

FFC Newsflash

May 2009



Belief in yourself and in the possibility of success is the most important requirement for living an extraordinary life. Believe in belief. Believe in yourself and the best of the world will come to you, and you will be prepared to receive it. Don't sell yourself short. You do not require permission to be extraordinary.~ Richard Quick

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

HOW DO YOU TURN YOUR FROWN UPSIDE DOWN?

Here are some suggestions that I would try when faced with this dilemma.

Get outside if the weather is nice and go for a walk, even better if you have a dog, because it's hard to stay mad when you take a dog for a walk. Not only do you burn energy and get fresh air, but watching how much fun a dog has on a walk is sure to bring a smile to your face.

If a walk doesn't interest you, or maybe the weather isn't so great at the time, crank the tunes up really loud and clean house. It's

amazing how focused on cleaning I can get when I am not happy and before you know it, your place is clean and you've probably forgotten why you weren't happy. While you are busy cleaning try dancing like nobody is watching.

Maybe you do the walk and clean house, now it's time for a treat. Call a friend and go for a tea and desert, and make it chocolate. Chocolate always makes me happy.

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

OH, HOW I LOVE A GOOD IDEA

"Atayne - put people and the planet first"

For those of you who pursue an active lifestyle let me ask you, how many polyester

based running/riding/hockey t-shirts do you have in your closet? How many of these synthetic 'quick dry' shirts does your family throw out in a year? Every t-shirt I involuntarily receive at an event NEVER fits me - always too short. I reuse mine. I send them to VV or Goodwill, but how do I really know they are being reused? I don't. I'm always thinking they are such a waste.

Imagine how interested I became when I discover Atayne. This is a practical, forward thinking and humour inspired company from the U.S. who recycles old polyester shirts and makes healthy athletic shirts. Check it out: www.atayne.com.

Is our apparel Trash or Treasure?

It depends upon your point of view.

Traditional performance apparel is made from virgin, non-renewable materials, contain questionable chemical treatments, and usually find their ultimate home in a landfill. Our competitors call that a treasure. We call it trash.

At Atayne, we use recycled polyester (from plastic bottles) and Cocona (activated carbon from coconut shells) to create our performance apparel. Our competitors might call that trash. We call it a treasure.



Why do we do it?

It's better for people, better for the planet, and better for performance. Plus, it is fun to tell people your clothing is made from trash.

That's our point of view.

WELCOME TO FFC DR. JANICE OLDHAM



Dr. Oldham is excited to be stepping in to adjust **Dr. Warner's** practice members while she takes some time to enjoy her little ones.

Dr. Oldham will be seeing patients starting in July until the end of October.

If you would like the opportunity to meet with Dr. Oldham before July, she will be in the office on the following dates:

Wed April 29th; Sat May 2nd; Thurs May 14th & Thurs June 18th

From the desk of Dr. Janice Oldham, family chiropractor. .

GET BETTER SLEEP

Do you wake up without the use of an alarm clock feeling refreshed and ready to start your day? If not, you could be one of the 3.3 million Canadians over 15 who report difficulty getting or staying asleep.

Sleep is crucial to maintaining good health. Without it, you increase your susceptibility to a variety of health problems such as heart disease, diabetes, obesity and depression. Getting enough sleep at night, or taking naps during the day when needed, can help to prevent serious accidents due to sleepiness.

Lack of sleep also affects our concentration and makes us more irritable.

Consider some of these tips:



Go to bed and wake up at the same time each day. This includes weekends.

Avoid caffeine. For some, caffeine can cause problems for up to 12 hours.

Turn off the computer or television an hour or so before bed. They stimulate the brain.

Avoid alcohol. It may help you fall asleep but you'll wake up easily in the night.

Avoid exercise before bedtime. Exercise during the day can help you sleep better, but not so at night.

Don't toss and turn for longer than half an hour. Get up and do something relaxing such as reading.

Develop a relaxing bedtime routine. This could include a warm bath, some relaxation exercises, listening to soft music, or some quiet reading (using a low wattage light bulb as bright light can inhibit sleep).

Sleep in a dark room. Pull a blind down at night and open it up for the sun the next morning. Also avoid bright alarm clocks or electronics with light displays that stay on once the room is dark.

Do it tomorrow. Don't let finishing your to-do list use up your valuable sleep time. As the day winds down, re-evaluate what you have to do and what can wait until later.

Aim for 8. Although the number of hours of sleep needed varies between individuals, we generally need about 8 hours of uninterrupted sleep.

WHAT'S GOING ON AT FFC

Tuesday June 2nd - [Vegetarianism 101](#) - By now we've all heard reasons why eating too many animal products can be harmful to our bodies and lead to various ailments and disease in the body. This seminar is intended for anyone looking to add more meatless, low calorie, nutrient dense foods to their diet. You do not need to be a vegetarian to join us; you just need to be enthusiastic about trying something new. 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.

Led by Jenn Pike

Time: 7-8:30pm

Investment: \$20

TUESDAY MAY 19TH 7-8:30PM:

BRADLEY METHOD

Led by: Anna Bushmina, homeopath

Discover how to enhance your labour and deliver experience by creating strong connections and support with your partner.

Investment: your time & enthusiasm

TUESDAY JUNE 16TH 6-9PM:

CPR CERTIFICATION

Learning how to manage an emergency situation can save a life.

Know what to do; get certified.

Investment: \$50

BIWEEKLY FRIDAYS 10:30-12:

RED TENT

The meeting place to create community connections as women and mothers.

We meet every other Friday 10:30-12:00 noon

Dates: April 24th, May 8th & 22nd, June 5th & 19th

Babes in arms welcome.

WOMENS WELLNESS STUDY GROUP



Join me. Jenn Pike, RHN, each month as we discuss a specific topic and vision about women's bodies, health and wellness in the quest to guide your own wellness journey.

Topics include: hormone balance, sluggish adrenals and sub-optimal thyroid function, menopause, digestion, detoxification,

natural skincare, supplements, vegetarianism, **PLUS** get ready to be active some evenings when we go **HANDS ON** with strength training & cardiovascular exercise, yoga, and pilates!

Our 'JOURNEY' begins Tuesday June 2nd 7-730pm welcoming of women and setting the intention for our meetings followed by 730-9pm Intro to Vegetarianism & Raw Foods

Living

We meet the first Tuesday of each month \$20 drop-in fee or \$15 per session if you sign up for 4 or more.

"Our bodies are our allies in the search for health and healing. Listening to the wisdom of our female bodies is the path to self-discovery and joy"

- Christiane Northrup

NEWMARKET'S FARMER'S MARKET IS OPEN!

The Newmarket Farmers' Market is a producer-based market located in the heart of historic Newmarket.

Located on Timothy Street just east of Main Street, the market is open on Saturdays between 8am and 1pm from May 2nd until October 31st.

Take advantage of having fresh produce, fruits and home-baking all in one convenient location! Whether it's something healthy, something sweet, something for your home or flowers for the garden you'll find something to come home with. See you there!

From Laura: I love this market. It is never the same from week to week. In May the market reflects what is being grown and produced in our region. So when you go down there in May don't expect lettuce! It'll get there, but it first needs to be planted, cultivated and harvested. What you will see, however, is meat/ bread/ plants /coffee/ baked goods/eggs/honey, etc. Come on down and check it out. The Saturday morning ritual is fantastic!

<http://www.newmarketfarmersmarket.com/>

Bok Choy Chicken Salad



- 2 oz grilled skinless chicken breast
- 1 Tbsp red wine vinegar or balsamic
- 2 tsp EVOO
- 1 tsp organic sugar or sucanat
- $\frac{1}{2}$ tsp bragg, tamari or light soy sauce
- 2 tsp raw slivered almonds
- 1 tsp sesame seeds
- 4 cups bok choy, shredded
- $\frac{1}{2}$ cup grated carrots
- $\frac{1}{4}$ cup chopped sweet onion
- $\frac{1}{4}$ cup mandarin orange sections

In a bowl mix dressing: vinegar, oil, sugar and soy sauce. In another bowl, combine chopped bok choy, onions, carrots, almonds, diced chicken and dressing.

NUTRITIONIST IN THE HOUSE!

**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
 - Corporate lunch'n'learns
- **Grocery store tours and more!!!**

**I am in the building today so please feel
free to ask reception for me!**

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

**You're not sick, You're Thirsty! Water for
Health, for Healing, for Life.**

I just read this book available at the Foster Family Lending Library and I was blown away! I knew water had a huge impact in your health and the way the body functions, but the way the author (F.Batmanghelidj, M.D) described his research and theories, the reasons why we need more water makes so much more sense. Here are a few points that explain a lot and really stood out for me.

The brain is made up of about 85% water which means that the brain is very sensitive to the dehydration and heat regulation of the body. When there is a water shortage in the body and there is a potential for dehydration the brain establishes a priority for itself at the expense of the other tissues of the body. The brain is extremely sensitive to water loss and is said that the brain cannot even tolerate a 1% loss of water. If we were to function with a content of 84% water for long the brain could not function properly, causing the pain we know as a headache or migraine, a

decrease in attention span, and even diseases of the central nervous system.



Water can also help with weight loss.

There are two general sensations associated with eating habits. The one for food is often termed hunger and the second is a sensation for thirst. Both sensations are felt in the same area of the brain and are brought about by histamine. It is easy to confuse the two signals and to think we are hungry rather than thirsty. We mistakenly think we are thirsty when our mouth becomes dry but really by the time that occurs, our body is already at late-stage dehydration. The best way to separate these two sensations is to drink water before eating. This order is maintained in most animal species. Animals will make an early morning visit to a water source before going to the field to graze. As humans we often take food then water.

Every 24 hours the body recycles the equivalent of 40,000 glasses of water to maintain normal physiological functions. Within this pattern of metabolism and recycling the body losses about 6 -10 glasses of water each day, which is what we should be drinking each day depending on our level of activity. In the same way you won't let your car run out of gas before you fill the tank, the body must not be allowed to become dehydrated before you drink water.

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

There has been a lot of discussion over the past couple of weeks about both the swine flu and hepatitis A. The questions that keep coming up include: What can be done to avoid contracting these viruses? Should I get the hep A vaccine? What can I do help my body fight against these viruses?

Let's think about this by getting reacquainted with the nervous system and how it affects our immune system and its ability to support the body.

The nervous system can be separated into two main components: the central and peripheral nervous system. The central nervous system consists of the brain, brainstem and spinal cord; its vital function is to keep us alive, while controlling and coordinating every other system in the body. The peripheral nervous system extends from the spinal cord to every cell, organ, gland, and blood vessel in the body.

The central nervous system is the master controller of all other systems in the body including the immune system which affects our ability to stay healthy in times of stress.

As a chiropractor, my goal is to support the nervous system by reducing stress and tension on the spinal cord, thereby optimizing the central nervous system's ability to maximize proper immune system function. When we are reacting to stress for prolonged periods of time our bodies do not have the resources necessary to stay healthy.

An adjustment helps us get back to a more restorative state so that our bodies can properly manage exposure to such things as viruses and stressful life events.

So, along with supporting our bodies through healthy nutrition, sleep, meditation and exercise, get adjusted. Stay healthy!

DON'T BREAK THE ELASTIC

In April, Maya Angelou was interviewed by Oprah on her 70+ birthday.

Oprah asked her what she thought of growing older. And, there on television, she said it was 'exciting.'

Regarding body changes, she said there were many, occurring every day...like her breasts. They seem to be in a race to see which will reach her waist first.

The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words!

Maya Angelou said this:

'I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow only if you want it to be.'

'I've learned that you can tell a lot about a person by the way he/she handles these three things: weather, respect and lost luggage.'

'I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. It is then you realize that no one can ever love and care for you more than they do. And that no one can ever replace them. I wish they were with me now!

'I've learned that making a 'living' is not the same thing as 'making a life.'

'I've learned that life sometimes gives you a second chance. So don't make the same mistakes again.'

'I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.'

'I've learned that whenever I decide something with an open heart, I usually make the right decision.'

'I've learned that even when I have pains, I don't have to be one.'

'I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.'

'I've learned that I still have a lot to learn.'

'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel, especially your loved ones.'

Share this with five phenomenal women today...it will boost another woman's self-esteem.

If you don't...the elastic will break and your underpants will fall down around your ankles!

