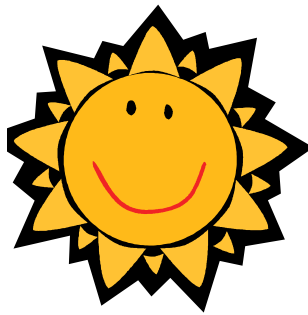




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Vit@News

July Newsletter 2008



New Patients Welcome!!

Our team:

Dr. Anna Falkowski, HBSoc, N.D. - Clinic Director
Naturopathic Doctor
Keith Knight, RMT - Registered Massage Therapist
Sherri Steele, RMT - Registered Massage Therapist
Dr. Sarah Racicot, BScKin, D.C. - Chiropractor
Sam & Julie- Office Managers

Aromatherapy and Massage

by Sherri Steele RMT

Pain reduction and stress management are the two main reasons clients seek Massage Therapy. Using essential oils enhance the therapeutic effects of Massage and maximizes the healing potential of touch therapy. The essential oils are diluted in almond oil and massaged into the skin where they are easily absorbed into the body by penetrating the capillaries and the blood brain barrier. This produces an almost instant response from the central nervous system. Aromatherapy may be able to decrease pain and tension, increase circulation, relax the mind, balance hormones, decrease anxiety and depression, and increase the overall feeling of well being. The use of essential oils with Massage may also be effective in treating aging skin and scar tissue, killing bacteria, fungi, and viruses. Enjoy the healing benefits of Aromatherapy by including it in your Massage Therapy treatments on a regular basis.

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Dr. Sarah has returned to work!

As a reminder, she has extended hours on Thursday evenings and is now available Monday evening.

**Chiropractic and Children**

By Dr. Sarah Racicot, BScKin, DC

Rather than being just another trip to the doctor's office... make it a "Wellness Visit". Since our attitude and habits regarding health care begin before we can talk, it is important to develop an early understanding that prevention is the key to future good health!



Consider the strain involved in head support, crawling and a baby's first steps (...and falls!) that together place additional stress on the developing spine. The resultant irritation to the nervous system can be the cause of colic, unexplained crying, poor appetite, earaches and breathing problems, to name a few.

Other simple ways to enjoy the benefits of Aromatherapy.....

**Inhalation** - This is a great method to relieve sinus problems or colds. Fill a large bowl just over half way with very hot water. Add two drops eucalyptus and two drops tea tree essential oils to the hot water. Lean your face over the bowl and cover your head with a towel and inhale the steam for up to 10 minutes.

**Bath** - To decrease stress and tension fill the bath tub with water at a comfortable temperature and add 4 drops of your favorite essential oil, lavender is very relaxing.

Agitate the water to disperse the oil and soak for 20 minutes.

Source - Massage Magazine



Just like adults, infants and children undergo the same chiropractic history and physical examination. A treatment plan is then developed that may include:

stretching/strengthening exercises, parental advice, postural education and spinal manipulation. The force used during a manipulation is significantly reduced and only enough to blanch a fingernail. If wellness is the desired

outcome then infants are typically treated once every 6 months and children are seen once every 2-3 months. Be kind to your spine... it's the only one you've got!



Dr. Sarah, Brian and Nicholas would like to thank everyone for their expressions of thoughtfulness as they welcomed Camryn's arrival. Thank you!



The practitioners at VFL are passionate about helping people. If you know of anyone who could benefit from our services please tell them about us. The referral of your family and friends is the standard by which we measure our success. - Thanks!



## Recipe: Mediterranean style grilled fish

Instead of the usual breaded and fried fish, this fish is grilled, Mediterranean style. You may substitute swordfish, halibut, sea bass or any other whitefish, and the nutrients are similar.

SERVES 4

### Ingredients

1 tablespoon minced garlic  
4 tablespoons chopped fresh basil  
1 tablespoon chopped fresh parsley  
2 tablespoons lemon juice  
4 cod fillets, each 6 ounces  
Cracked black pepper, to taste  
4 green olives, chopped  
4 thin slices lemon

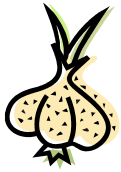


### Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

In a small bowl, combine the minced garlic, basil, parsley and lemon juice.

Place aluminum foil on a baking sheet or a grill-pan designed for grilling seafood. Spray with cooking spray. Place fish on aluminum foil and spray with cooking spray. Top each fillet with equal amounts of the garlic mixture. Sprinkle with black pepper.



Grill over medium heat, turning once, until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes. Garnish with green olives and lemon slices.

**Quick-Tip:** Do you experience a drop in energy mid-afternoon? Try having a protein shake to get you through until dinner. Protein is a great energy stabilizer that encourages metabolism and steady insulin levels. It may even give you enough motivation to do a post-work work-out! Add a banana or frozen berries, some flax oil and rice/soy milk for some extra nutrition.

**Nutritional Fact:** Are you sick of rice or pasta? Why not try a new grain like Quinoa for some variety? This ancient grain was a staple for the Incas, and is now gaining popularity for its outstanding nutritional qualities and delicious taste. It is one of the grains with highest protein content (16-20%), rich in iron, calcium and essential amino acids. You can find quinoa at Bulk Barn or in the health section at Zehr's. Cook 1 cup in 2 cups water for 15 min or until tender. Use like rice with veggies, soups or casseroles.

## Energy Bar

- 1 1/2 cups ground almonds
- 1 1/2 cups ground walnuts
- 1/4 cup sesame seeds
- 1/2 cup almond butter
- 1/2 cup raisins or dried cranberries
- 1 cup dried blueberries
- 1/4 cup maple syrup
- 1/2 cup molasses
- cinnamon, cardamom or nutmeg (optional)

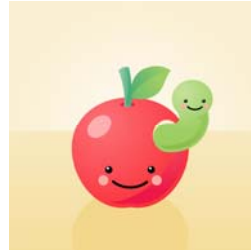


Preheat oven to 275°F.

Mix all ingredients together in a large bowl. The mixture will be somewhat sticky. Using wet fingers press it down into a 7x11 baking dish that has been sprayed with canola oil spray. Bake for 30 minutes to one hour depending on how toasty you prefer it. Cool and then cut into 16 pieces. Store in your refrigerator

## Eating with the seasons

By Dr. Anna Falkowski



Eating seasonally (foods that are available and grown in our own area) keeps us attuned to the earth and the cycles of nature, and has a positive impact on our health. It gets us thinking about our own gardens, picking our own foods, and minimizes chemicals

used for storage.

Eating seasonally helps protect us from the climate changes, as our environment provides us with the best foods to support our health and keep us in balance. The plentiful veggies and fruits available in the summer help cool us off in the warm humid months. They are also high in potassium, signaling our kidneys to decrease the production of vitamin D, which also reduces our absorption of calcium. This in turn can change the intestinal environment. Eating this way the entire year could get us into trouble, however in the fall there is a shift in climate, energy and diet. Our diets shift to more cooked food, whole grains and richer protein/fat foods as the weather cools and days shorten. These choices often come naturally to us in the form of cravings (ie. heartier meals in the winter), it's just a matter of listening to our bodies.

So, from a seasonal perspective, summer is a great time to go pick lots of fresh, local produce. Take the family to one of Simcoe-Counties many farms and take some time to re-connect with your food!

