

FFC Newsflash

September 2009



"Be the change that you want to see in the world"--Mahatma Gandhi

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

Why Chiropractic is an essential ingredient to your prenatal and postnatal care choices.

Pre-existing imbalances in your spine and pelvis become noticeable during the tremendous changes that occur pre & post-natally. There are two benefits of chiropractic care during pregnancy.

The first is you. Care during pregnancy can relieve and even prevent the common discomforts experienced in pregnancy. Specific spinal adjustments eliminate these stresses, restore balance and result in greater comfort and lifestyle improvements.

The second is your baby. As your baby develops, your uterus enlarges to accommodate the rapid growth. So long as the pelvis is in a balanced state, the ligaments connected to the uterus maintain an

equalized, supportive suspension for the uterus. If your pelvis is out of balance, these ligaments can cause a tension across your uterus. This constraint limits the space of the developing baby. Any compromised position for the baby throughout pregnancy will affect his/her optimal development.

If the women's uterus is constrained as birth approaches, the baby is prevented from getting into the best position for birth. Often a constrained uterus results in breech, face, transverse and brow presentation. Chiropractors trained in Webster's in-utero constraint technique are able to gently and effectively reduce this constraint through a series of gentle pelvic adjustments. This often results in the baby moving into an optimal vertex (head down) position.

Additionally, chiropractic care is essential in allowing your best you to come through during labour and delivery. Your nervous system is

responsible for allowing your body to respond and react appropriately to the changes taking place during this process. A healthy balanced nervous system is essential for optimal health.



The results of chiropractic care during pregnancy:

On average, a woman's first labour averages 14 hours; however, with chiropractic care during pregnancy a woman's first labour instead averages 9 hours! For subsequent labours this tends to continue. Mothers not under chiropractic care-9 hours, with chiropractic care-5 hours!

From the desk of Joanne Donohue, front desk extraordinaire ...

Why Think Positively?

All of our feelings, beliefs and knowledge are based on our internal thoughts, both conscious and subconscious. We are in control, whether we know it or not. We can be positive or negative, enthusiastic or dull, active or passive.

The biggest difference between people is their attitudes. For some, learning is enjoyable and exciting. For others, learning is drudgery. For many, learning is just okay, something required on the road to a job.

"Most folks are about as happy as they make up their minds to be."

Abraham Lincoln

Our present attitudes are habits, built from the feedback of parents, friends, society and self that forms our self-image and our world-image. These attitudes are maintained by the inner conversations we constantly have with ourselves, both consciously and subconsciously.

The first step in changing our attitudes is to change our inner conversations.

What Should We Be Saying?

One approach is called the three C's: Commitment, Control and Challenge.

Commitment: Make a positive commitment to yourself, to learning, work, family, friends, nature, and other worthwhile causes. Praise yourself and others. Dream of success. Be enthusiastic.

Control: Keep your mind focused on important things. Set goals and priorities for what you think and do. Visualize practicing your actions. Develop a strategy for dealing with problems. Learn to relax. Enjoy successes. Be honest with yourself.

Challenge: Be courageous. Change and improve each day. Do your best and don't look back. See learning and change as opportunities. Try new things. Consider several options. Meet new people. Ask lots of questions. Keep track of your mental and physical health. Be optimistic.

Studies show that people with these characteristics are

winner in good times and survivors in hard times.

Research shows that, "... people who begin consciously to modify their inner conversations and assumptions report an almost immediate improvement in their performance. Their energy increases and things seem to go better ..."

Commitment, control and challenge help build self-esteem and promote positive thinking.

7 Suggestions for Building Positive Attitudes

- Associate with positive people.
- In everything you read or learn, look for another interesting idea.
- In everything you read, find one more concept important to you.
- With every friend, explain a new idea you've just learned.
- With every teacher, ask a question.
- With yourself, keep a list of your goals, positive thoughts and actions.
- Remember, you are what you think, you feel what you want.



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

Give Me Energy—FAST!



We all feel it in different ways. Some hit the snooze button 3 times, some drink more coffee and

some take frequent, albeit restless, naps. Most people complain about feeling fatigued at some point, but sometimes it feels like the fatigue just doesn't go away!

Feeling tired constantly is not normal—and it takes a toll on your entire well-being. It can kick up food cravings, weaken your immune system and decrease productivity.

Identifying some of your "energy-zappers" is a good place to start. Many times just being faced with too many options is draining. Have you ever been on the phone with a friend who talks your ear off about their problems, and when you hang up, all you want to do is go to sleep? Even having your desk being cluttered will suppress your brain's reaction time, thus making it difficult to mentally focus.

Combine life's daily stressors along with ones we produce ourselves...and you end up tired, hungry and doing nothing!! Here are a few quick-me-ups to try next time you feel a crash coming on.

Take a belly breath. It reduces stress, conserving energy for more important tasks. Inhale very slow until air fills your lungs and expands your abdomen, then slowly exhale.

Guzzle Water It has been proven that dehydration can decrease brain power, along with physical stamina. Aim for half a cup of water every hour during the day....does that sound so hard??

Get Moving A Brisk 10-minute walk is enough to boost energy levels for up to two hours. Exercise improves blood circulation which transports nutrients to fuel the muscles and brain.

Snack Smart Try to eat something every 3-4 hours to keep your blood sugar level steady. Try to have a healthy mix of protein and high fibre, such as yogurt with whole -grain cereal. If you eat regularly and healthy you greatly decrease your chance on

getting over hungry and snacking on something you will regret!

Say Thanks Take a moment every day to remind yourself of the things you are grateful for. Doing this will greatly decrease your chances of feeling low...and it will make you smile.

CHECK OUT THIS WEBSITE:

www.waterfortomorrow.com

Water for Tomorrow offers free lawn and garden assessments and advice to York Region residents.

Trained advisors will come to your home and perform a personalized garden assessment that will help you reduce your water use while creating a beautiful lawn and garden. Whether you are looking for garden ideas, help with grubs or chinch bugs or just want a healthier lawn, our landscape advisors will help.

IN AND AROUND TOWN

Aurora Waldorf School Initiative

This September the Aurora Waldorf School Initiative will open its doors to kindergarten, grade one and grade two. The School will be held at St. Andrew's Church, on Mosley Street in Aurora. Parents that are interested in this growing initiative please contact Karen Weyler at www.willowchildrensgarden.com

Vaccination is a Choice, Make it a Conscious One

Led by Piper Martin., B.Ed., DS Hom.Med
September 18th - 10:30-noon
Investment: 20.00 per person, 30.00 per couple
Babes in arms welcome
Comprehensive booklet included.

A Holistic Approach to ALLERGIES

Led by Daniel Lacoste, Registered Holistic Allergist & Certified Acupuncturist.

As a holistic allergist I will lead this interactive discussion and explore the following points:

- The probable causes of allergies/intolerances

- How the body can clear itself of allergies without drugs & needles.
- What can we be allergic to ...
- Discuss any questions you may have about this method, including dangers and safety.

If you have any concerns about allergies, I will show you the fastest and safest way to clear yourself naturally of allergies. My success rate is about 99%. INVESTMENT: Free Sign up is required through the FFC front desk.

RED TENT

A place to make community connections and find support from other mothers.

We will be meeting once again at Fairy Lake Pavilion for the month of September (11th & 25th). Moms and their babes are welcome.

From the desk of Jenn Pike, register holistic nutritionist.

It's a New Year...Again!

I love September. For me September has always represented a great time for new opportunities. I don't know if it's just because my birthday is in this month but I always feel refreshed when September 1st rolls around and ready to make some new goals, tackle some old 'stuff' or bad habits and make way for new exciting challenges and plans ahead. When I was younger I would always be so excited to get brand new crisp white paper, newly sharpened pencil crayons, a perfectly clean pencil case and Mead binder, (yes for those of you who know me well, the Monica Gellar in me started at a very young age☺).

Now, as I have gotten older, I look forward to what I consider to be the other 'New Year', a fresh start...a second chance if you will. So what will this 'New Year' hold for me?

Well, I have recently been inspired by Laura Foster to train and compete in my first triathlon in a few short weeks and as challenging as some of the training is (swimming ugh!!), and finding the time for it, I am loving it. I have also put together a 'pilot' monthly column in a local newspaper and have registered for two continuing education courses in

both advanced Anatomy & Physiology for Yoga and Mastering Symptomatology for the Glandular/Endocrine system. I will also continue to teach my monthly first Tuesday of each month Women's Wellness Study Group seminars from 7-9pm and monthly First Essentials seminars for babies & toddlers here at Fosters.

On the home front it is still about finding and maintaining 'our' balance. Making time for both my husband and I to exercise, spent quality time together as a family, socialize with our friends and get around to those household projects that never seem to dissipate. I am also in search of a great book to sink in to, any thoughts???

And in business, I am on a mission. A mission to create change in your life. I have decided to begin a Referral system incorporating 'Wellness Bucks'. Please see the attached info in this newsletter for more details.



GOOD LUCK TO DR. FOSTER AS SHE RACES IN HER FIRST ½ IRONMAN SEPTEMBER 13TH.

MAKING MONEY FROM THE SUN! The future is bright for renewable energy.

The Ontario government has finally announced the rules for its Feed-in Tariff (FIT) plan, and the future of renewable green energies has never looked better.

A FIT is the price that the government pays for power in special cases. In this case, it means that if you generate power from renewable sources - solar, wind etc - the Ontario Power Authority will buy the

power from you at a higher rate than the cost of electricity.

The reason for FITs is that electricity from renewable sources still costs more than from coal or natural gas. With a FIT, it creates an incentive to generate power using solar energy, and it creates an incentive to sell that power onto the grid. (So you get energy efficiency AND renewable energy, because people want to max out the power they put onto the grid.)

The FIT is a great program and will spur investment in many large solar farms and other large scale sustainable energy production. The most exciting aspect for the individual Ontario resident is what is being called the MicroFit program, which covers small installations and energy producers.

Now everyone has the opportunity to produce and sell energy to the government, for a profit, and with a contract that guarantees that your power will continue to be purchased for 20 years.

Individuals can now choose to make a sound and safe investment that produces returns, both financially and in an environmentally conscious manner.

For more information please call John Warner at 'A Bright Future Solar Energy Inc.' 905-806-0728 john@abrightfuture.ca.

FFC BOOK CLUB

Join the staff at FFC for our newest book club adventure. This is a book about food and passion for food - two things that really resonate with us at FFC (yes, we love to eat)...

You are invited to participate in this book club via our blog:

<http://fosterfamilychiropractic.blogspot.com>

Simply go onto our blog and jump into the discussion. We will meet once a month for an in house discussion and most likely a snack of some kind....

We will begin the book club on **October 1st** and run through until December. This book is hot right now so jump in and post your comments, thoughts and recipes on the blog.

Featured Book:

Apples to Oysters: A Food Lover's Tour of Canadian Farms

by **Margaret Webb**

"It was a humble carrot, still covered in dirt. And yet, the taste was electric, so unlike the dry woody offerings in grocery stores. That wondrous bite on an Annapolis Valley farm prompted Margaret Webb to do two things. The first was to finish eating the carrot. The second was to set off on a passionate, cross-Canada odyssey to discover a new wave of farmers who are putting taste and nutrition back into the foods we eat."

"Her stories about farmers fighting to do what's right, for food and the environment, are inspiring, poignant, gritty. They will make you hungry. They will make you laugh. They will make you run to your nearest farmers' market to hug a farmer."



**FOR MORE INFORMATION PLEASE
ENQUIRE AT THE FFC FRONT DESK.**

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

THE SUCCESS OF YOUR SPINE

The ancient Japanese art form of growing Bonsai trees is fascinating. Bonsai trees are essentially normal shrubs that have been consistently stressed

in a particular way for a long time to create a posture which would never be found in nature. Depending on how the tree is stressed while it grows, it may end up looking like a miniature version of a full-sized tree, or it may end up looking like a wild tangle of branches with twists and loops. To most people, "good posture" simply means sitting and standing up straight. Few of us realize the importance of posture to our health and performance.

The human body craves alignment. When we are properly aligned, our bones, not our muscles, support our weight, reducing effort and strain. The big payoff with proper posture is that we feel healthier, have more energy, and move gracefully. So while the word "posture" may conjure up images of book-balancing charm-school girls, it is not just about standing up straight. It's about being aware of and connected to every part of your self.

Posture ranks right up at the top of the list when you are talking about good health. It is as important as eating right, exercising, getting proper rest and avoiding potentially harmful substances like alcohol, drugs, and tobacco. Good posture is a way of doing things with more energy, less stress and fatigue. Without good posture, you cannot really be physically fit. Without good posture, you can actually damage your spine every time you exercise.

Ideally, our bones stack up one upon the other: the head rests directly on top of the spine, which sits directly over the pelvis, which sits directly over the knees and ankles. But if you spend hours every day sitting in a chair, if you hunch forward or balance your weight primarily on one leg, the muscles of your neck and back have to carry the weight of the body rather than it being supported by the spine. The resulting tension and joint pressure can affect you not only physically, but emotionally, too, -- from the predictable shoulder and back pain to headaches, short attention span, and depression.

Poor posture distorts the alignment of bones, chronically tenses muscles, and contributes to stressful conditions such as loss of vital lung capacity, increased fatigue, reduced blood and oxygen to the brain, limited range of motion,

stiffness of joints, pain syndromes, reduced mental alertness, and decreased productivity at work.

According to the Nobel Laureate Dr. Roger Sperry, **"the more mechanically distorted a person is, the less energy is available for thinking, metabolism, and healing."**



Like Japanese artists tending to a bonsai tree, chiropractors can adjust the spine to achieve greater spinal alignment

The most immediate problem with poor posture is that it creates a lot of chronic muscle tension as the weight of the head and upper body must be supported by the muscles instead of the bones. This effect becomes more pronounced the further your posture deviates from your body's center of balance.

To illustrate this idea further, think about carrying a briefcase. If you had to carry a briefcase with your arms outstretched in front of you, it would not take long before the muscles of your shoulders would be completely exhausted. This is because carrying the briefcase far away from your center of balance places undue stress on your shoulder muscles. If you held the same briefcase down at your side, your muscles would not fatigue as quickly, because the briefcase is closer to your center of balance and therefore the weight is supported by the bones of the skeleton, rather than the muscles.

In some parts of the world, women can carry big pots full of water from distant water sources back to their homes. They are able to carry these heavy pots a long distance without significant effort because they balance them on the top of their

heads, thereby carrying them at their center of balance and allowing the strength of their skeleton to bear the weight, rather than their muscles.

Correcting bad posture and the physical problems that result can be accomplished in two ways. The first is by eliminating as much "bad" stress from your body as possible. Bad stress includes all the factors, habits, or stressors that cause your body to deviate from your structural center. Bad stress can result from a poorly adjusted workstation at work, from not having your seat adjusted correctly in your car, or even from carrying too much weight around in a heavy purse or backpack.

The second is by applying "good" stress on the body in an effort to move your posture back toward your center of balance. This is accomplished through a series of exercises, stretches, adjustments, and changes to your physical environment, all designed to help correct your posture. Getting your body back to its center of balance by improving your posture is critically important to improving how you feel.



Women's Wellness Study Group

August 09-Dec 09 Topic Schedule

Join Jenn Pike, RHN

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.

ARE YOU IN NEED OF A MAKEOVER???

Are you feeling like you are stuck in a rut and just aren't sure where to start or what to do anymore?

I have the perfect solution for you...me!

For each seminar or workshop you attend from September - December or by booking yourself a New Patient appointment or providing a referral for one, you will earn 'Wellness Bucks'.

So what can 'Wellness Bucks' get you?

3 private Yoga sessions

3 private Personal Training sessions

6 private Nutrition Consultations

- A New Patient appointment for you will earn 100 bucks
- A New Patient referral will earn 75 bucks
- Attendance at workshop or seminar will earn you 50 bucks
- A testimonial about your experience as a client or seminar attendee will earn 25 bucks

PLUS your name will be entered into a draw for my favorite cookbook just for doing any one of the above!

On December 31st bucks will be tallied and the winner will be notified. For further details ask reception or leave a message for Jenn at FFC.

DR WARNER IS ONCE AGAIN OPENING UP EVERY SATURDAY TO MEET THE NEEDS OF HER PRACTICE MEMBERS.

Dr. Warner will be adjusting her practice members on the following Saturdays:

September 5th, 12th, & 19th !



**HAVE A HAPPY
LABOUR DAY WEEKEND!**

The FFC team