

Vit@ News Newsletter

January 2010



Vitality for Life
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This month...

Preventive Healthcare
Reduce Electromagnetic Exposure
Chiropractic for Children
Vitamin D for Your Health

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

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Make 2010 the Year of 'Balance'! by Dr. Anna Falkowski, ND

Forget those futile New Year's resolutions, temporary 'fitness' kicks and crash diets! Why not live your life in moderation this year? That's right...a balanced lifestyle day-to-day will not only improve your health, but will spare you the feelings of guilt and stress when your temporary changes cannot be maintained. Part of a balanced lifestyle means practicing good prevention – don't wait for the pain, fatigue, or weight to pile on. Have your massages scheduled well in advance, check in with your chiropractor to keep you aligned and pain-free, and of course see your naturopath for those small tune-ups before your health suffers. An ounce of prevention is worth a pound of cure! Instead of 'sprinting' into 2010 at a pace you can't maintain, think ahead and plan your healthcare to help you maintain a sustainable and happy 2010! At *Vitality for Life* we'll be more than happy to speak with you about your family's healthcare needs and devise a plan to help keep you healthy throughout the year. So think ahead and make this the year of 'balance'!

Reduce EMR Exposure at Home

Devices such as computers, cell phones, TVs, laptop computers, microwaves, energy-efficient compact fluorescent lighting and Wi-Fi routers have been reported to potentially have a negative impact on the human body. Electromagnetic radiation is said to affect the electrical impulses your body uses to regulate cell activity. Chronic fatigue, neurological problems, mood disorders and immune system dysfunction have all been linked to electromagnetic radiation along with health conditions such as fibromyalgia and Alzheimer's disease.

What can you do to minimize your exposure?

- Use battery-operated alarm clocks by your bed and unplug things that are not in use (*especially* in the bedroom while you sleep).
- Turn off your cell phone when not in use, and don't keep it close to your body during the day.
- Don't use the microwave if you don't have to – use the stove instead.
- Don't sleep with your head near power outlets.
- Don't buy a house near high voltage power lines!
- Use 'manual' appliances vs. electrical ones when possible (e.g. toothbrush, juicer)
- Get outdoors into nature whenever possible – maximize daylight by following natural sleep-wake cycles.
- Take an Epsom salt bath (1 kg of salt per bath) whenever possible as a gentle detox

<http://www.inspiredliving.com/emf-protection/electromagnetic-radiation.htm>



Are your kids getting rough skin from the winter chill and wind? Don't forget to apply some *Olive Baby body butter* or *skin-saver* **before** heading outdoors or going to the pool. I have seen an increase in irritated skin in the last month, and often it just needs a little TLC before exposing it to the elements.

Don't miss our January Sale!

.....2 Olive baby skin-savers for \$20

.....2 Olive baby body butters for \$25

The Pediatric Patient

Dr. Sarah Racicot, DC

Research indicates that chiropractic care can have a positive effect on the pediatric population. The literature also indicates that chiropractic care is "safe, effective and necessary for children at any age". Why? The earlier we can detect and correct joint irritations in a child, the more likely we are to prevent future problems. It has been well established that joint irritation and tight muscles negatively impact the nervous system's ability to control internal functions. In essence, chiropractic care optimizes a child's health.

Children usually do not have the vocabulary to articulate that they are sore or uncomfortable. The beauty of chiropractic, particularly during the examination, is that their body speaks for itself! Much like a road map... someone just needs to know how to read it. When you touch an irritated joint or tight muscle, the infant or child usually tilts his body either into or away from the discomfort which is visible to both the practitioner and parent.

Typical reasons why parents bring their infants and children to a chiropractor are for the treatment and prevention of: ear infections, general irritability or fussiness, failure to latch on when nursing, constipation, colds, weakened immune system, bed wetting, frequent spitting up, torticollis (strained neck), and colic, etc... More and more, parents are opting for chiropractic care as a valid alternative to long-standing, traditional treatment approaches. It's gentle enough that some children, including my own can sleep through the treatment! Consider chiropractic as part of your "medicine cabinet" for you and your child's health.

Source: *Canadian Chiropractor*

All patients with "MDM Extended Health Insurance", we can now bill electronically for chiropractic services. At the time of payment we can submit a claim online much like your dentist. Please let us know prior to your visit so that we can set up your account (for first time only).

Share the Benefit of Chiropractic

Refer a patient to Dr. Sarah in the month of January
and receive a surprise gift!

*New patient must book for January 2010.

Vitamin D – Don't leave home without it!

Some of you may be heading south to beat the winter blues, but that doesn't mean you don't need your vitamin D supplement! As Canadians, we don't see enough sunlight year-round, and we wear sunscreen to protect our skin, which also blocks vitamin D production. I have had patients who spend winters in Florida still test low on vitamin D levels. This important vitamin helps prevent infections, seasonal affective disorder, cancer and heart disease. It is also important for proper bone development in kids.

Our **Pure Encapsulations** liquid vitamin D3 is one drop per serving (1,000 IU), making it convenient for the entire family... there are 270 servings per bottle! ...only \$26.50



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!

Aromatherapy Blend of the Month *Uplifting Blend*

With the shorter days and colder weather, 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!