

## LiveWell Events

### Improve Your Golf Game

Thursday, June 12, 2008  
7:00 – 8:30 pm

Loblaws College Square

Just in time for summer, this seminar is designed for golfers who are interested in key strategies for improving their swing, minimizing injury, and taking strokes off their score. Join **Dr. Sabrina Bercovitch**, as she explains how proper conditioning and proper biomechanics of the spine and pelvis are keys to not only improving your overall golf performance, but also enhancing your enjoyment of the sport. From the novice golfer to the more seasoned veteran, you won't want to miss this session. Remember – Tiger Woods, one of the greatest golfers in the world, sees a chiropractor regularly!

**Space is limited. To reserve your spot, please call 613-225-3339. You'll be glad you did!**



### Cheo Charity BBQ

Saturday, June 7<sup>th</sup>, 2008  
9:00 am – 9:00 pm

Shefford Park, Ottawa

LiveWell Family Health Centre is proud to be a sponsor of the 2008 CHEO BBQ! The CHEO BBQ continues to flourish as an annual fundraiser for the kids at the Children's Hospital of Eastern Ontario. This year will be nothing short of spectacular! With a great volleyball and Ultimate tournament, a huge BBQ area, a Family Zone, and of course, the world's best volunteers, this year's CHEO BBQ promises to be the biggest and best one to date! **LiveWell** will be providing a complimentary spinal screening, chair massages and nutritious smoothies for all visitors!



## IMPROVE YOUR GOLF GAME:

### Lower you score and prevent injuries

By Drs. Jason & Sabrina Bercovitch

Considering the number of times a swing is repeated during a game of golf, it is not surprising that the season often ends early for those who are not physically prepared. Golf requires more of your body than a gentle stroll down the green. In order to prevent injuries, your golf-training program should include regular chiropractic adjustments, stretching, endurance, balance, and speed. The following simple tips can also help to improve your golf score while keeping you injury-free.

1. When lifting your golf bag, bend your knees and lift using your **legs**.
2. Always warm-up with a few minutes of aerobic activity, such as brisk walking.
3. Stretching the muscles in your back, abdomen, and shoulders before your game.
4. Use clubs that are the correct length, so you don't have to bend or overextend your spine.
5. Wear soft spikes on your shoes for greater cushioning and shock absorption.
6. Use a pull cart rather than carrying your clubs.
7. Take some lessons on how to swing and choose the correct club.

8. Occasionally practice swinging in the opposite direction to balance the stress on the muscles in your back.
9. Bend your knees and use a golf club for support when stooping to retrieve your ball.
10. Always stretch to cool down after finishing a game.

How well does chiropractic work for golfers? A recent study reported that up to 85% of injuries on the PGA Tour and Senior Tour relate to the spine. And 70-75% of professional golfers receive chiropractic care regularly. It is our goal at **LiveWell** to educate part-time golfers who are passionate about their game, that having a properly aligned spine can keep them playing longer, more often, and into their retirement years, all while playing without pain. And if you do experience a golf related injury in any of your joints, **Dr. Jason and Sabrina** can help you get back out on the golf course sooner, and help prevent recurring injuries. Remember, your spine is **16 times stronger** when it is aligned!

**Ask Dana, Vicki, Jessica or Lynn for details on how your friends can receive \$125.00 off their initial assessment with our Health Pass. And don't forget to pick up your complimentary Golf Stretches at the front desk. You'll be glad you did!**

## Top 10 For Men!

By Shannon Goodwin Birch BA, RHN, RNCP

1. **AVOID CIGARETTE SMOKE**, which contributes to lung and respiratory diseases, and depletes the body of Vitamin C.
2. **MINIMIZE CONSUMPTION OF CAFFEINE**, which accelerates the aging process, creates blood sugar swings, impairs digestion and leads to heart disease, weight gain, and increased blood pressure.
3. **MINIMIZE CONSUMPTION OF RANCID & HYDROGENATED FATS**, big players in heart disease.
4. **INCREASE ZINC**, the ultimate male nutrient – essential for good prostate and sexual health. Deficiency may play a role in the whitening and thinning of hair.
5. **TOMATOES** are high in lycopene, good for the eyes, as well as the prevention of prostate cancer.
6. **EFA's** decrease inflammation in the prostate, reduce cholesterol, protect against heart disease, and boost the immune system.

## Learn to LiveWell With Arthritis

Wednesday, June 18<sup>th</sup>, 2008  
7:00 – 8:30 pm

### LiveWell Lower Level

With Summer just around the corner it's time to be more active! Join Drs. Jason and Sabrina for everything you need to know about arthritis. Do you have sore hips or knees? Do you regularly experience achy and swollen joints? You won't want to miss this informative evening. With the right therapies, foods, and supplements in place, living with arthritis does not mean you have to compromise your quality of life.

Space is limited, so please call 613-225-3339 to reserve your spot. You'll be glad you did!

## Mothercraft's 1st Annual Touch-a-Truck Event

Sunday, June 15<sup>th</sup>, 2008

Westgate Shopping Centre  
Parking Lot

1309 Carling Ave., Ottawa

9:00 am – 1:00 pm

Big Trucks, Specialty Vehicles, Horns, Sirens+Smiling Faces. Climb onboard and learn about BIG TRUCKS for Mothercraft Ottawa's 1st Annual Touch-a-Truck event. What an amazing Father's Day Adventure! Join LiveWell Family Health Centre for posture screenings, draws and a morning of fun! LiveWell will be at this great event, providing spinal screenings, posture checks, and lots of fun for the kids! Please come out and join us!



"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing."

Tiger Woods

- PUMPKIN SEEDS** are high in zinc, EFAs and sterols. Excellent addition to a man's diet to improve overall sexual health. Aim for raw, unsalted varieties.
- MINIMIZE CONSUMPTION OF REFINED SUGAR**, a contributing factor in weight gain, headaches, depression, arthritis, eczema, heart disease, diabetes and many other "common" chronic ailments.
- INCREASE CONSUMPTION OF FIBRE** to help pull toxins from the body, enhance elimination, reduce the risk of bowel and colon disorders, improve immunity and balance blood sugar.
- REDUCE STRESS.** Alongside nutrition and impaired nerve function, stress is a leading cause of heart disease. Stress aggravates the adrenal glands, compromises the immune system, perpetuates digestive issues, and affects our moods and our cognitive abilities.

## Stretching WILL Improve Your Game!

By Kim Johnson, RMT

Every year we see numerous people complaining of golf-related injury. Back sprain/strain, "golfer's elbow" and similar issues can be avoided with stretches prior to your tee-off and in between holes on the golf course.

Few people know, however, that adding a few stretches to your daily routine not only prevents these injuries, but will also improve your game, and allow to move in a fuller range of motion.

One way to improve your drive, is to STRETCH! Muscular tension (and decreased range of motion) can be related to improper backswing and follow-through, and a faulty posture. The following are a few simple stretches that will both prevent injury AND work to better your game:

**Forearm and Wrist:** Hold your arm out in front of you, elbow straight. With your opposite hand, bend (flex) your wrist and hand as far down as they will comfortably go and hold (remember to keep the elbow straight). Now repeat the stretch but this time turn your palm up and use your opposite hand to extend the wrist. Repeat on both sides. This exercise loosens the wrists and prevents golfer's

**Shoulder and Chest:** Hold a club with both hands behind your back, elbows extended. Stick out your chest while you raise the club back away from your body and hold for 10 seconds.

**Hamstring:** Standing upright, place your foot on the golf cart or bench, keeping the leg straight. Bend forward at the waist while keeping your back straight. For balance, repeat on other side

**Low Back and Gluteals:** Lie flat on your back, flex one knee and pull toward your chest (be sure the opposite leg remains extended and on the ground). Hold the stretch for 20 seconds and relax, repeating on both sides. This stretch will not only make your back feel better, but it will improve your ability to make a bigger turn, with less hip movement, creating torque and energy.

*Note: Stretching is always best following a light warm up. Never stretch to the point of pain and never bounce to stretch!*



## Supplement of the Month

### Chondracare

#### Advanced Joint Support and Protection

ChondroCare is a comprehensive formula designed to provide broad support for healthy joint function by featuring premium quality glucosamine sulfate, chondroitin sulfate, and methylsulfonyl methane (MSM) in addition to other nutrients that support healthy connective tissue.

Features glucosamine and chondroitin sulfates, which are building blocks for healthy cartilage.

Provides MSM, a natural compound that has been used to support joint health.

May help to maintain normal joint strength and flexibility by effectively supporting cartilage integrity.