

FFC Newsflash

August, 2009



"The fountain of youth is movement"-Mitch Thrower

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

Ten VERY Common Workout Mistakes

We all make mistakes while working out, be it at the gym or home. Many times small errors can be all that is standing in the way between you and your goals. Take a look at these ten common mistakes and get ready to improve your workouts!

1) **Not stretching enough.** Be sure to stretch after your workout and hold

- each stretch for 30 seconds to a minute. No Bouncing!
- 2) **Lifting too much.** Don't lift more than your muscles can handle. Progress slowly and you will see results. Plus staying injury free keeps you motivated.
- 3) **Not warming up.** Prevent injury by spending at least five minutes on the treadmill, or cardio machine of your choice.
- 4) **Not cooling down.** Take a few minutes to lower your heart rate...and stretch!
- 5) **Training too intensely.** It's more effective to sustain a steady but

challenging pace than to exercise intensely for only a few minutes if your body isn't used to it. Get bored easily?? Try intervals.

- 6) **Not drinking enough.** Water, that is. Don't wait until your throat is as dry as the desert sand to take a sip of water. Hydrate yourself before, during and after exercise.
- 7) **Leaning heavily on the step mill.** Let's face it: if you're leaning, you're not getting the maximum benefits, and it's also hard on your wrists and back. Lower the intensity if it's too hard to do while standing straight up, and rest your hands only slightly on the rails.
- 8) **Not pushing yourself hard enough.** You should be working yourself hard enough to work up a light sweat- just be sure to stay in your target heart-rate zone.
- 9) **Jerking the weights.** When you have to use your body's momentum to get the weight up, that means it's too heavy for you. Don't risk injury. Control the weight and don't let it control you.
- 10) **Consuming energy bars and shakes during moderate sessions.** High-energy- also meaning "high-calorie"- foods aren't needed unless you're training for longer than two hours a day. These foods are basically the equivalent to a meal. A low-carb protein shake after a weight training session is OK, though.

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

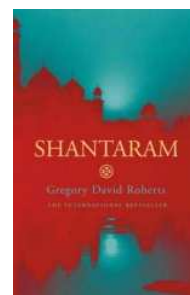
"Whatever you're thinking about is literally like planning a future event. When you're worrying, you are planning. When you're

appreciating you are planning...What are you planning?" - Abraham Hicks

Sign up for these Abraham Hicks quote of the day @ www.abraham-hicks.com and they will send you a daily thought to re-focus your conscious intentions throughout the day. Some of the ways I remind myself to stay conscious include:

- quotes, ideas and pictures posted around my home
- conversations with like-minded people
- mind expanding books
- creative pursuits - art, cooking, gardening
- asking myself several times a day - "how do you feel right now?" I realized that this is my key to this trendy concept of being in the "now". If I take a moment to ask myself that simple question it ensures I don't miss that moment, it grounds me and places me firmly in the present.

Book Review



Shantaram - by Gregory David Roberts

Wow - this is an intense ride. About a 1,000 pages of one man's fascinating life in Bombay. Kind of an action packed, violent journey through quantum physics - this would probably be the male version of Eat, Pray, Love....

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

**"Pack it Light. Wear it Right" - Backpack
Safety for a new school year!**



By the end of August, back-to-school shopping will be in full swing and one of the items on that shopping list may be a backpack. More than 50 percent of young people experience at least one episode of lower back pain by their teenage years. Research indicates that this could be caused to a great extent, by improper use of backpacks. Carrying a heavy load that is unevenly or improperly distributed can result in poor posture; and even distort the spinal column, throwing it out of alignment. This can cause muscle strain, headaches, back, neck and arm pain, and even nerve damage. See below for some tips on choosing and wearing a backpack properly courtesy of the Ontario Chiropractic Association's "Pack it Light, Wear it Right" public education program.

Choose the right backpack: Forget leather! It may look great but it's too heavy. Go for vinyl or canvas. Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly, is not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body.

Packing it properly: They're not moving out! Make sure your children's packs contain only what is needed for that day and that the weight is distributed evenly. It's a good idea to know roughly what each item weighs. The total weight of the filled packs should be no more than 10-15% of the wearer's own body weight. Pack heaviest objects close to the body, and place bumpy or odd shaped ones on the outside, away from the back.

The right way to wear a backpack: Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side. Backpacks should never be worn over just one shoulder. You should be able to slide your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

Putting the backpack on: It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, then adjust the straps to fit comfortably. Remember when lifting a backpack, or anything, to lift using the arms and legs, and to bend at the knees instead of the back.

Check out just how much all that stuff you haul around every day actually weighs:

Shoes	2 lbs
6 text books	6 lbs
2 binders	3 lbs
water bottle	0.5 lbs
sports gear	10 lbs
laptop computer	6 lbs
lunch/snacks	2 lbs

If your child does complain of back pain, or numbness or weakness in his or her arms and legs, get help to prevent future problems.

Here's to a safe, happy and healthy school year!

It's now been one month since I arrived at Foster Family Chiropractic to cover Dr. Warner's maternity leave. I would like to extend a sincere thank all of the patients and staff for their extremely warm welcome! If I haven't met you yet, I look forward to seeing you soon.

With Gratitude,
Dr. Janice Oldham

What's going on at FFC?

Women's Wellness Study Group



August 09-Dec 09 Topic Schedule

Tuesday August 4th - The Adrenal

Connection: How on-going stress of these glands can greatly affect Women's Wellness, shunting digestion, suppressing immunity, increasing nutrient demand, create negative menopausal effects, low blood pressure,

depression, allergies, irritability, insomnia and many other plaguing issue

Tuesday September 9th - Estrogen

Dominance Part 2: Taking a closer look at PMS, Fibroids, Cysts, Fibrocystic Breast, Breast Cancer and Infertility. Discover how to rid your body and your life and unhealthy excess estrogen.

Tuesday September 22nd - To Get Out of Your Rut You Need to Start with Your Gut:

Optimizing a Woman's Wellness Through Good Digestion. This is where good health begins. Discover how hormonal imbalance can negatively impact your digestion and the steps you can take today to feel better tomorrow.

Tuesday October 6th - Happy Thyroid, Healthy Blood Sugar = Happy Healthy You!

Discover tips and create strategies in your life to optimize your thyroid function and stabilize your blood sugar 24/7.

NEVER feel tired, low, bumpy, lumpy or grumpy again!

Tuesday November 3rd - Peri-Menopause and Menopause:

How to manage hot flashes, bloating, insomnia, moodiness, tension and fatigue in a healthful natural way.

Tuesday December 1st - Find Balance: 3 Practices for CALM, ENERGY, & FOCUS:

Join me through movement as we engage in Strength Training, Pilates/Core Training and finish off with Mind-Body Yoga. I GAURANTEE by the end of this evening you will have never felt better!

Registration is REQUIRED

Each seminar is from 7-9pm \$20 or \$15 if signed up for 4+ For more information please see Foster Reception or call 905 898-8098.

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



First Essentials - For Babies 6-12 months

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!

PLUS

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

**Thursday August 20th 10:30am-12pm
Fee \$40 per family**

Tasty Tots - For Babies 9-18 months

Now that you have been feeding baby solids for a few months its time to make things a little more interesting. Discover the best fingers foods; new more complex foods to introduce, how to make baby part of the family meal, discuss the dairy dilemma, the vegetarian baby, the sensitive baby, what supplements are essential and what a day in the life of a young toddler should look like.

**Thursday August 6th 10:30am-12pm
Thursday September 10th 10:30am-12pm
Fee \$40 per family**

**Babes in arms or 18 months and younger
welcome
Please see reception for more details**

**Red Tent - Pregnancy and Postpartum
Circle**

August 14th and 28th/09.
Summer Location - Fairy Lake

Meet at the Pavilion at 10:30 AM with like-minded mothers for a chat and play. If we have left the pavilion we will be walking towards the playground.

Meetings are free and all are welcome.
led by: Dr. Danielle Warner, JoAnn McRogers
and Piper Martin

Vaccination and Homeopathic Medicine

September 18th - 10:30-12
Foster Family Chiropractic
Investment: \$20.00 per person/\$30.00 per
couple

Join Piper Martin B.Ed., DS Hom.Med -
Classical Homeopath to gather information
around the decision making process of
vaccination. Meet with members of your
community to share information, research and
ideas to support the health of your family.
Learn how to use homeopathy in place of or in
conjunction with vaccines. Hear real life
stories from mothers who have supported
their children through vaccination reactions.

Vaccination is a **choice** - make it a conscious
one.

Comprehensive booklet included. Babes in
arms welcome.

Please register early as this lectures fills
quickly.

905-898-8098 or www.fosterchiropractic.com

Looking for the form that will exempt your children from the immunization program at school?

Go to the following website:

<http://vran.org/legacy/docs/form-2.pdf>

From the desk of Joanne, front desk extraordinaire. .

Here's a good site to go to for information about natural cleaning products:

<http://housekeeping.about.com/cs/environment/a/alternatclean.htm>

From the desk of Dr. Danielle Warner, family chiropractor

Thank you everyone for all of your warm wishes. As many of you now know, John and I welcomed Little Rose Ryan Warner into our family on July 9th. We are very much in love and are having a great time getting to know her.

Having recently been through the transitions that must occur when a new baby arrives, I find myself appreciating, once again, how important it is to have a solid support network. For me that consists of my family, and my friends (many of whom are also fabulous health care providers!). We mothers and fathers are responsible for facilitating the growth and development of an entire person! I don't know about you, but at times I find this a bit stressful.

Here's my advice: **Don't do it alone.**

The tasks of parenting seem rather overwhelming when we shoulder all of the

responsibility. There are many ways to connect with your community. A quick Google search, for example, will help you to identify several parenting groups in your community (or at least point you in the right direction). It is also vital that you find a health care team that you respect and trust. Likewise, anyone caring for your child really should respect and trust your judgment as well.

At FFC there are several options for support, in addition to the more traditional health care options utilized for our children. Consider chiropractic, homeopathy, and massage therapy for your children. Also think about seeking the advice of a registered holistic nutritionist to guide your child through the various developmental stages. Children are subject to the same stresses that we are, and they have all of the same parts that react in the very same way. Why not support their growth and development in a non invasive and respectful environment? Both of my children are adjusted regularly and with Piper's help, I guide their physical and emotional growth with homeopathy.

So thank you to all of my friends at FFC for becoming a part of my support network as I unravel the many layers of motherhood!

