



Vitality for Life Health Center

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This month...

Detox Cleanse
Staying Healthy on Vacation
H1N1 Update
Treatments for Shoulder Problems

Our team:

Anna Falkowski, HBSc, N.D.
Clinic Director,
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Registered Massage Therapist

Sherri Steele, RMT
Registered Massage Therapist

Sarah Racicot, BScKin, D.C
Chiropractor

Julie Ferraro
Office Manager

Tales from a Detox

Dr. Anna Falkowski, ND

On January 4th, I started a 2-week cleanse with my husband and was encouraged by a friend to document each day on our VFL blog. Once I gave it some thought I decided it would be a fantastic idea. So, at the end of each day of my cleanse, I have written details about what I ate, how I felt, what I did, recipes and any detox symptoms I experienced. I also wrote about the emotional process of doing a cleanse. I was amazed about the feedback I received from patients, friends and strangers! I hope that the blog will be a valuable resource for patients doing a cleanse or those deciding whether they want to do one! I also discovered that writing about the experience made it easier for me – cleansing is often a lonely process. I would encourage anyone doing a cleanse to either journal the process or even share it via blogs, Facebook or twitter. It's amazing the kind of support you can get!

Tips for Staying Healthy on Vacation

Patients always ask me what they should bring with them on their vacation to keep them from getting sick. Here is a list of items I feel are important to have with you when travelling:

- Probiotics – start taking these a week before and during your trip. They help keep your gut flora in check and prevent travelers diarrhea and other infections.
- Garlic Pills (I like Allimax) – taken daily as a preventative for viral, bacterial and fungal infections. If you do feel symptoms take a higher dose immediately. Great for diarrhea, colds and flus and traveller's tummy! For kids, open the capsule and add to food OR directly into their mouth followed by some food or juice.
- Oregano Oil or Grapefruit Seed Extract – these are all purpose anti-microbials. A few drops can help with infections. Oregano Oil is great for upper respiratory symptoms/sore throats and Grapefruit Seed Extract is great for issues of the gut.
- Natural Disinfectant (Lotus's all-purpose disinfectant, Benefact or CleanWell) – soak some wipes in any of these essential oil based disinfectants and wipe down your airplane seat/tray, questionable areas in the hotel room or restaurant. Great for cleaning your family's hands anywhere you are.
- Herbal Tea – I always bring peppermint (upset stomach, bloating and gas), chamomile (restlessness, colds, upset stomach) and green tea (aids in digestion) .
- Homeopathics – these are very individual and vary based on symptoms, but there are a few that I find usually work:
 - Drosera (for coughs)
 - Apis (for stings)
 - Nux vomica (upset stomach)
 - Guna-flu or Oscillocoquinum (cold & flu symptoms)
 - Arsenicum album (traveller's diarrhea)
 - Arnica (for any tissue related injury or bruising)
- Rest! Be sure to sleep well before and during your travels. Fatigue depresses the immune system. Make sure your kids keep up with naps!



Are you tired of carrying around that extra 5 or even 30 pounds?

The *Healthy & Active* program may be just the thing to help you shed the weight in time for spring! The H&A program is exclusive to health care practitioners and makes use of 40 different blood lab values to develop a diet that is appropriate for your unique blood type and metabolism. Two visits plus blood work is all it takes to get you started and may be covered by your health benefits under 'Naturopathic Visits'. Send me an email if you have any further questions! anna@vitalityforlife.ca

Neck, Mid-back and Rib Mobilization and Manipulation for Shoulder Problems

Dr. Sarah Racicot, DC

Shoulder injuries have become increasingly common, affecting up to 35% of adults. They often become recurrent and can lead to disability. The glenohumeral joint (shoulder) is multi-directional offering the greatest freedom of movement at the expense of stability. In other words because it has the greatest range of motion the shoulder lacks stability. Therefore, when one muscle becomes injured or strained, the remaining muscles work overtime to compensate so that movement continues and eventually they become additional contributors to the pain cycle.

When treating the shoulder, part of the treatment plan needs to address joint irritation in the cervical (neck), thoracic (mid-back) and costovertebral (rib) joints. Why? This area of the spine relays nervous information to the shoulder joint telling it how to work properly. Irritation to these joints affects the adjacent nerve's ability to properly relay messages from the brain to the shoulder and vice-versa. Each nerve feeds a specific area of the shoulder and arm, relaying information back to the brain. Chiropractic treatment of these areas by manipulation (adjusting) and mobilizations have been reported to reduce shoulder symptoms. How? Chiropractic treatment of these areas alleviates joint and nerve irritation thereby optimizing the nerve's ability to properly tell the shoulder how to work!

As a chiropractic student I found the complexity of the shoulder to be a daunting subject and now, aside from treating backs it's the next most common area that I treat. Using manipulation & mobilization combined with soft tissue release (Trigenics) applied directly to the muscles of the shoulder area and upper back has proven to be an extremely beneficial approach to solving most shoulder problems, including the really stubborn ones.

Source: Canadian Chiropractor

Exciting New Product: Ultimate Glucosamine!

What is Ultimate Glucosamine?

Ultimate Glucosamine is 100% pure and does not contain any additives, salts, preservatives, coloring agents, gluten, lactose or yeast. It dissolves in hot or cold beverages but can also be sprinkled on food. Although it has a natural sweet taste it does not affect blood sugar levels and therefore can be taken by diabetics! Unlike other glucosamine supplements this product only needs to be taken once a day as opposed to 3 separate times.

Who will benefit from Ultimate Glucosamine?

- Arthritis sufferers with either degenerative (OA) or inflammatory (RA) arthritis.
- Fibromyalgic individuals
- General joint pain sufferers: seniors, athletes and active individuals.
- It reduces inflammation and consequently is a healthy alternative to treating new or old injuries (sprains, strains, tendonitis, bursitis, back pain, sciatica...)

Ultimate Glucosamine is natural, highly effective and very user-friendly!



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!

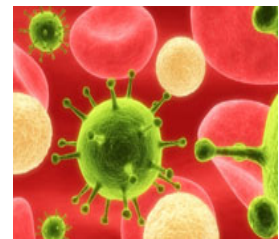
H1N1 Update - According to the Public Health Agency of Canada:

- Vaccination rates across the country varied greatly with Newfoundland & Labrador having the highest rates of 68%, while Ontario was the second lowest at 38%.
- There were 2 waves of H1N1 – April 2009 and October 2009. A third wave is 'possible'.
- The effects to date are categorized as 'moderate'.
- There is no evidence that the virus has mutated or become more severe.

What should you do?

We are still advising patients to continue their basic prevention strategies:

- salt water gargles
- frequent hand washing
- don't touch eyes or mouth with your hands
- take vitamin D
- drink warm beverages
- hydrate and eat well
- take your prescribed immune boosting supplements or the homeopathic flu shot



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.



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!