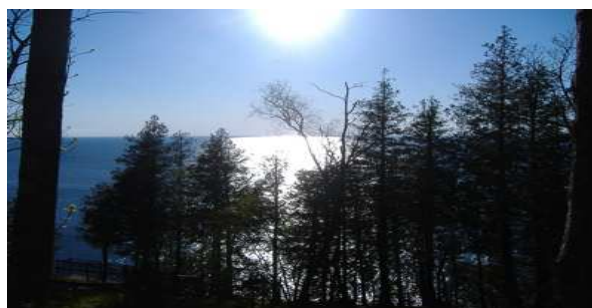
*From the desk of Randy Ketterling, psychotherapist ...*

### DO YOU CATCH YOUR CHILDREN "DOING THINGS RIGHT" OFTEN ENOUGH?

The role of praise in the development of healthy self-concept and confidence is well documented. Unfortunately, not everyone realizes the necessity of really making an effort to notice the "best in people" each day.

Parents often make the assumption that their children "*know* we are proud of them.....*know* we love them.....*know* we just want them to be happy.....and *know* we think they are working hard in school....." without really making an open comment about it.

Acknowledging kind acts, being courteous, recognizing effort and offering compliments may well stave off mood problems; models the spread of comments that clearly enhance self esteem, and create a far more settled and health atmosphere in your home.



### KAREN? KAREN WHO?

If you call the FFC front desk and you are greeted by an enthusiastic "good morning" from someone

claiming to be Karen, but not quite sounding like Karen, it's because we have a fabulous new addition to our FFC staff... and her name is Karen.

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

### **A LITTLE ABOUT ME**

My name is Karen and I am very eager and excited about this new opportunity @ FFC. My husband and I currently live in north Bradford on a cattle farm with our two children. Jack is 8 months old and Elle will be 3 in January! I enjoy reading and learning anything new and I am excited to learn all about our care here at the clinic.

Please stop by and introduce yourself so that I can start the monumental task of learning all of our practice member's names!

## **Blog**

From Wikipedia, the free encyclopedia

A **blog** (a contraction of the term "**Web log**") is a Web site, usually maintained by an individual with regular entries of commentary, descriptions of events, or other material such as graphics or video. Entries are commonly displayed in reverse-chronological order. Many blogs provide commentary or news on a particular subject; others function as more personal online diaries. A typical blog combines text, images, and links to other blogs, Web pages, and other media related to its topic. The ability for readers to leave comments in an interactive format is an important part of many blogs.

Don't you just love that word? **BLOG**

Anyhow, we have one:

[www.fosterfamilychiropractic.blogspot.com](http://www.fosterfamilychiropractic.blogspot.com)

A blog allows us to give information to our practice members in real time. Our intention is to keep the blog as informative as possible, announcing workshops/seminars, free community events, articles and publications, as well as photos and items of a lighter note.

Feel free to log on, leave comments and give us feedback. The bulk of our information will remain on our website ([www.fosterchiropractic.com](http://www.fosterchiropractic.com)); however, there is a link to this blog on our website navigation bar.

### **FOR A LITTLE INSPIRATION**

<http://www.youtube.com/watch?v=GRHxHapwirw>

To open: press Control and run the cursor over the web address to open 'you tube video' in a new window. Worth the 3 minutes.

### **HAVE A FANTASTIC NOVEMBER**

**FFC & ASSOCIATES**

**905-898-8098**