

FFC Newsflash

January 2009



We cannot erase the past, but we can accept it as history. We can choose to live today free from the failures of yesterday.

--Gary Chapman

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

**"We bring to ourselves situations that will fulfill the biochemical cravings of the cells of our body."
Dr. Joseph Dispenza**

I find this a fascinating way to look at addictions in a new way. According to **What the Bleep Do We Know** - a documentary on Quantum Physics - we possess something called neural nets in our brains. These little nets are "fed" by our thoughts and emotions. When we have a repetitive thought or emotion the neural net grows larger and more demanding. It demands to be fed more and more frequently. This is how the biochemical cravings of our cells become real and physical in our bodies.

Perhaps you hold a belief such as **"I have a lot of friends"**. If the quotation is true then

we will begin to manifest situations to feed the biochemical cravings of our cells.

- Everywhere you go you run into someone you know
- Stranger come up to you and say - hey, aren't you friends with so and so, we met at a party.
- Other people will perceive that you have a lot of friends.
- You receive invitations to dinners, parties and events often
- It is easy to call up a friend any time you feel like having company.
- Anywhere you go you find it easy to meet people and often leave with their contact information.
- You have friends in most places in the world you have visited.
- You receive many emails, almost instantly from people you have connected with.

- You are often pictured in SNAP magazine at a variety of social gatherings.
- People of all ages find you approachable, you are often asked for directions, the time or assistance.

The repetition of events, situations and reinforcement of feelings associated with this belief feed that particular neural net. This is an example of a positive belief, you could also think about this in the context of a negative belief.

A belief such as "I am struggling with money" will almost resonate with everyone at some point in their lives. Almost immediately this thought and belief begins to manifest through car repair bills, pets becoming ill, pay cuts or unexpected bill arrivals. Choosing to pay attention that thought will continue to lead you in that direction.

If you decided to replace an old belief with a new one you can make the new one stronger simply by paying more attention to it. SO replace those old thoughts with shiny new ones and you will create the reality you choose instead of the one you have ended up with unconsciously.

Educational Movement Lounge.....

We enjoy creating and facilitating community lectures and activities at FFC. We think it is important for there to be a level of communication between practice members. We consciously attempt to facilitate this communication through study groups, mothering groups and lectures both from our own FFC staff and the professionals of our community.

As this interest has developed and our practice members become more connected to

one another, the size of the groups is being restrained by the size of the space we have to offer. We are setting the intention to renovate the basement of the clinic to create an Educational Movement Lounge. Ideally this will be a comfortable, safe, open space to invite in all new possibilities.

Please feel free to offer encouragement, assistance or positive energy.



Winter Solstice

Celebrate Winter

- Have a bonfire with your neighbors
- Go sledding
- Skate - seek out the outdoor rinks around Newmarket and Aurora
- Learn to ski or snowboard
- Cross country ski trails at Albion Hills conservation area - they have rentals!
- Snowshoe - it is awesome exercise and quite fun once you get going.
- Travel to another city to enjoy their festivals:
- Ottawa - Winterlude - Three Weekends - Feb.6-8th, Feb. 13th-15th and Feb. 22-24th.
- Quebec City - Winter Carnival - January 30th - February 15th/09

"Celebration is a kind of food we all need in our lives, each individual brings a special recipe or offering, so that together we make a great feast. "

Corita Kent, Learning by Heart

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

CHIROPRACTIC CAN HELP YOU STAY FEELING GOOD THIS YEAR.

Here's how:

There is a direct connection between the health of our spine and our ability to express a state of well-being. There exists in the body a precise sequence of chemical changes in your brain called "the reward cascade". If this cascade is not interrupted, you feel a sense of well-being and pleasure. If the sequence is interrupted, resulting in what is known as "reward deficiency syndrome", you may seek out mood altering substances or activities. The brain chemicals known as neurotransmitters must be released in the right sequence for you to feel good.

The biochemical end of the line is the release of dopamine. When this chemical is released in the nervous system we feel good. Addictive substances increase the amount of dopamine in your nervous system, heightening the feeling of pleasure. Addiction occurs when repeated use of this substance disrupts the normal balance of brain circuits that control reward, memory and cognition.

So how do misalignments in your back interfere with the flow of chemicals in the brain?

Your sense of well-being, biochemically speaking is seated in the limbic system, which has outposts throughout the spinal cord in

little anatomical features called the "dorsal horn". If your spine is misaligned anywhere along its length, that condition can interfere with the proper operation of the limbic system and the flow of reward chemicals in your brain. This limits your body's ability to express a state of well-being. A chiropractic adjustment gets the dopamine flowing again, balancing the brain reward cascade.

So stay feeling good this year. Get adjusted.



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

ADDICTED TO STRESS?

Many of us feel that we thrive off of stressful situations. Jumping from crisis to crisis in life gives it a buzz and an edge. This buzz keeps many of us going, thus making us *STRESS ADDICTS*. Rob Sands, a clinical psychologist and co-author of *Counselling and Coping* (Oxford University Press 2002) says,

'Being under stress means being in a highly charged state, both physiologically as well as emotionally. This state can be highly exciting and it becomes a feeling that people crave.'

Are you addicted to stress? Take this simple quiz and find out.

- When you consider taking a three-day weekend, do you dread the idea or

worry that you can't take so much time off from work?

- Do you often create unnecessary challenges for yourself, like promising to do 10 things in one day?
- Do you believe that you work better under pressure and that the more pressure you are under, the better?
- Do you feel better about yourself when you are very busy?
- After completing a difficult task, do you feel physically high?
- Do you leave things until the last minute and find it difficult to motivate yourself unless the pressure's on?

If you answered yes to most of these questions, you need to reassess your lifestyle.

How does an adrenaline junkie reverse the addiction?

The first step is to become self-aware and be honest with you. Do you really get enough sleep, eat properly and have enough quiet time in your day to unwind? If not, you need to make a few life changes:

1. Practice saying no.

Limit your 'to do' list. Priorities and give up those things that are not crucial. You do not have to do everything now.

2. Learn how to relax physically.

Watch your breathing and check where your body carries stress. Practice a regular relaxation technique like yoga or meditation.

3. Decrease the number of intoxicants you ingest.

Alcohol, coffee and smoking might provide temporary relief, but in the long run they increase your stress levels.

4. Exercise.

Physical activity can help you relax and sleep well.

5. Unwind.

Spend at least 10 minutes a day on your own doing nothing.

6. Talk to someone.

Find a therapist with whom you can explore the reasons for your lifestyle as well as exploring other ways to live your life.

Stay tuned for the FFC Cookbook. We will be selling these cookbooks to support the renovations of our new Educational Movement Lounge in the basement of the clinic. Choose to celebrate with some new recipes!



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

DID YOU KNOW?

That not only is driving in winter with snow tires safer and easier but your insurance company may offer a discount on your insurance. Check it out! Mine did.

COMING SOON TO FFC

VACCINATION LECTURE - January 23rd/09 11-12

Led by Piper Martin, Classical Homeopath.
Informed Choice Discussion on Homeopathy and Vaccination.

- Specifics of using homeopathy with regard to vaccination
- Discussion of informed choice vs. fear based decision making
- Resources and real life stories
- Comprehensive booklet included

Investment: \$40.00 per person - bring a friend for free

All profits to go towards **the Educational Movement Lounge**

FAMILY VISION BOARD-JANUARY 27 - 8:30PM

The first step in restoring balance and peace in your family is figuring out what that would look like. Join us as we work towards creating our ideal family environment.

There is no charge for this event, but please sign up in advance with our friendly front desk staff to reserve your spot.

Enjoy the Journey With Your Children Presented by Foster Family Chiropractic Focus on ages 8-15 years

February 10th & 24th/09 7-8:30 pm
Free Community Event

We are proposing a new series of lectures to gather and discuss elements of family life that could use a shift in perspective.

Topics will include - simple adjustments to create flow, family vision boards, restorative time, supporting children through fear or grief.

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

Adult Children of Alcoholics (ACOA): A Hidden Epidemic?

Adults who have grown up in families affected by alcoholism tend to struggle in many profound ways. Some have suffered emotional, physical or sexual abuse; many have struggled with feelings of over responsibility, guilt, poor self esteem; have witnessed violence; have confused feelings about being loved or their own ability to be loved and trusted. Many children of alcoholics become addicts themselves and can be strongly at risk for mood disorders regardless of personal substance misuse. Many tend to be perfectionists and crave high expectations of control over their lives and circumstances. These symptoms/reactions are only a few of the possible outcomes for adult children of alcoholics - often these life experiences have been left unprocessed and unattended leading to eventual emotional and physical breakdown over time. Adults who have lived in alcoholic households can often be deterred from talking about their experiences due to feelings of shame and guilt.

Help is always available either through local addiction treatment services providing intervention and support for family members or with therapists experienced in dealing with ACOA issues.

Recent statistics regarding alcohol dependence in Canada overall indicate 11 of 100 adults are identified as being alcoholic - Ontario's percentage rate of alcoholism is just over 7%: one of the lowest rates in Canada. These statistics may be under-reported given many people with alcoholism are never formally identified as such and may never enter treatment.

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

MESSAGE - HEALING THE ADDICTION

Massage Therapy is not only an alternative therapy but also a natural and logical instrument of human healing in addiction treatment. Studies have proved the effectiveness of massage in the treatment and recovery from addiction. These studies document the ability of massage to decrease anxiety, agitation, and cravings as well as improve sleep and lessen feelings of depression.

Touch has powerful effects, therefore playing an important role in all aspects of recovery from addiction.

From detoxification, when it is a valuable healing tool, through primary inpatient or outpatient treatment, when it increases awareness and promotes relaxation, to post-treatment, when it contributes to relapse prevention strategies, stress management, and the body's instinctive healing power that leads to optimal health in recovery.

Our bodies release dopamine, the chemical messenger responsible for making us feel good when we engage in any pleasurable activity. It is well known that dopamine is significantly involved in addiction and that dopamine levels are lower than average during the withdrawal process and into early recovery until brain chemistry normalizes.

Massage can naturally increase the level of dopamine which is a welcome addition to the standard pharmacological interventions most commonly used during the detoxification process. In addition, massage promotes the circulation of both blood and lymphatic fluid so that more nutrients are brought to the tissues and organ systems and toxins and other waste products are more rapidly eliminated.

All systems of the body function more efficiently with improved circulation and a reduction in tension of the soft tissues and musculature. This improvement has a positive effect on the mind and emotions as well. Psychologically, the withdrawal process can be a frightening, overwhelming experience. Massage can provide a sense of

comfort, safety, and connection, and can begin to build trust in order to establish the therapeutic alliance so crucial in addiction treatment.

Reference: Counselor; The Magazine for Addiction Professionals. Massage: Hands Down, a Treatment for Addiction. September 2003.

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



BREAKING BAD HABITS

We might not like to admit it, but most of us have at least one bad habit that we'd like to change. It might be something that poses a serious health risk such as smoking, something that causes us stress such as out-of-control spending, or something that's just plain irksome, like knuckle-cracking or nail-biting. A habit is any action that we have performed so often that it becomes almost an involuntary response. Aristotle taught, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." Since this is the beginning of a new year, it's the perfect time to look at replacing those bad habits with healthy new ones.

If you are ready to make some changes, here are some suggestions:

Awareness. Since you perform habits automatically or without thinking, you first have to bring them into your consciousness before you can change them. What is the habit exactly? How is this habit affecting you and others? What need does it fill?

Motivation. You must decide that breaking your bad habit is important and worth the effort involved. Then you must decide how you will replace it with new

behaviors that fulfill the need. For example, giving up television might mean you need to find a new way to relax, socialize, or get information.

Commitment. You must be determined to do whatever it takes so that you can get better control of your life. Write down your reasons for making a change and what you are now committed to doing - this action creates clarity by defining in specific terms what your change means, and it keeps you committed since it is harder to dismiss a promise printed in front of you.

Action. It is important to focus on changing just one habit at a time. You must take consistent daily action for 30 days in order to build a new habit. If you do backslide, don't label yourself as having failed. Get out your list of reasons for changing and begin again. Ask for support from friends and family.

Rewards. If you are sticking to your new behaviors then you deserve a reward. Just make sure that if, for example, you are on a health-related diet that the reward doesn't interfere with your challenge. This could be watching your favorite TV show or going to see your friends. Don't reward yourself after a week or a month, but as soon as you've taken the first few steps.

Perseverance. There will be times when you question whether it is all worth it. Keep reminding yourself that you are moving closer to your goal. Talk to yourself throughout the day about how you are going to avoid triggers that can get you off track.

Have fun! Changing your life for the better should be fun. Remember, you are making changes that will allow you more time, joy, and fulfillment in the future.



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



FOOD ADDICTION

I was busy as always writing strategies for people's relationship with food, and then something dawned on me. For some of you, it's not just about "Hey, cut back on your portions," or "Just eat real and living food." What about "stay away from fast food and nuked food"? My list of do's and don'ts is a block long, but in a lot of cases, it's not that simple.

Food is a drug, and a lot of us are addicted to it. We get stressed; we reach for a donut to soothe our souls. Lonely? Pizza is a warm companion. Feeling bad about ourselves? Ice cream eases the pain. It's a fact that the craving for sugar affects our brain the same way the need for heroin does. No wonder we turn to food -- it's legal, we can use it in public, and it's relatively cheap.

If you've tried everything to conquer your food addiction and it's not happening, then it's time to try a new strategy. We don't expect alcoholics to "get over it" on their own. Bulimia and anorexia are classified as diseases for a reason. So why do we think we can throw a list of foods at someone and expect them to deal with it by themselves?

First, you have to acknowledge that you don't have the will power on your own. The cravings and callings are bigger than you (for now). What can you do about it? Get help. Go see a doctor or nutritionist that will put you on a program. This is not about failure or being a bad person, this is about finding a way to get healthy and strong. Nothing else. Beating yourself up is not going to do

anything. Love yourself enough to feel you deserve a little help.

Your program should include checking in with someone weekly and having someone you can talk to daily if you need to. I mean, how long have 12-step programs been around? When alcoholics get sober, they still go to meetings. It may be something you have to deal with for the rest of your life, and that's OK. Remember, it's about staying healthy. Getting clean and staying clean. In this instance, clean doesn't mean giving up the Jack Daniels, it's about stepping away from the burgers and fries (and milkshakes).

Once you start this process, **you must commit to it!** Even when it's difficult, keep your eyes on the goal and don't look back. We're all human, and we all evolve. This doesn't mean we're perfect -- it means we work on improving every day. So stop being hard on yourself and do something to make a difference in someone's life who matters - **YOU!**

CHECK IT OUT

www.fosterchiropractic.com

FFC's website

www.fosterfamilychiropractic.blogspot.com

FFC's blog

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

WOW

Wow, we are a serious bunch. If you haven't already gathered, the FFC team is a collection of individuals who are highly determined to live life to its fullest. We regularly talk about what we love, what we want more of in our lives, what we enjoy about today and what we want to start heading towards tomorrow. We love to ponder human nature, question the status quo, and push boundaries. Now that we're on the topic... This

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brings me to my next venture. 2009 is the year I do my first half Ironman race. Life is worth pausing to have a little fun (yes, I do consider that to be 'fun').

2009 is also the year FFC expands its clinic vision a little. I've heard multiple mentions of our 'Education and Movement Lounge'. A little space we're creating that will allow us to grow ourselves alongside our amazing practice members.

When I sat down and pondered my life I immediately thought about how fortunate I feel that so many people in our community trust in us. I am getting the sense that 2009 feels a little precarious for many of us. Financial and global tension is high right now, but my belief is that what we are experiencing is a universal correction. Ultimately it will serve to bring many of us back to our fundamental values. Perhaps it's an opportunity just waiting to be taken. This is good time to take stock of one's life. Notice your neighbor, get +/- or stay connected with those around you, and invest in your happiness.

I sincerely wish you and your family a year of abundance and joy. I thank you for making FFC & Associates a part of your life.

Laura Foster

