

Vit@ News Newsletter

September 2010



**Vitality for Life
Health Center**
560 Bryne Dr. Unit 1A
Barrie, ON L4N 9P6
705.733.2033
www.vitalityforlife.ca



This month...

Food Sensitivities
Healthy Lunchbox Favourites
Chiropractic for Kids
Open House

Our team:

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

Dawn Martin, RMT
Registered Massage Therapist

Mark McAllister, RMT
Registered Massage Therapist

Sarah Racicot, BScKin, D.C.
Chiropractor

Julie Ferraro
Office Manager

YOU'RE INVITED!

Vitality for Life Health Center is excited to be hosting a
'Get Healthy' Open House
on Friday, Oct. 1st from 4-7pm!

Bring your family & friends for a wonderful evening of prizes, giveaways,
free massages, body composition analysis, blood pressure screening,
gait analysis, food and other goodies!

We hope to see you there!

Does Your Child Have Food Sensitivities?

Dr. Anna Falkowski, ND

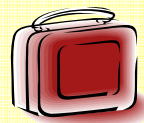
Food sensitivities can present with various seemingly random symptoms, that can leave a parent frustrated and confused. If your child is suffering from any of the following, getting them checked for food sensitivities may be a good place to start:
-headaches -tummy aches -gas/indigestion -constipation/diarrhea -skin rashes -trouble concentrating -erratic mood swings -chronic ear and tonsil infections -poor immunity

Food sensitivity testing is a simple procedure where we prick a child's finger and take a small sampling of blood for analysis. Within two weeks the lab produces a comprehensive analysis listing the level of sensitivity to roughly one hundred different foods (there are various panels to choose from). Foods are then either rotated through the diet on a 4-day rotational basis, or completely eliminated from the diet for 3-6 months (depending on the severity of symptoms). An individualized diet is tailored to address the patient's specific food intolerances. Clinically, I have had wonderful results with these individualized dietary approaches and patients will notice an improvement in their health fairly rapidly. Ask your Naturopath about 'IgG Food Sensitivity Testing' today – it may even be covered by your extended health plan!

Email anna@vitalityforlife.ca for more information.

Healthy Lunchbox Favourites

- Sandwiches using 'dimpflemeir' bread
- Rice pasta salad with grilled veggies
- Wraps with: hummus, tuna, cheese, veggies, roasted red pepper dip & veggies, roasted chicken/turkey
- Apple slices with dip (sunflower butter, fresh yogurt)
- Baby carrots with dip (hummus, sesame seed butter, sour cream and herbs)
- Rice crackers with cheese slices or hummus
- Apple sauce (unsweetened) with cinnamon
- Dry fruit (figs, prunes, apricots, dates)
- Date squares (high in fibre!) – home made
- Fresh squeezed juices occasionally (carrot, apples, pear mixtures)
- Sesame snaps (high in calcium!)



BABY IS HERE!

Dr. Sarah is pleased to announce that Keilan ("Key-lan") arrived weighing 9 lbs 2 oz!
He is doing great! Nicholas and Camryn Grace are happy to have their baby brother home.
Thank you for your well wishes.

Please note: Dr. Sarah has returned to work as of August 30th.



Chiropractic for Kids: Getting the Word Out! Dr. Sarah Racicot, DC

A study into the "Safety and effectiveness of Pediatric Chiropractic" revealed a high overall level of satisfaction and near-nonexistent complications and adverse events (to be explained) in one day old to 18 year old children (average age in this particular study of 577 children was 7.45 years). According to the study, wellness was the primary reason parents sought chiropractic treatment for their children. Aside from wellness care, parents turned to chiropractic when seeking treatment for a specific complaint with the most common being musculoskeletal conditions. Other conditions included digestion problems, bowel (constipation/diarrhea) issues, ear/nose/throat problems, neurological issues and immune dysfunction.

Of note, when it came to safety, "NO treatment associated complications were noted by the chiropractors or parents. Out of 5,438 treatments involving 577 children three "adverse" events occurred in which the complaint was that of "muscle stiffness or a feeling of soreness".

My children receive their first chiropractic treatment when they are just hours old and continue on a regular basis!! Aside from prevention, I use chiropractic as my "first line of defence" when I see irritability, digestion issues, onset of colds, etc. It's gentle and safe. Often times they sleep through the treatment. Clinically, I see the greatest and quickest change in infants or children as compared to adults. Why? Their body seems far more receptive to chiropractic and they have not yet had the years of daily living "wear and tear" as adults. If ever anyone doubted the effects of chiropractic, they need only witness the changes that occur in children – often times parents can note these changes as I let them feel a particular spot on their child before and after a treatment. Everyone, except for invertebrates, can benefit from chiropractic!

Back to School Sale!

Increase their brain power with PediaBurst!

10% off for September



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!

Pack it Light.
Wear it Right.



Free Backpack Activity Package!

Available for your children at the clinic.

RECEIVE FREE ORTHOTICS!

Orthotics have helped keep my feet and back happy, and as a practitioner, I know this is also true for many individuals. For this reason, I am offering a free pair of orthotics to each individual who refers 3 friends or co-workers who want to be fitted for and receive benefit from orthotics. These individuals cannot be existing patients of Dr. Sarah's. Orders must be placed during the month of September 2010. Free pair of orthotic inserts will be received (not footwear).



Recipe: Brain-Boosting Smoothie

This recipe is sure to get your kids started on the right foot in the morning, and provides their brains with the healthy EFA's needed to get them through the day!

- 1 banana
- frozen berries (strawberry and/or blueberry)
- 1 Tbsp flax seed oil or 1 tsp SuperEFA
- almond or hemp milk
- 1/4 ripe avocado
- optional – handful of organic baby spinach

Blend all the ingredients in a blender and serve cold! Enjoy!



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!