

FFC Newsflash

June 2009



Do you have to think specific positive thoughts about your body in order for your body to be the way you want it to be? No. But you have to not think the specific negative thoughts. If you could never again think about your body and, instead, just think pleasant thoughts -- your body would reclaim its place of Well-being. --- Abraham

From the desk of Piper Martin, classical homeopath

Homeopathy works beautifully for people who experience allergy symptoms. You can choose to use it acutely which means that you treat it as it happens year by year. You may also choose to treat it constitutionally which means that you treat your whole body and clinically what I have observed is that the first year the allergies are much less intense and the second year the allergies disappear.

Here are some remedies to support your body acutely - Homeopathy is completely safe to try on your own, the only result of taking the wrong remedy is that nothing will happen; if it doesn't match it doesn't work. If you find a

match the shift is quite magical. Try two pellets of the remedy one time and observe. Your symptoms should be less intense and frequent. When your body signals that it needs another dose you can take it again, this may be a period of up to several days.

Eyes are the Main Issue

Euphrasia 200C

- eyes inflamed, burning and itching.
- Profuse watering from eyes and nose.
- Waking with crusty eyelids.

Pulsatilla 200C

- Itching and watering eyes, better from a cool cloth
- Better from air conditioning

- Fluent, bland, watery discharge from nose and eyes
- Weepy and emotional

Sneezing is Main Issue

Nux Vomica 200C

- Terrible sneezing fits on rising from bed
- Literally pouring from the nose all day and then completely stopped up at night
- Irritable

Sabadilla 200C

- Fits of sneezing, debilitating sneezing
- Constant itching and tingling inside the nose
- Burning, red eyes, sneezing provokes watery eyes

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

FLOWERS THAT SAVE THE FOREST



Every year for a few weeks in May, the forest floor in Algonquin's great west side, is carpeted with Trout-lilies and Spring Beauties along with a few other beautiful spring wildflowers such as Red Trillium and Dutchman's-breeches. These flowers have a very small window of opportunity after the snow melts and before the forest floor plunges into summer long deep shade.

Now here is how these flowers save the forest...

The worse nutrient losses occur in the spring when runoff, augmented by a winter's worth of melted snow is at its greatest. But spring is also precisely the time of year when our wildflowers are shooting out of the ground, "sucking up" all the nutrients that come in contact with their root hairs. And even more important, at that crucial time of year they are essentially the only plants in the forest that are intercepting nutrients that would otherwise be flushed downstream and lost forever. By the time the Trout lilies decay, releasing nutrients back into the soil, the rapid runoff is long gone. There is much less chance of the nutrients being swept downstream. Also, when these nutrients are being released back into the soil, there are many other plants, particularly trees that by then are actively soaking up the nutrients and using them for their own growth.

Who would've ever thought that our lovely spring wildflowers help to ensure the prosperity of the trees that make their existence possible?

Excerpt from Algonquin Provincial Park 'The Raven'

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

As you may be well aware, my husband and I are happily expecting another baby in early July. After careful consideration, I am delighted to announce that Dr. Janice Oldham will be stepping in to adjust practice members while I take some time to enjoy my little ones.

Dr. Oldham will be joining Foster Family Chiropractic the first week in July until the end of October. Over the next month we will

do all that we can to ensure that patient care remains uninterrupted. Dr. Oldham will be in the practice several times during this period meeting with patients and going over patients' clinical care.

Although I am away from the practice over the summer months, I will be available to practice members during that time. I will be checking in with the clinic and practice members periodically to facilitate a smooth transition and ensure that practice members are getting the most from their ongoing chiropractic care.

If you would like the opportunity to meet with Dr. Oldham before July, I strongly encourage you to contact the office and find out when she will be in meeting with practice members. I feel very fortunate to have Dr. Oldham step in during my brief absence and suspect that you will enjoy having her around once you have met with her. I am confident that Dr. Oldham will be an excellent replacement for me, providing the same level of care that you have been accustomed to. Remember, this is about your care and comfort level and we will do all that we can to ensure that you continue to have your needs met.



Strawberry picking



Springview Farms located in Leaskdale for chemical free strawberries and raspberries. The address is 11680 Durham Road 1 and phone number 905 852-2795 for picking information. They are usually ready by mid June. Open from Mon to Sat 8am to 8pm.

From Newmarket, travel West on Davis drive until you get to Durham Road 1, head North. South takes you to Uxbridge. Approx 5 minute drive and the farm is on the left before Durham 13.

WHAT'S GOING ON AT FFC:

TASTY TOTS:

Learn how to establish healthy eating patterns for your toddlers with Jenn Pike.

In addition, discover fun ways to support healthy nervous system development and sensory integration through play with Dr. Danielle Warner

FRIDAY JUNE 12TH 9:30AM-11AM

\$20/couple**for details ask any of our FFC front desk staff.

CPR CERTIFICATION: knowing what to do can save a life. Know what to do. Infant toddler and adult CPR.

TUESDAY JUNE 16TH 6:30PM-9:30PM

Investment: \$50

RED TENT: a community meeting place to connect with other mothers. (babes in arms welcome.)

EVERY OTHER FRIDAY (JUNE 5TH & 19TH)
10:30am-12pm at FFC

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

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

SUPPORT THE MASSAGE THERAPY PROFESSION

HST Will Harm Patients and the Profession, Take Action Now!

As a colleague within the profession of massage therapy, or

as a patient/friend of a Registered Massage Therapist, we want you to be aware of the impact of the recent announcement from the Minister of Finance to harmonize Ontario's retail sales tax with the federal Goods and Services Tax (GST). This change will result in the application of a 13% tax to the services of a Registered Massage Therapy. This will cause harm to both patients and RMTs.

Harm to Patients

Massage therapy is not covered by the Ontario Health Insurance Plan (OHIP), instead, these services are paid directly by patients, either out-of-pocket or through their extended health benefit programs. The introduction of HST will mean that:



- By adding the 8% tax, given that massage therapy is already taxed under the federal Goods and Services Tax, Ontarians will be paying more for health care services, either from their own income or through their extended health benefit plan;
- With less funding available, patients will be forced to reduce the frequency with which they seek treatment, both for injuries and on-going preventive health care, or eliminate these services entirely;
- This reduction in services will cause a direct impact on the health and well-being of many Ontarians and, in the long term, will affect Government spending in other areas of health care.

Harm to RMTs

The reduction in the funds patients have available, either individually or through an extended health benefit plan, will result in a reduction in services sought by Ontarians. The profession is already facing significant economic distress. The introduction of the HST will mean that:

- RMTs will face increased economic difficulties operating their practices as the available funding for massage therapy is reduced and therefore patients seek fewer or no services;
- The economic downturn, coupled with the recently announced increase in annual registration fees from the College of Massage Therapists of Ontario, an increase that is necessary in order to sustain the self-regulatory model, will only serve to make matters worse for many RMTs;
- The inability of the profession to sustain itself will result in fewer massage therapists and an inability of

the profession to maintain the regulatory structures.

For information on what you can do to help please visit our blog <http://www.fosterfamilychiropractic.blogspot.com/> or the Ontario Massage Therapist Association website www.omta.com

From the desk of Jenn Pike, holistic nutritionist..

LIFE DEPENDS ON THE LIVER - IT'S A REAL MULTITASKER!

Consider this:

- It produces hormones, enzymes, cholesterol and bile which are all essential for health regulation.
- It stores glucose to help regulate blood sugar.
- Your liver helps to build the quality of your blood by ensuring enough red blood cells are available as worn out cells die.
- It can detoxify drugs, caffeine, alcohol, and other environmental toxins from your blood. In this way, your toxic load is kept in check.
- Your liver is required to screen all the substances you ingest and to only allow safe particles to enter the circulatory system.
- It can repair itself, provided the eating and drinking habits that destroy it are stopped and regenerative measures are taken.
- Your liver regulates fluids and temperatures in your body.

And, if that weren't enough the liver has to filter about 600 liters of blood daily.

Considering the importance of liver function to our health, it always astonishes me to see how we continue to burden it with certain foods, and drinks as well medications, hygiene products, hydrogenated oils, aspartame, Splenda, air pollution and stress. The liver has a specific language to communicate distress, long before it becomes diseased.

Meridian therapy tells us that unexplained pain on the right side of the head and neck, shoulder, elbow, hip or knee is generally a sign of the liver complaining. Pain on the right side of the abdomen or just below the rib cage is also a liver signal. Gout or fungus in the right toe or toenails can also indicate a sluggish liver. Constipation, a bitter taste in the mouth, vertigo, headaches, migraines, flatulence, bloated stomach, spastic colon and hemorrhoids can all point to the liver as a contributing factor.

Don't forget the mind-body connection either.

All the organs in the body are negatively influenced when we are stressed and unhappy, and it's believed that the liver is affected by built-up anger, fear and resentment.

I recommend doing a liver cleanse 2-3 times per year for 2-6 weeks at a time depending on the person and client Nutri-System profile.

So do your liver happy by not only eating and drinking right but by practicing better stress management through some form of therapy ex: talk therapy, yoga, meditation, exercise, massage, chiropractic or whatever makes you feel good while building a healthier life.

Start being kind to your liver now...it can be most forgiving!

To find out more information or book your own Nutri-System profile consultation with Jenn please speak with reception.

Free Parenting Seminars

Come explore practical tips from Waldorf pedagogy to support our daily journey of parenting through the following seminars:

Wednesday, June 3, 2009

Discipline - A popular topic! Come and let's make it simpler.

Thursday, June 4, 2009

Introduction to Diapering

We will discuss:

- choices of diapers, which and why
- how to change and dress your baby as an intimate time together
- what to do about rashes
- different washing routines
- calculating costs of disposables versus cloth diapers
- essentials for the diaper bag

Both seminars are **free** and will be held from **7:30 - 9:00 pm** at the **Hestia Global store**.

The store is located at 15222 Yonge Street in Aurora. The entrance is at the **back of the building**, where ample parking is available. From the intersection at Yonge and Wellington, head west on Wellington and immediately turn south (left) onto the first street, which is called Temperance. The store and its parking lot are located immediately on the east side (left side).

Willow Children's Garden and Willow Country School

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

**Greetings to everyone at Foster Family
Chiropractic!**

My name is Dr. Janice Oldham, and I am delighted to be covering for Dr. Danielle Warner's maternity leave at Foster Family Chiropractic this summer.



As a locum doctor, I work at various clinics throughout the GTA to fill in for chiropractors who are away from practice for maternity leaves, illness, injury, travel, etc. I love my job because

I get to meet a variety of chiropractors and patients, and provide uninterrupted chiropractic care to the patients who need it.

Although every chiropractor is different, I always try to match the chiropractor's treatment style as closely as possible so that patients can experience a continuity of care. To further that continuity, I will also be matching Dr. Warner's treatment hours as closely as possible. This will allow patients to maintain their regular adjustment schedules during the busy summer season so that everyone can keep feeling great!

If you are curious to know a little about me, I'll give you a quick intro. I'm originally from the London/St. Thomas area where I grew up in farm country. I initially pursued my education at Queen's University in Kingston. After I graduated and put a few years into the working world, I decided to change paths and head back to school to become a

chiropractor! Like Dr. Warner, I graduated from the Canadian Memorial Chiropractic College. It was an intense and rigorous program, but well worth it! Over the years, I have also taken several continuing education courses in various chiropractic approaches, including Torque Release, pediatrics, and pre/post-natal care. Eventually, this country girl moved to Toronto, and fell in love with the big city. Along the way, the big city also introduced me to my husband Larry, whom I married last fall. When I'm not adjusting patients, you'll find me skiing, at the cottage, traveling, scuba diving, reading or dancing.

Now that you've learned a little about me, I hope to learn a little more about each of you over the course of the summer.

I look forward to meeting you all soon!

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

ALUMINUM WARNING

The last three decades have seen a steady increase of aluminum in our environment and diet. Aluminum damages all types of tissue. It is a poison and a neurotoxin. No living systems use aluminum as part of a biochemical process. It has a tendency to accumulate in the brain and manifests itself over long periods of time.

Avoidance is currently the best way of protecting you and your family from the serious, long term damage that can result from ingestion. Pregnant and lactating women, the young and the elderly are at risk.

Aluminum fluoride is present in drinking water. (More than half of the water utilities use aluminum sulphate to clarify drinking water.) Minute quantities, as little as 0.5

parts per million were found to result in the formation of beta amyloid proteins, a characteristic of Alzheimer's disease. An easy remedy is to look for water filtered by reverse osmosis.

There has been widespread concern that a high intake of aluminum is associated with an increased risk for Alzheimer's disease and now researchers at the State University of New York provide convincing evidence that aluminum-containing foods constitute a much greater risk than drinking water.

Surprisingly, aluminum potassium sulphate is an approved substance used in vaccines. Some researchers consider this a serious matter and suspect that the amounts given during routine vaccination can cause an ongoing inflammatory response in the brain. The principal symptom of aluminum poisoning is the loss of intellectual function, forgetfulness, inability to concentrate, irate behaviour, and in extreme cases, full blown dementia. It is also known to cause bone softening and bone mass loss, kidney and other soft tissue damage, and in large doses it can cause cardiac arrest.

Another obvious and easily avoided source is aluminum cooking pots and pans, this can be quite easily remedied by using enamelled, stainless steel and cast iron pots. Cooking in Corningware and glass containers is another option.

Aluminum containing food compounds may be labelled as:

Silicic acid, aluminum sodium salt , Sodium aluminosilicate
Aluminosilicic acid, sodium salt, Sodium aluminum silicate
Aluminum sodium silicate, Sasil, Alum, aluminum trisilicate
Kaolin, Aluminum sulphate, Aluminum fluoride, Aluminum stearate, Aluminum hydroxide

Reference: Warning - They're Putting Aluminum In Your Food!!!! Free World Survey on 12 September, 2007. The National Expositor.

PHYSIOLOGY 101

The practice of chiropractic is based on sound scientific principles.

The existence of the nervous system as the primary control mechanism of the body is an undisputed scientific fact. Its relationship with the spine is the focus of the practice of chiropractic.

The spine develops in utero to provide two primary functions: (1) allow for freedom of movement and (2) house and protect the spinal cord.

When the vertebrae of the spine become misaligned through trauma or repetitive injury, two major consequences will result: (1) the range of motion becomes limited and (2) spinal nerves emerging from the spinal cord are compromised.

Chiropractors use the term "subluxation" to describe such disruptions. Interruption of nerve flow can eventually lead to pain, disability, and an overall decrease in the quality of life. Conversely, the removal of that interference has been shown to have significant, lasting health benefits.

Through the adjustment of the subluxation, the doctor of chiropractic endeavors to restore normal nerve expression. The body is then able to respond appropriately to any imbalance in the system, thus relieving symptoms and restoring health.

