

## What's On For August 2008

Centre Closed for  
Civic Holiday on  
Monday Aug. 4th

Centre Closed  
Aug. 4<sup>th</sup> to Aug. 9<sup>th</sup>

LiveWell Family Health Centre will be closed for holidays from Aug. 4<sup>th</sup> - 9<sup>th</sup>. The clinic will start regular hours on Aug. 11<sup>th</sup>



Complimentary Back to  
School Backpack  
Screening

Thurs. Aug. 28th, 2008  
Loblaws College Square

Have your child checked by to ensure that they are wearing the correct backpack for their body and spine. Help avoid spinal injuries that can occur from wearing the wrong backpack and/or carrying too heavy a load.



## Asthma and Chiropractic

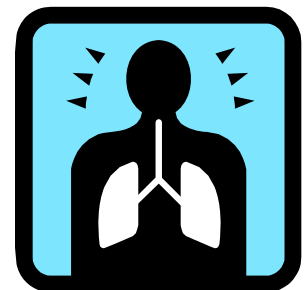
By Drs. Jason & Sabrina Bercovitch

Asthma is a chronic lung disease with inflammation and/or obstruction of the airways from the nose and mouth to the lungs. The incidence of asthma has increased 46% from 1982-1993 with an 80% growth in children under 18. Asthma causes an annual loss of more than 1 million school days per year in Canada and accounts for more childhood hospitalizations than any other childhood disease. The toll asthma takes on our children's lives is serious. If you have ever seen a child struggle for breath because of asthma, you can agree it is a frightening experience for both the child and observer. The helpless feeling causes parents to seek out treatments to relieve the symptoms and establish a somewhat normal lifestyle for their child. At some point, most parents become uneasy with the constant drug intake and are continuously looking for ways to regain normalcy for their child.

As Doctors of Chiropractic our premise leads us to restoring optimal function of the nervous system, resulting in improved function for all body systems. We have helped hundreds of children coming into our office who have suffered with chronic asthma for years. These children began the process of regeneration with the chiropractic adjustment and are living healthier, drug-free lives. In the *Journal of Vertebral Subluxation Research Vol. 1 No. 4*, a study demonstrated the positive effects of chiropractic care on 81 children with asthma. The results of the study concluded chiropractic care is a safe, drug-free, health care approach where the patient perceived improved respiration, improved quality of life and less frequent asthma attacks. The parasympathetic and sympathetic branches of the autonomic nervous system regulate the state of contraction and relaxation of the smooth muscles of the lining of the airways, respectively.

When both branches of the autonomic nervous system are in balance, the smooth muscles do not spasm. Some children with asthma can develop bronchial spasm when there is over stimulation of the parasympathetic branch and/or a weakness in the sympathetic stimulation of these airway smooth muscles. Environmental factors, respiratory irritants, diet, physical and emotional nervous system traumas and stressors can influence the over or under stimulation of the parasympathetic and sympathetic divisions of the autonomic nervous system, respectively, leading to the onset of bronchospasm in children with asthma. Since Chiropractic strives to normalize the function of the nervous system, it can help keep the autonomic nervous system balanced and prevent "attacks" of asthma.

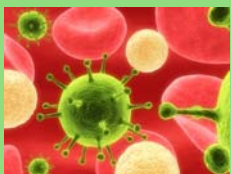
If you, your child or a loved one suffers from asthma consider a chiropractic assessment. In addition to helping improve the function of your nervous system, we can also make nutritional and lifestyle recommendations to help overcome the chronic inflammation associated with asthma.



## Boost your Immune System

Wed. Aug. 27th, 2008  
LiveWell Family Health  
Centre – Lower Level  
7:30 pm – 8:30pm

Join LiveWell Family Health Centre as they share the secrets on how to naturally boost your immune system. By having good immunity, your body can fight off diseases, infections and all manner of illnesses. Start this fall off strong and fight potential flu and colds without harmful medications!



### Asthma Facts

- 1) Asthma is the leading cause of absenteeism from school and the third leading cause of work loss in Canada.
- 2) In 1993 alone over \$12 billion was spent on asthma in Canada.
- 3) Between 100 and 150 million people around the globe suffer from asthma and this number is rising. In the USA the number of asthmatics has leapt over 60% since 1980.
- 4) Many acute asthma attacks are preventable. A Canadian survey found that half of school-aged asthmatic children reported that household pets triggered or worsened their asthma, yet 41% had a dog and 36% had a cat inside their home. Similarly, 54% of asthmatic children were exposed to second-hand smoke on a regular basis.

## Massage Therapy & Asthma

By Tracy Hill, BA, RMT

Asthma is a condition that affects approximately 3 million Canadians. It has many different triggers, ranging from allergies to stress. Regardless of what brings on an asthma attack, massage therapy is a natural approach that can help you cope with its effects.

Massage therapy techniques can help to reduce the firing of the sympathetic nervous system, aid in reducing the tone in the muscles used for breathing such as the scalenes, the sternocleidomastoid (both located in the neck region),

intercostals (which are the muscles found between your ribs), the abdominals as well as the diaphragm. By focusing on these areas, your massage therapist can address any postural issues that you may be experiencing, which may be aggravating the condition. Here at LiveWell, we can provide you with specific home exercises and stretches, which will help increase your response to massage treatments. Your RMT can work with you in order to help you cope more effectively with this condition.



## Food Sensitivities

By Shannon Goodwin Birch, BA, RHN, RNCP

When we hear the words 'food allergy', peanuts and seafood and images of anaphylaxis jump to mind. There is a notion that if a food doesn't cause a break-out in hives or shut-down the respiratory system, it must be fine! In fact, food sensitivities, and the symptoms that come with them, are far more common than we realize. According to Dr. Bateson-Koch, author of *Allergies, Disease in Disguise*, "any symptom we can experience may be a result of food reaction". From the eczema on our elbow to our fuzzy memory for names, food should always be considered as a possible factor in our ailments. How many parents realize that milk is often related to bed-wetting among children? What about those suffering from arthritis, happily munching on tomatoes and potatoes, common aggravators of joint pain?

Wheat products can be a major player in digestive discomfort, and aged cheese can trigger a migraine. Among the list of frequent offenders you'll also find a few other daily staples: chocolate, eggs, oranges, corn, pork and beef.

If you suspect that you may be reacting to a food, increase your intake of probiotics and enzymes, supporters of the intestinal system, as well as essential fatty acids and antioxidants which will help to support the immune system. You may wish to do an elimination diet to narrow down a possible food allergy or food intolerance. This is a process whereby the most highly allergenic substances are removed from the diet and then gradually reintroduced, one at a time. A natural health practitioner can guide you through this process. Sometimes the most aggravating conditions can be alleviated simply by avoiding the trigger!



## Supplement of the Month

### Serenagen

Expertly designed to help maintain equilibrium between body systems and promote a sense of inner calm. Serenagen also provides herbal support for those who may be overworked, sleep too little, have exhausted physical reserves, and/or have difficulty resting.

**Serenagen**† is a classic, comprehensive herbal stress management formula targeting individuals who are "stressed and wired". It has been used throughout China since the Yuan Dynasty (1279-1368 A.D.). According to traditional Chinese herbology, living a demanding, hectic lifestyle deeply influences mood, mental function, cognitive processes, the cardiovascular system, the liver, and tolerance to change.