

Vit@ News Newsletter

June 2010



Vitality for Life
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This month...

Simple Things to Do for Allergies
Book Review - Delicious Detox
Chiropractic for Nursing Mothers
The Ultra Glucosamine Difference

Our team:

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

Keith Knight, RMT
Registered Massage Therapist

Dawn Martin, RMT
Registered Massage Therapist

Sarah Racicot, BScKin, D.C.
Chiropractor

Julie Ferraro
Office Manager

We are very excited to welcome the newest addition to our VFL team – Dawn Martin, RMT

Dawn is now booking appointments for new and existing clients starting June 1st. As an introductory offer, when “existing patients” book their first 45-minute massage with Dawn, we will add an additional 15 minutes FREE! This is a great opportunity to meet Dawn and become familiar with her approach to massage.

Are Your Allergies Driving You Nuts?

Dr. Anna Falkowski, ND

Although allergies are best treated from within (balancing the immune reaction), there are some simple things you can do today to make a difference in those bothersome symptoms!

1. At the end of the day rinse your nose with a saline based spray or neti pot
2. Avoid ‘mucusy’ foods as much as possible (cheese, milk, yogurt, bananas, oranges)
3. Increase your antioxidant intake (brightly coloured veggies and fruit)
4. Take higher doses of vitamin C (2-4g/day). This helps with the integrity of the mucus membranes and helps prevent the ‘leaky’ symptoms!
5. Water, water, water – drink at least 8 cups (8oz) daily.
6. Take a homeopathic allergy medicine like ‘GUNA Allergy Prev & Treat’ – this is not a suppressive medication (which you want to avoid), but gently supports the body to better deal with the symptoms

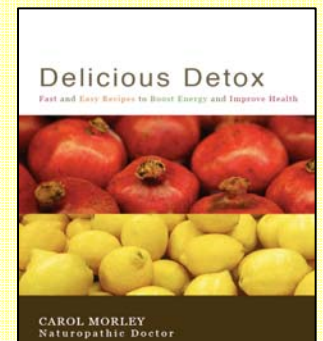
Book Review: Delicious Detox

As a Naturopathic doctor I counsel patients on proper nutrition on a daily basis. Many patients have food allergies or chronic health concerns, while others simply want to improve their diets and are looking for guidance on how to make better choices. I often use ‘detox’ programs as a way to kick-start healthy eating, help with weight loss or as a foundation for improving over-all health. The foods that are generally recommended on Detox programs are so different from the standard North American diet that it can leave patients feeling over-whelmed and frustrated. Although a food list is helpful, patients are always looking for actual recipes and meal plans that could help them through the typical 2-3 week detox plan.

Carol Morley’s book ‘Delicious Detox’ is a wonderful resource for my patients during their programs. Until now it has been very difficult to find recipes and resources that would omit the foods that we deem as ‘allergenic’ or problematic and therefore should be avoided during detox. Carol’s book complies entirely with my own standards in terms of foods allowed during detoxification. ‘Delicious Detox’ not only provides patients with a shopping list and meal plan, but includes many tasty recipes that are full of flavor, colour and best of all – are easy to make! This is the type of book that inspires even the novice ‘cooks’ to experiment with healthy choices and is sure to please even the most picky eaters! For those that are intimidated by cooking whole grains and legumes, this book even has a section on how to get started. An added bonus is the many colourful photos of mouth-watering healthy foods!

I have tried most of the recipes already and would not hesitate to serve them to my family (including small children) or at a dinner party. This is the type of book you want to give as a gift to all your friends and loved ones!

On shelves now for.....\$24



VFL would like to say goodbye to Sherri Steele - we are sad to see her go and wish her all the best into the future!

Chiropractic Restoring Lactation in Nursing Moms Dr. Sarah Racicot, DC

One of the most common complaints from a new mother which usually begins one month post-delivery is mid to upper back discomfort. This discomfort is typically attributed to the position that she needs to assume to either bottle feed or nurse (anterior head position, forward rounded shoulders and slumped back). This can put a tremendous load on the neck, ribs and mid back. Often times she may complain of pain around her shoulder blades which results from an irritated rib joint. It's so common that almost 100% of new mother's have this and chiropractic is wonderful for immediate alleviation of this discomfort. However, if left long enough, she will begin to experience pain with coughing, sneezing or lifting (carrying her baby). Deep inspiration becomes limited and is described as being difficult, tight or even painful.

Once a joint is irritated we know that the nerve immediately beside it is also being affected. Since each nerve feeds specific organs or areas of the body, a patient does not need to feel pain for the flow of nervous information to be compromised. Altered nervous flow results in the organ's inability to function optimally. Ironically, nerves in the mid-back area directly feed the mammary glands and thus direct milk production. Therefore, she may not necessarily feel discomfort but instead notes a decrease in her milk production from one or both breasts! Adjustment of the mid-back and ribs can optimize the flow of nervous information and therefore increase milk production in some women. Isn't the body phenomenal... everything is intimately connected.

Chiropractic is a safe and gentle therapy that should be considered with every new parent (including dad) who is experiencing back discomfort that is typical of carrying or feeding a new baby. It is also a wonderful alternative to consider should mom note a decrease or inability to produce adequate milk. In some women, chiropractic has shown to restore lactation.

What makes "Ultimate Glucosamine" different from other brands of glucosamine?

This is such a common and good question that I thought it should be addressed formally...Ultimate Glucosamine is 100% pure N-acetyl-D-Glucosamine while other brands of glucosamine on the market contain either glucosamine sulphate or glucosamine hydrochloride which are salts that do not naturally occur in plants or animals. These salts need to be metabolized (broken down) into N-acetyl-D-glucosamine to have their desired impact in the body. Ultimate Glucosamine is currently the only available powder form of glucosamine that is identical to what is found in nature and in human tissue.



Source: Wellesley Therapeutics

Custom Orthotic Insert SPECIAL! Buy one pair & receive a second for 50%

Orders must be placed in June 2010
Limited to one discounted pair per individual
Not valid with any other offers
Both inserts must be made for the same individual
Both inserts must be ordered at the same time



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!

June Sales!

Natural Sunscreen

Just in time for the sunny months ahead:

Get 10% off Badger Sunscreen

One of the top-rated sunscreens by the Environmental Working Group! This physical barrier cream works immediately upon application (no lag time like with chemical sunscreens) Water-resistant, gentle lavender smell. Safe for you, your child & the environment!\$18.95



2 for 1: Get 2 Lip-savers for the price of 1!