

Vit@ News Newsletter

April 2010



**Vitality for Life
Health Center**

560 Bryne Dr. Unit 1A
Barrie, ON L4N 9P6
705.733.2033
www.vitalityforlife.ca



This month...

Spring Clean Your Health
The Importance of Routine
Common Foot Conditions
New Orthotic Catalogues

Our team:

Anna Falkowski, HBSc, N.D.
Clinic Director,
Naturopathic Doctor

Keith Knight, RMT
Registered Massage Therapist

Sherri Steele, RMT
Registered Massage Therapist

Sarah Racicot, BScKin, D.C.
Chiropractor

Julie Ferraro
Office Manager

Spring has Sprung!

Dr. Anna Falkowski, ND

Recently I have noticed a remarkable difference in people coming into the clinic – they're smiling more, in better moods, they're more motivated. Funny, it happened around the same time as the sun making its appearance and the temperature remaining above zero for several days. It shouldn't surprise me anymore, but it's such a profound change. Yes, spring is here, and you may notice things changing all around you over the next few weeks. You may feel your mood unusually elevated, and your motivation much higher than normal. This is a really normal thing to experience during this time of year, and something which you can use to your advantage. Many people use the energy to spring clean their homes and prepare their gardens. I would also encourage people to use some of that energy to make a conscious effort to 'spring clean' their health. If you haven't been exercising, start walking outdoors. If you've been eating rich foods, start incorporating lighter foods or challenge yourself to eat three vegetarian dinners per week. If you've never done a spring cleanse, maybe this is the year you'll try one. Any one of these efforts can lead to big changes for you over the next few months. Don't forget to nurture yourself and your health. Just like your garden, car or house, your body needs constant maintenance too!



The Importance of Routine

Dr. Anna Falkowski, ND

One of the most important concepts that I learned from a 'mentor' of mine in the profession is the importance of routine. His years of practice taught him that most patients would get 90% better just by creating a healthy routine for themselves. He also taught me that the number one treatment for hormonal imbalances (menstrual irregularity, insomnia, weight gain, infertility etc.) is 'routine'. What do I mean by this? Routine by definition is a course of events or actions performed on a regular basis in methodical fashion. How this applies to everyday life is in the habits or actions we take on a regular basis that become predictable. Some routines can be unhealthy, like skipping breakfast daily or going long periods without eating. What we're talking about is developing a set of healthy predictable habits that benefit the body in many ways. My patients are all familiar with what I call the 'Basic Treatment Guidelines', which are a set of easy and quick habits that we try to incorporate into everyday life on a regular basis (they include things like starting the day with a glass of lemon water). The body thrives on predictability because it promotes the regular release of hormones in our body. Whenever you skip meals, go to bed late, do a night shift or do anything 'out of routine', it creates a stress response in the body – adrenaline and cortisol (the stress hormones) are secreted by the adrenal gland and a cascade of other hormones are then released. Digestive function is shut down, blood pressure increases, blood is pumped away from the organs and towards muscles instead. In the long term this creates an overall hormonal imbalance and starts to manifest in various medical conditions. The body is a complex system with many interconnected pathways. Our goal is to minimize stress by making things as predictable as possible for our body, thus the importance of a healthy routine. Your naturopath can sit down with you and assess your current lifestyle, and make some manageable and simple recommendations to create a better routine for you, which will lead to optimal health.

Did you Know?

½ cup of Eden Rye Spirals has 8g of fiber and 6g of protein. This is a much better alternative to traditional white pasta which is considered an 'anti-nutrient' because it doesn't provide you with any nutritional value while robbing your body of specific nutrients in the digestive process. Wow!

SPRING SALE!

To give you some extra motivation for doing a spring cleanse, during the month of April, get 15% off Mediclear, Metabolic Cleanse or Herbotox!



Common Foot Conditions

Dr. Sarah Racicot, DC

Do you experience heel pain upon rising out of bed in the morning? After prolonged sitting or standing? If so, you might have "Plantar Fasciitis" or inflammation of the plantar fascia which is a tough tissue on the bottom of your foot that extends from the heel to your toes. With excessive motion or collapsing of your arch there is repetitive pulling of this fascia. With time, an inflammatory process begins which results in pain. When caught early, using orthotics can typically offer lasting help by supporting the arch and taking a load off of the plantar fascia.

Do you suffer from pain under the ball of your foot? Notice any callusing? If yes, you might be experiencing a foot condition called "Metatarsalgia" This is common among individuals who have standing occupations and results from the transverse arch collapsing under your weight. Orthotics can help treat this condition and should include a pad underneath the balls of the toes to support the arch as well as using materials designed to increase overall cushioning.

Do you have pain in your big toe? Difficulty fitting toes into shoes? Excessive collapsing of your foot increases the amount of force going through the joint of your big toe. Over time the joint wears out and becomes enlarged to stabilize the foot. This condition is referred to as a "Bunion" and can result in the big toe moving inwards towards the other toes. Orthotics prevent the foot from collapsing and redistributes the force across all toes instead of through the big toe. Removing this pressure helps decrease your discomfort and prevents further enlargement of the bunion.

Orthotics are like eyeglasses... they only work when you are wearing them! Unlike braces, they can not make permanent, lasting changes. As a result, they need to be replaced every 1-2 years and your foot should be re-examined to ensure there has not been significant changes.

The Effects of "Ultimate Glucosamine"... What People Are Saying

Ultimate Glucosamine has been available for about 2 months with very favourable results. Here's what a few people had to say about it...

"I've only been taking it for two weeks now and I've already noticed that when I wake up in the morning my body no longer feels stiff and sore".

"I've been meaning to tell you that I sent some Ultimate Glucosamine to my father and he called me to say that his knees are no longer bothering him – they used to ache all the time especially in the morning!"



Ultimate Glucosamine is 100% pure and dissolves in hot or cold beverages. It does not affect blood sugar levels and therefore can be taken by diabetics! And, it only needs to be taken once a day. Appropriate for arthritis (OA or RA), fibromyalgia, joint pain, generalized stiffness and muscle pain. It's natural, highly effective and a great alternative to over-the-counter pain medication typically used for pain relief from a new or old injury.

Spread the Word!

Vitality for Life is Barrie's ONLY integrative health clinic offering the services of a Naturopath, Chiropractor and Registered Massage Therapists all under one roof. Simplify your life by receiving the best care possible all at one location!

New Orthotic Catalogues Coming in April!

The Orthotic Group

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

Ontario Orthotic Lab

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

Atlas Orthotic Lab

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

Aromatherapy Blend of the Month

Uplifting Blend

This blend is perfect for lifting your spirits. It has an earthy scent with floral and citrus undertones.



Coupon
\$50 OFF!

**ALL Sandals
for Men & Women**

*Valid on orders placed in April 2010

Benefit From Your Benefits!

Many people are not aware of the full extent of their health care coverage. You may be covered for a generous portion of your naturopathic, chiropractic and massage therapy visits! Check your package today and make use of your coverage for 2010!