

FFC Newsflash

April, 2009



**"I can't change the direction of the wind,
but I can adjust my sails to reach my destination"**

--Jimmy Dean

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

MANAGING STRESS WITH POSITIVE THINKING

Positive thinking or positive self-talk can help with stress management and can even improve your health. Researchers continue to explore the effects of positive thinking and optimism on health.

Self-talk is the endless stream of thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

Health benefits that positive thinking may provide include:

- Decreased negative stress
- Greater resistance to catching the common cold
- A sense of well-being and improved health
- Reduced risk of coronary artery disease
- Easier breathing if you have certain lung diseases, such as emphysema
- Improved coping ability for women with high-risk pregnancies
- Better coping skills during hardships

Positive thinking is contagious! People around you pick your mental moods and are affected accordingly. Think about happiness, good health and success, and you will cause people to like you and desire to help you, because they enjoy the vibrations that a positive mind emits. --Stress Management - Mayo Clinic.com

FFC Welcomes Marlene Deres, RNCP, Specializing in Food Sensitivity Testing

Marlene Deres has recently augmented FFC's services, working closely with our Registered Holistic Nutritionist, Jenn Pike, RHN. Marlene brings with her 15 years of expertise as a Registered Nutritionist with a specialty in food sensitivity and intolerance.

Undetected food sensitivities or intolerances can cause various health symptoms such as Intestinal Disturbances (Irritable Bowel Syndrome - IBS, Chrones Disease, Colitis, Gas and Bloating, Stomach ache), Headache or Migraine, Skin problems, ADD/ADHD, Depression, Mood Swings, Fatigue, Joint Pain, Weight Maintenance.

Infants and children respond very well to this type of testing and results are often seen within days for both children and adults.

Often referred to as Electro Dermal Testing or Bio Energetic Testing, this computerized method of testing is non-invasive, uses no needles and does not break or puncture the skin, so there is no risk of infection. The testing is fast, accurate, painless and cost-effective.

This type of testing is based on the principle that all matter vibrates at a unique frequency as the result of the electric charges of particles at the atomic level. The vibration from these electrically charged particles emit specific electromagnetic waves. This means that *everything* in the Universe produces its own electromagnetic waves or signature. When Food Sensitivity testing is done, the specific electromagnetic signature of each food is tested to determine if the body can stay in balance when these foods are introduced.

Check Marlene's website at www.vibrantlivingnutrition.com for some eye-opening testimonials, then speak to our front desk team to book an appointment for your Food Sensitivity test.

Bonus: Your Health Insurance may cover Marlene's services. Be sure to check it out.

POSITIVE THINKING TEST

To find out how positive you are, answer the following questions as honestly as you can, using this scoring system:

- 5 Always or almost always**
- 4 Usually**
- 3 Sometimes**
- 2 Rarely**
- 1 Never**

Put your score in the block on the right:

When something unexpected forces you to change your plans, and you are quick to spot a hidden advantage in this new situation? []

Do you like most of the people you meet? []

When you think about next year, do you tend to think that you will be better off than you are now? []

Do you often stop to admire the things of beauty? []

When someone finds fault with you or with something you have done, can you tell the difference between useful criticism and 'sour grapes', which is better ignored? []

Do you praise your spouse / best friend / lover more often than you criticize him or her? []

Are you surprised when a friend lets you down?[]

Do you think you are happy? []

Do you feel comfortable making yourself the target of your own jokes? []

Do you believe that, overall, your state of mind has had a positive effect on your physical health? []

If you made a list of your 10 favourite people, would your name be on it too? []

When you think back over the past few months, do you tend to remember your success before your setbacks and failures? [] **Total Points** []

Scoring If the sum of all the scores is:

Above 55: Consider yourself a superstar - someone whose optimism is a powerful healing force.

50 - 55: Excellent. You are a genuine positive thinker

45 - 50: Good. You are a positive thinker, sometimes

40 - 45: Fair. Your positive side and your negative side are about evenly matched

Below 40: You tend to be pessimistic. Think of ways to improve your pessimistic Approach to life.

*"Be a scientist of your own spiritual experience. You are not here as a tourist or a reporter you are here as a seeker. So explore it."
Elizabeth Gilbert*

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

Do you pay as much attention to your positive emotions as you do your negative ones?

If you are living with the belief that you will effect growth wherever you place your attention then spend extra energy celebrating times that you feel happy, peaceful, relaxed and content.

Really take the time to notice those positive feelings, tell other people, write it down in your journal and savour it.

It is easy to notice negative, fearful or angry feelings because they are dynamic and get your attention. Allow joy and bliss this same space and grow their place in your life.

Homeopathy Tip of the Month

Phosphoric Acid is a remedy that is used for dehydration and it is one that is frequently used for children and adults that are experiencing the following ailments:

- Stomach flu - diarrhea and vomiting
- Discharge of fluids - sweating, morning sickness, breastfeeding, bleeding
- Overworked and burnt out state (students)
- Grief remedy after romantic breakups

Phosphoric Acid will restore energy and emotion to a person that is experiencing the following symptoms:

- Very low energy
- Flat emotionally - can't seem to feel anything
- Headaches from dehydration
- Craving carbonated water and salt
- Sleeplessness from grief

Try 2 pellets of Phosphoric Acid 200C twice a day for three days to alleviate symptoms. Please feel free to ask me for more specific recommendations at any time.

WHAT'S GOING ON @ FFC:

April 7 or April 21ST: 7-9 pm

ESTROGEN DOMINANCE

Led by Jenn Pike, holistic nutritionist.

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."

This seminar is a must for women 25 and older who want to learn more about their bodies and becoming their own health advocate. If you have ever suffered from PMS, low blood sugar, fibroids, cysts, irregular cycles, fertility issues, mood swings, fatigue, weight gain or are perimenopausal you cannot miss this opportunity today to feel better tomorrow!

Investment: \$20

Tuesday, May 5th 7-8:30 pm

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.

Investment: \$20

DR. WARNER IS EXPECTING

BABY #2!!!!

Dr. Warner is happily anticipating the arrival of her second baby sometime in early July.

FFC would like to welcome Dr. Janice Oldham to the clinic. Dr. Oldham will be adjusting patients for Dr. Warner while she spends some time with her little ones.

Practice members will have an opportunity to meet with Dr. Oldham over the next few months.

On Saturday May 2:

Dr. Warner will be hosting a Friends and Family Day for her patients. Dr. Warner will be providing COMPLIMENTARY NEW PATIENT appointments to individuals who have been referred in by Dr. Warner's current practice members,

Dr. Oldham will be in the clinic on Saturday May 2nd to join in the festivities. Patients of Dr. Warner's are encouraged to book an appointment to get adjusted and share in the fun.

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

INSPIRE YOUR CHILDREN, inspire yourself!

I couldn't hold them back. When my kids saw Simon Whitfield win a silver medal in the Beijing summer Olympics there was no stopping them. It had all the makings of the best thriller movie around. <http://www.youtube.com/watch?v=jGYRV9ZSpQM>



KIDS OF STEEL (KOS) triathlons are designed to offer kids and young adults the opportunity to experience the sport of triathlon in a positive environment. The distances are much shorter than those in adult triathlons, and change as participants mature. Most kids are fit enough to finish a KOS triathlon successfully and have fun at the same time.

Canada has an amazing program for youth in the field of triathlon, and Ontario is the mecca!



Some KOS races start as early as 3 years old, although most begin around 5 or 6 years of age. All they need is a bike (any kind), approved helmet, swim suit and running shoes.

There are many races to choose from - just google Kids of Steel. Be prepared to have a lot of fun and enjoy a relaxed day outside in the sunshine!

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

SPINACH PESTO



- 2 cups fresh spinach
- ½ cup fresh basil
- 1/3 cup pine nuts
- 3 tbsp. parmesan cheese, grated
- 3 garlic cloves
- ½ tsp fresh ground pepper
- ¼ cup extra virgin olive oil

In a food processor or blender, combine spinach, basil, pine nuts, parmesan, garlic and pepper. While blending, slowly add the oil and blend into a paste.

Serve in sandwiches, or flatbread, over pasta or as a base for salad dressings.

For a variation, try walnuts or pecans, or use asiago cheese or a combination of fresh herbs instead of basil. Stores in the fridge for up to 1 week. Makes 1 cup.

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

Have you been in a routine and something happens that throws you off? Do you ever feel like life is going really smooth...and then WHAM something unforeseen hits and you are all thrown off? Do you ever get stuck in a rut and feel like it would take so much to get out the hole...what's the point in even trying???

Well, my friends, this is when I encourage you to "Turn That Frown Upside Down". Regain control of things you have the power to control, and try not to focus on those you "can not".

Too many times we get stuck in the "Poor Me" mentality and lose sight of all the wonderful gifts we have. The sudden loss of job or loss of a loved one is enough to throw anybody off. The trick is discovering the tools to get you out of the slump. We are all allowed a grieving period but at some point life must move on. So how do you get there?? The number one place to start is with you. Regain control over the things you can control, namely YOU. We have a reaction to everything that happens to us. Positive or negative it is what it is and we have the power to make it work!

This is one website (and there a lot of them) which I found really helpful. I find that a lot of the time I just need someone to point me in the right direction. The Gift of Life is truly amazing. Optimizing our life can be difficult. In times of stress remember what you can control....Yourself.

<http://www.getmoredone.com/tips.html>

Here's a great recipe from the "Eat Clean Diet" cookbook:

18 Minutes to Prepare and Cook

- 1.3 lb extra lean ground turkey
- 3 Tsp chicken bouillon
- 3 Tbsp chopped onion

1 cup high protein cereal (I usually use some crushed bran flakes of some sort. even oatmeal will do)
1/2 cup nonfat milk
2 egg whites

- 1) In bowl, mix milk and cereal. Allow cereal to sit in milk for 5 minutes.
- 2) Add bouillon, onion, and egg whites. Mix well. Add turkey.
- 3) With clean hands, mix it all up, and divide into 6 burgers.
- 4) They will probably be a little "wet" - take necessary precautions with BBQ or grill as they can slip through and get messy
- 5) Cook evenly both sides, and enjoy!

Remember cooking is creative! Experiment and add what you like for variety. A **little** bit of cheese can change the taste, more garlic, more onion.

FFC WELCOMES JOANNE !



From the desk of Joanne Donohue, front desk staff extraordinaire

I am a Certified Personal Trainer and Fitness Instructor and teach fitness classes by Les Mills called BodyPUMP. I retired from the business world several years ago and began my journey into health and wellness. Joining the front desk team

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at Foster Family will allow me to continue to grow and learn in this field working with a great group of practitioners. I was born in Newmarket and after living in several places including the US I now reside in Aurora with my dog Rosie. My interests include weight training, music and animals. It is my mission to help you be the best you can be."

"Physical fitness is the best gift you can give to yourself."

"How can I tell if my spine is healthy?"



15 Warning signs of an unhealthy spine

Years of training and experience, plus sophisticated analysis techniques, enable your chiropractor to detect subluxations, but there are some simple things you can look for to find out if your spine is healthy.

1. Your heels wear out unevenly.

Can be due to uneven leg length or stress along the length of the spine.

2. You can't take a satisfying deep breath.

Breath, health, spinal health and energy are interrelated.

3. Your jaw "clicks".

Can be caused by neck or hip subluxations.

4. You have to "crack" your neck, back, or other joints a lot.

Can be caused by areas of your spine that are locked or jammed.

5. You can't twist turn your head or hips to either side easily and equally.

Reduced range of motion.

6. You are often fatigued.

An unbalanced spine drains your energy. 1,2

7. You have poor concentration.

Subluxations affect brain health.

8. You have low resistance to disease.

Subluxations affect your neuroendocrine system which plays an important role in your resistance to disease and your ability to fight infection.

9. Your foot flares out when walking.

This test is easy as long as you don't cheat. Merely look at your feet as you walk. Do they both point forward, or does one foot appear to flare outward or inward? Do both? Foot flare may be a sign of a problem in the lower spine or hips, or meningeal stress in the upper neck or base of the brain. 3

10. One leg appears shorter than the other.

Keep your shoes on, and lie down. Have someone stand behind you, look down at your feet, and gently push your heels toward your head. Compare where the heels meet the shoes. One foot (it's often the right) may appear anywhere from 1/8" to 1" shorter than the other.

11. You have poor posture.

Stand on two bathroom scales. The weight distribution should be about the same over each foot. If it is not, that's a good sign that your spine, hips or head are off centre.

12. You have headaches, back aches, sore or tender spots in muscles or joints.

Common signs of subluxation.

13. You have a constant stressful feeling and tension especially in muscles and joints.

Muscles are affected by subluxations.

14. You feel stiffness in your back and neck.

Stiffness may be a sign of subluxation damage.

15. You just don't feel right, you are in general poor health.

Subluxations can affect your overall health.

1. Lennon, J. et al. Posture and respiratory modulation of autonomic function, pain, and health. American Journal of Pain Management, Jan. 1994.

2. Sperry, R. Neurology and the mind-brain problem. American Scientist, 1952, 40, pp. 291-312.

3. Ward, L. Spinal column stressology. Journal of the Nutritional Academy, 1984, 2(1).



WHAT IS A SUBLUXATION?

If your body is stressed, either by physical, chemical or emotional stresses, there may occur a loss of normal spinal bone position and movement

or a significant increase in the tone of your spinal cord. This in turn causes a disturbance in nervous system function. This loss of normal function and accompanying neurological disturbance, are together, called **Spinal Subluxation**. This can impair your nervous system from accurately receiving, processing and responding appropriately to changes taking place within their body and environment.

Quite simply, chiropractic care involves the detecting and analyzing of physical interference to the nervous system (spinal subluxation). By progressively freeing your nervous system of interference it allows you to more clearly and accurately perceive your changing needs. As a result, it restores your healing capabilities for increased energetic function and vitality.

Do you have a question for Jenn Pike, Registered Holistic Nutritionist?

Maybe you would like some additional information about my services:

- One-on-one consultations
 - Meal planning
 - Pantry Clean-out
 - Kitchen organization
 - In-house Seminars
 - Cooking classes
 - Baby & Toddler Food series
- How to build a better lunchbox for your child
 - Corporate lunch'n'learns
- Grocery store tours and more!!!

For more info ask for me at reception or leave your info so I can get back to you.

And don't forget to check out my monthly article and recipes in our newsletter!

