

FFC Newsflash

MARCH 2009



"Flowers grow out of darker moments."

-Corita Kent

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

LETTING GO OF RESISTANCE



The purpose of Ayurveda, a Sanskrit word meaning "wisdom of life," is to maximize the possibility of making healing choices. These Ayurvedic principles can help you move beyond resistance and fulfill your goals:

- **Accept the now**
When you accept life as it unfolds, offering no resistance, you become aware of the choices available in this moment. This doesn't imply giving up desires or being a victim, but discovering the freedom to respond creatively.

- **Accept the signals of your body**
Feel all of your body's sensations. Whereas the mind lives in the past and the future, the body resides in the now and never doubts itself. It knows the truth and will guide you toward the most evolutionary choices.
- **Accept responsibility and commit**
With deepened awareness, you can make new choices, let go of habits that no longer serve you, and commit to doing something different.

WHAT'S GOING ON AT FFC?

*Jenn Pike & Foster Family Chiropractic
presents...*

Optimal Wellness

*A Parent's Guide to Healthy Eating for Your
Children*

Please join Jenn Pike RHN, Registered Holistic Nutritionist, Personal Trainer, Yoga & Pilates instructor and busy mom of two young children for

this enlightening and motivating workshop. This workshop is designed to help you put your mind at ease when it comes to feeding your children and family, keeping them healthy and vital. Discover the power of a nutritionally balanced diet and enjoy the benefits as you see an increase in your child's energy and productivity, a decrease in mood swings, attention disorders and food sensitivities and over all increase in their **JOY** and **VITALITY!**

Week One: Nutrition 101 - making sense of the food groups, portions sizes, carbohydrates, protein, fat, water, vitamin and minerals and why they are of equal importance.

Week Two: Assessing your child's needs - determining likes, dislikes, food sensitivities, behavioral patterns, activity level and how much your child should be consuming in both food and drink.

Week Three: Grocery shopping, reading labels and preparing your menu - learn how to organize your grocery list, cut your cost, read labels for the right and wrong ingredients and create a weekly menu for the whole family.

Week Four: Putting it all together - Overcoming obstacles, dining out, traveling and how to create a *Family Action Plan* to ensure you stay on track.

Where: Foster Family Chiropractic

When: Thursday March 26th, April 2nd, 9th & 16th 7:00-8:15pm

Investment: \$99

"No matter what our family situation or lifestyle, we as parents are our children's first teachers. The importance of what they learn in the home and through their relationship with us cannot be underestimated. By understanding how children develop and some things we can do to help their balanced and healthy growth - physically, mentally, emotionally and spiritually - we will not only help our children but also increase our enjoyment and growth as parents."
... Rahima Baldwin Darcy, *You Are Your Child's First Teacher*

THE BRADLEY METHOD

Birth is a beautiful, life changing event that you share with your partner. "It is **HARD WORK** and sometimes painful, but it can be the most rewarding experience of your life" --Robert Bradley.

The kind of pregnancy, labour and birth our children experience has a profound and lifelong effect on their health, including their mental, emotional and physical health.

The goal of the Bradley Method is to give babies the best possible start in life by teaching you how to have a low risk pregnancy and a natural childbirth.

The ultimate goal is to have a healthy mother, healthy baby and healthy family.

A natural birth is safest for both mom and baby and provides for a woman's utmost awareness of a thrilling experience.

Bradley classes are appropriate for couples of all ages, whether you are pregnant with your first or subsequent babies. Couples pregnant with multiples can also benefit from the nutritional advice, exercise, and information taught in Bradley classes. Bradley classes can help you achieve a Vaginal Birth After Cesarean Section (VBAC), and can help you achieve a natural childbirth after a medicated birth. It can help you receive a more pleasurable birth experience after a negative birth event or birth trauma.

Join Anna Bushmina MD (Europe) HD (Canada) and childbirth educator @ **FFC Thursday March 24, 2009 7-8:30pm** for an informative and introductory session outlining the Bradley Method. FREE to all participants.

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

This past month I held an **Informed Choice Vaccination** seminar to assist parents in generating some perspective on the decision making process around having your child vaccinated. Informed choice is a model the midwives use in their care, you receive the information and you make the decision - ultimately taking responsibility and deciding what feels right for your family.

This takes some courage as we are raised to respond to medical practitioners with complete faith. In the case of families choosing to refuse or delay it feels uncomfortable to resist what everyone else is doing and to openly question the advice of your medical doctor.

This discomfort is the beginning of a shift, of something new opening within you, and I encourage everyone to respond to the challenge. This can happen in many forms, a new exercise regime, new eating habits, learning a language or entering into a relationship. Follow your heart, it knows the truth.

Next vaccination seminar: FRI., APR 3RD.



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

BOOK REVIEW



I recently read the book "What Would You Do If You Had No Fear?" It is about **Living your**

Dreams While Quakin in Your Boots". Right off the bat, just reading the title, I was intrigued. It immediately had me trying to answer. The book is made up of 10 chapters, most being titled with a thought provoking question such as "Who Would You Be?" and "Where Would You Go?" The author, Diane Conway, uses stories of women and men who have gotten over their fears and have fulfilled their life-long dreams.

I really enjoyed this book. It was a fairly easy read and I found myself reading bits at a time randomly. This book made me smile and definitely made me think. I encourage you to purchase this book...or borrow it from our Lending Library. Even if you do not have a chance to read the book, I ask you to think about the question **"What Would You Do if You Had No Fear?"**

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

"The Bodacious Book of Succulence" by SARK has this to say about the Fear of Love.

"Since love brings up everything unlike itself, and magnifies areas of dysfunction in ourselves, it is a ripe place to experience hatred, annoyance and fear. Fear of love is a very real thing. People are often afraid to receive what they really want in love, maybe because then they'll be trapped by love? It's a paradox. Open your arms and embrace paradox. I'm practicing at allowing the fear of love to exist as it comes up. Feeling the feelings and knowing they are matters of the ego and persona, we can move into essence, where fear has no place. We fear loss of love, loss of control, being overwhelmed by another. We assume we should just know how to love. Yet we often don't know how to love ourselves, so when we are fully met in love, we question it by saying, "Am I lovable?" or, "Am I worthy of this love?" YES You are lovable. It is difficult to receive love if you are caught in feelings of unworthiness. Fear of love is often a hidden dilemma. It is much more romantic and acceptable to speak about the wonders of love, the glory of love - yet we must also speak about the fear of love."

From the desk of Jenn Pike, holistic nutritionist

Curried Lentil Soup with Havarti



- 2 tbsp butter
- 1 onion, chopped
- 2 stalks celery
- 2 cups peeled and diced carrots
- 1 cup diced potato 1 ½ cups lentils (375ml)
- 2 cups vegetable stock
- 1 cup milk
- 2 tsp curry powder or paste
- Salt and pepper
- 160g plain or jalapeno havarti, cubed
- 2 tbsp fresh coriander

In a large saucepan, melt butter over medium heat. Cook onion, celery, carrots, and potatoes for 3-4 minutes. Add lentils, stock, milk, and curry. Salt and pepper to taste. Bring to a boil and simmer for 20-25 minutes or until vegetables are soft. Puree soup with blender. Place cheese in bowl of soup and garnish with coriander. Serves 4-6

THANK YOU FOR VOTING US #1 IN THREE CATEGORIES IN THE READERS CHOICE AWARDS



WE APPRECIATE THE RECOGNITION !

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

12 FOODS WHERE ORGANIC MAKES SENSE

Avoiding the "dirty dozen" could dramatically cut your exposure to pesticides.

What's the dirty dozen, you ask? It's a watch list of the 12 most pesticide-polluted fruits and veggies.

Solution: Grab the organic versions.

Good Reason to Go Organic

According to John La Puma, MD -- RealAge expert and author of the new book ChefMD's Big Book of Culinary Medicine -- going organic with these 12 fruits and veggies could cut your exposure to pesticides as much as 90 percent!

Fruits

- Peaches and nectarines
- Strawberries and cherries
- Apples and pears
- Imported grapes

Veggies

- Spinach and lettuce
- Potatoes and celery
- Sweet bell peppers

Beyond Pesticides

Cutting your exposure to pesticides is only one reason to go organic. La Puma says you'll be healthier, too, because some organic foods are more nutritious than their conventionally grown counterparts.

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

"An important decision: Do I or do I not vaccinate my child?"

Vaccination is a medical procedure which carries a risk of injury or death. As a parent, it is my responsibility to become educated about the benefits and risks of vaccines in order to make the most informed, responsible vaccination decisions. In my personal experience with my two children, I have witnessed no overt problems or

side effects after the vaccination of my two children. My youngest, Jack, is approaching the age when he will be receiving the MMR shots.

Since his last vaccination I have read Jenny McCarthy's book *"Mother Warriors"*, (which I highly recommend), and have also seen an interview with her. It created a shift in my thoughts about vaccination.

As a new employee with Foster Family Chiropractic, I recently attended Piper Martin's Vaccination Lecture which was excellent!!! If you have the opportunity to go to the next one, I hope you do. It was great to hear everyone's different experiences. Even after that, however, I still have not come to a conclusion. As I further my research I believe I will make the right choice for my children. I am a mother and I believe all mothers have something special inside that helps us make these decisions.



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

MESSAGE THERAPY - FEAR OF THE UNKNOWN

Many people who have never had a massage before may blame it on fear of the unknown. Massage Therapy is thought of a very private and intimate experience so people feel that they may feel intimidated and powerless. In fact, that is the opposite. The massage therapist should explain everything you need to know at the first

appointment. They will go over what to expect during the treatment (areas that will be treated and pressure used), how to undress and how to be positioned on the table. They give the patient total control of the treatment. If the patient feels uncomfortable at any point then they have the right to terminate treatment.

Here are some questions and answers that seem to come up over and over again, and even some that you may be too embarrassed to ask.

Will I be exposed during a massage?

Registered massage therapists must ensure that you are always properly covered by a sheet or towel. Only the area being massaged will be uncovered. If the therapist is working on a patient's back then the rest of the body is fully covered. The therapist will then cover the back and move on to another area and so on.

Will the massage therapist be there when I undress?

No! The massage therapist will leave the room so that you can remove your clothing and lie on the massage table (usually face down) under the top sheet.

Don't rush or worry that the massage therapist will walk in on you. The massage therapist always knocks and asks if you are ready before entering the massage room.

Am I supposed to take off my underwear when I get a massage?

Many people prefer to keep their underwear on during a massage, while others prefer to be completely nude. It's up to you!

EVERY MESSAGE THERAPIST MAY HAVE A DIFFERENT PREFERENCE AS WELL. Some massage therapists prefer underwear on because they can use the elastic waist band to drape and secure the sheets. Others may find that underwear can get in the way if your problem areas are your lower back, hips, buttocks, or groin.

In the end, a massage therapist shouldn't be telling you what to wear or what not to wear! The

patient should dress to their comfort level and shouldn't do what they are not comfortable doing.

"Should I talk to the massage therapist during the massage?"

Feel free to close your eyes and relax, which is what most people do.

Although some people prefer to talk throughout the massage, don't feel like you have to make conversation with the massage therapist. After all, you are having a treatment, not a cocktail party!

Deep tissue massage and sports massage are treatments that require more feedback. The massage therapist often works on deeper layers of muscle and will want to ensure that the pressure is not uncomfortable.

"The pressure isn't deep enough, but I don't want to insult the massage therapist's technique. What should I do?"

Communicate openly with the massage therapist. Keep in mind however that it's a myth that massage therapy has to hurt to be effective.

Some of the most effective types of massage therapy are gentle and do not involve deep pressure or pain. In fact, *too much* pressure can cause muscles to seize up. Here is a good rule of thumb, on a scale of one to 10 where one is no pain and 10 is extremely painful, the pressure should always be less than seven.

Remember that a Massage Therapist is there to help, so don't be embarrassed or afraid to ask questions. Your treatment and anything discussed in the treatment room is strictly confidential.

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

Do you ever wonder what it would be like if we faced any given situation without judgment or interpretation?

What if we just said "ok"?

As a chiropractor a large part of my communication with patients is focused on balance; specifically, the importance of maintaining balance and reducing the stress on our nervous system so we can achieve a vital state. I wonder how much of the accumulated stress that builds up in our bodies might be dissipated if we never allow it to affect our thoughts and emotional state? If I assess a certain situation as bad, then I feel bad about it, which creates a negative response not only in my emotional state, but in my physical body as well. So why not think "OK, so be it". Prevent the thought from affecting you on a deeper level. Negative thoughts rarely work to change a situation anyway.

**FIRST ESSENTIALS
WHOLE BODY, WHOLE FOODS, WHOLE
BRAIN LEARNING**

Presented by Jenn Pike RHN &
Dr. Danielle Warner, family chiropractor



From Jenn Pike RHN:

This comprehensive seminar is designed to teach you how to introduce solids to your baby in a more holistic, balanced and safer way than traditionally taught. The information you will learn will help to ensure your baby's digestion is being maximized, help you to look for and minimize the risk of allergies and create a more balanced whole foods approach to give your baby their healthiest start!

We will discuss:

- How to prepare and store your own baby food
- How to cook, freeze and reheat your own baby food
- Which foods should be introduced when and which ones to avoid or delay
- Discuss food sensitivity testing
- Decide if any supplements are needed

From Dr. Danielle Warner DC:

Discover how to enhance the way that your baby interacts with the environment, supporting growth and development and optimizing learning potential.

We will discuss:

- How to understand Neurosensory Integration and its importance.
- How to provide ways of supporting the development of the nervous system in infant - 12 months.
- How to provide home and recreational recommendations for sensory activities.

Please join us Tuesday March 3rd 12-2pm

Investment: \$30 per family (babes in arms welcome)

Nutrition Seminars with Jenn Pike RHN
Schedule March - June 2009



Tuesday March 3rd - You Can Heal Your

Gut - Learn to make use of the amazing power of pure foods to heal your digestive tract. A must for those of you suffering from bloating, indigestion, mid-section weight gain, constipation, heartburn, living with food sensitivities, IBS, history of bowel cancer, history of antibiotics use or if you're just not sure what to eat anymore as it seems everything bothers you.

Tuesday April 7 - Estrogen Dominance -

When your hormones are in balance, everything from digestion to immunity works properly. You feel great, look great, have the energy of a teenager, and your sex drive is normal. This is your body performing at its best. Hormonal imbalance is created when the ratio of estrogen to progesterone sways too much one way or another. The most common extreme imbalance is excess estrogen in relation to progesterone. This is called "Estrogen Dominance." Join me and learn what you need to stop doing today in order to become more hormonally balanced for tomorrow.

Tuesday May 5th - How Sweet Its Not -

The no-nonsense guide and truth about so-called safe sugar alternatives & sweeteners. We will discuss the pros and cons of every one of them on the market today. If you have ever or do ever use these products or feed them to your family and friends you cannot miss this lecture.

Tuesday June 2nd - Vegetarianism 101 -

People choose to eat vegetarian for many different reasons - spiritual, nutritional, ecological, political and social. Whatever your reason may be it is important to understand the different styles and nutritional needs of becoming vegetarian. Whether you are a meatless Monday type, veteran vegan or just

interested in some new meat free ways of preparing your meals, this talk has a lot to offer.

*All seminars will take place at FFC from 7pm -8:15pm
Investment: \$75 for the series (all four) or \$20 drop-in*



TAKE A LONG LOOK AT THESE BEAUTIFUL SUMMER POPPIES.

SPRING WILL BE HERE SOON!

FOSTER FAMILY CHIROPRACTIC & ASSOCIATES 905.898.8098

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Piper Martin, classical homeopath

Sandra Viaes & Julia Chotowetz, reg. massage therapists

Randy Ketterling, psychotherapist

Jenn Pike, holistic nutritionist