



**Vitality for Life
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VitaNews

Spring/Summer Newsletter



Hello Everyone! We hope you enjoy this issue of "VitaNews". It is intended to be informative and motivational for you and your family, to help you optimize your health, vitality and quality of life - the mission statement of Vitality for Life. Spring is a time of new beginnings, and a perfect time to set new health goals!

A BIG WELCOME to the new member of our team:

@Dr. Sarah Racicot, D.C.- has recently joined Vitality for Life as our Chiropractic doctor. Dr. Racicot brings with her the experience of a personal trainer, fitness consultant, Trigenics practitioner & medical acupuncturist. We are very excited to have Sarah as part of our team at VFL.

The rest of our team:

Anna Falkowski, HBSc, N.D. - Naturopathic Doctor
Keith Knight, RMT - Registered Massage Therapist.
Nikola Lang, RMT. - Registered Massage Therapist

Feature therapy - Cosmetic Acupuncture

Canadians wanting an alternative to costly and invasive cosmetic surgical procedures now have a natural option for facial rejuvenation, says Naturopathic Doctor Anna Falkowski.

Cosmetic Acupuncture is a safe and effective technique for concerns such as wrinkles, saggy skin, bags under the eyes, and uneven skin tone. It is based on the principles of Chinese Medicine, which involves the insertion of very thin disposable needles into the acupuncture points on the face & body where needed. Many people are no longer willing to undergo high-risk, band-aid solution surgical procedures to shave a few years off their

appearance. Cosmetic acupuncture offers a holistic treatment for the signs of aging, with side benefits such as increased energy and alertness.



When people are looking for a more youthful appearance, a combination of dietary modifications, proper supplementation and herbal remedies are used. Natural treatments can be just as effective, without the side effects of many conventional medical treatments. As a Naturopathic Doctor, Falkowski treats patients using traditional Chinese acupuncture for a variety of health issues - including hormonal balancing and fertility - in a safe and effective way.

Detox



Winter is finally ending and our New Year's resolutions are in the distant past (and perhaps long forgotten), but fortunately we are being presented with "all things new" with spring right around the corner. From a Traditional Chinese Perspective, spring is the perfect time to think about doing a cleanse or detoxification program with your Naturopath. The benefits of a spring cleanse can last you throughout the entire year, and is a great transition for your body from the cold winter months to the rejuvenation of spring. You don't need to be intimidated by detox programs - they can be built to suit your exact needs, including length of time and 'type' of cleanse. You can do anything from 3 days to 3 weeks depending what you feel comfortable committing to. The diet does not have to be scary either, it can simply rely on smart food choices and the added benefits of a botanical tincture (mixed specifically to meet your individual needs) or detox protein shake like Mediclear. Please ask your Naturopath about starting a cleanse in March or April!

Profile - Rhodiola rosea

This herb is known as an adaptogen, which means it will help people better deal with stressors on a physical, mental & emotional level. It works on the pituitary-adrenal system, as well as affecting the central nervous system & immune system. In studies rhodiola has been shown to increase the transport of serotonin precursors into the brain. This herb has been used successfully in the treatment of anxiety, depression, mental fatigue and to increase overall physical and mental performance. This herb should not be used in pregnancy or without the supervision of your naturopathic doctor due to certain contraindications.

Who said Gardening isn't a Sport?!!



With all that's involved in the creation of a beautiful garden - it should be an Olympic event! So take the time to warm-up your muscles before you get started and remember these tips:

- take frequent breaks
- keep hydrated
- alternate hands often
- kneel instead of squatting when weeding
- use the muscles in your legs and not back when lifting
- ask for help if things are too heavy
- avoid repetitive twisting



"Four!!! Not the Woods again!"

It's that time of year again to start swinging those clubs. Speaking of 'swinging', this motion puts additional stress and strain on your back, neck and shoulders. Whether an amateur or professional golfer, chiropractic care can help to keep your back in shape and maybe improve your game?!



Add these tips to your game:

- warm-up before teeing off
- avoid carrying your clubs
- light stretch between holes
- keep hydrated
- use proper footwear. Ask about our new orthotic golf shoes!

Remember me? Your FEET!!

After a cold Canadian winter, it's time to put away your boots, eh! But does walking barefoot or wearing flip-flops cause foot and leg discomfort?



If so, you might want to consider custom-made sandals with built-in orthotics. These sandals offer the same support and comfort as a running shoe. Ask about our selection of men's and women's casual and dress summer footwear. Treat your feet - after all, they are your foundation!

Cold Wet Sock Therapy!

Congested sinuses? Runny nose? Chest congestion? You are a perfect candidate for cold wet socks (otherwise known as 'warming socks'). This treatment relies on the principles of hydrotherapy - cold water causes constriction of blood vessels, warmth causes dilation.



Steps: (do this before bed)

1. wet a pair of cotton/athletic socks with very cold water, and wring them out so they're not dripping water. Put them on your feet.
2. Next put a pair of dry WOOL socks on top of the wet ones. Go to bed making sure you have lots of blankets to keep warm.

In the morning you will wake up with dry, warm feet, and no congestion! This therapy works by drawing blood down to your feet (to keep them warm in the wet socks), while pulling it away from the top portions of the body (therefore decreasing the congestion in the head & chest). You'll be able to sleep the whole night through without waking up to blow your nose!

Quick fact - drinking a cup of warm lemon water every morning on an empty stomach acts like a mild liver cleanser, and helps combat constipation!

Medicine from your Kitchen Cupboard

Did you know that many of the foods and spices you have at home are actually great natural medicines? It's true! With a little creativity you can incorporate everyday foods into your diet for great health benefits:

Turmeric: powerful antioxidant & anti-inflammatory; spice used in cooking; great for preventing cancer and decreasing inflammation in arthritis

Ginger: helps fight nausea; increases body temperature/sweating to fight virus/bacterial infections (great for colds)

Garlic: natural antimicrobial (kills micro-organisms in the body); warm garlic oil heals ear infections; internally & externally can fight athlete's foot; yeast infections; ringworm

Cabbage: juice helps heal GI ulcers; high in indole-3-carbinol (potent inhibitor of estrogen-stimulated cancers)

Broccoli: diindolemethane (DIM) prevents cancer cell growth, especially breast cancer



Cloves: great for toothaches - place a clove in the gum beside the aching tooth (acts like a counter-irritant); antiseptic, antibacterial and antifungal

Cinnamon: relieves nausea; decreases diarrhea (astringent); warming, digestive aid

Curry powder: antimicrobial spice used in Indian cooking helps prevent food poisoning; and travellers diarrhea

The Many uses of Acupuncture

Acupuncture has been used for centuries to maintain and restore health. Here a few of the ways in which we use acupuncture today:

In-vitro fertilization: studies have shown that the combination of IVF with acupuncture has produced 20% higher conception rates.

Cosmetic acupuncture: please refer to the article on the front page!

Arthritis: acupuncture releasing endorphin and opioid hormones which result in a reduction of pain and the perception of pain. It also decreased the inflammation associated with arthritis.

Hormonal balancing: women with irregular cycles or trying to get pregnant can benefit from the balancing effects of acupuncture.

SEMINARS

Vitality for Life offers on-site seminars on various health topics. Please visit our website at www.vitalityforlife.ca for upcoming topics and dates. Call or email to reserve your seat!

For more info please contact us at: 705-733-2033 or anna@vitalityforlife.ca
www.vitalityforlife.ca