

LiveWell Events

Orthotics Workshop

Thursday May 15th, 2008

7:00 – 8:30 pm

Loblaws College Square

Are you tired of Foot, Knee, Hip and/or Lower Back Pain?

Join **Drs. Jason and Sabrina Bercovitch**, as they explain how orthotics can be of benefit. We will be offering a complimentary foot examination and gait analysis to identify potential problems with your feet. If you participate in any activity that places stress on your feet, you won't want to miss this informative session!

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

Mom's Night Out

Wednesday, May 21st 2008

7:00 pm – 8:30 pm

LiveWell, Lower Level

Back by popular demand...join the health professionals from LiveWell Family Health Centre for our Mom's Night Out! Find out more about organic cosmetics, women's wellness and pregnancy! Light refreshments will be served. Please call 613-225-3339 to reserve one of 16 spots available.

Allergies & Asthma

Wednesday May 28th,

2008

7:00 – 8:30 pm

LiveWell Family Health Centre, Lower Level

Spring is finally in the air, and allergy season is upon us again. Join **Drs. Sabrina & Jason Bercovitch**, and Registered Nutritionist **Shannon Goodwin-Birch**, as they share vital strategies to help you live well with allergies and asthma this year and for life! Dr. Jason is living proof that these methods are very effective, so be sure not to miss this informative. life-

Getting Ready for Baby:

Back pain doesn't need to be part of your pregnancy

By Dr. Sabrina Bercovitch, BSc, DC

Research shows that 50-70% of pregnant women suffer from backache during the course of pregnancy. About 15% miss work due to back pain.

According to a 1999 Swedish study of 862 moms-to-be (Kristiansson, P. et al), a history of back pain doubles a woman's odds of backache during pregnancy. Mothers who have had previous children are also at an elevated risk for pregnancy-related back pain compared to first-time mothers.

What causes back pain during pregnancy? In preparation for delivery of the baby, the body produces increasing levels of a hormone called relaxin. This hormone relaxes and softens the ligaments that hold the pelvic bones together, and consequently causes misalignment of the sacroiliac (SI) joints. SI joint dysfunction is the primary cause of back pain in pregnancy.

Since the pelvis forms the base of the spine, subluxation of the SI joint affects posture in the mid-back and neck, and causes subluxations in those areas of the spine. Furthermore, during pregnancy, weakening and loosening of the abdominal muscles also aggravates postural problems.

Chiropractors are experts of the nervous system, and are the **ONLY** health practitioners trained to detect and correct subluxations. If you are pregnant, one of the best and most essential things you can do is see a Doctor of Chiropractic.

For 113 years, chiropractors have been around to help expectant mothers experience vibrant, active, and healthy pregnancies, and shorter, more manageable labor and delivery. Chiropractic care provides so many things a pregnant body needs: a flexible and balanced spine, hips, and pelvis; optimally functioning internal organs without postural stress and nerve interference; more energy, easier breathing, and better sleep – all of which are essential for a healthy pregnancy and delivery.

Along with excellent nutrition, regular exercise, prenatal yoga, avoiding drugs, cigarettes, and alcohol, chiropractic care should be an essential part of a pregnant woman's healthcare program. Looking around LiveWell lately, Dr. Sabrina, Dana, and Kim, our 3 mamas-to be, are living proof of the benefits of regular chiropractic care during pregnancy. Be proactive about the type of pregnancy you want to experience!



Super Spring Cleansing

By Shannon Goodwin Birch BA, RHN, RNCP

We have the best of intentions when it comes to our health. A yoga class squeezed in between a dentist appointment and a car tune-up. A healthy snack to take along to a night class. Using the stairs instead of the elevator. Despite our best efforts, life sometimes has a way of getting ahead of us. We find ourselves skipping breakfast to get the kids to school or grabbing a quick donut at the office to get back to a project. We know that we should go for a walk everyday and make time for vegetables, sleep and relaxation, but it just isn't always possible.

This is where a spring detoxification program can be a wonderful tool. In as little as one to three weeks, we can increase our energy level, improve mood and focus, stimulate weight loss and enhance our overall well-being.



There are a number of ways to pursue a cleansing program. The basic premise usually involves removing heavy, high allergenic foods like meat, wheat, dairy and sugar and increasing light, cleansing foods like dark leafy greens, herbal teas and fresh fruit. If you have a number of ailments or are taking medication, it may be a good idea to seek a practitioner to help guide you on a program best suited to your specific needs.

If you are getting ready to start a detox, prepare the body by removing the harshest culprits from your diet: alcohol, fried foods, refined sugars and coffee. This will start your liver on its healing journey and help to minimize withdrawal symptoms when pursuing your program. Increase your intake of raw vegetables and filtered water, schedule your detox for a time when you can give it your attention and get ready to feel rejuvenated and refreshed!

Did You Know...

- PMS affects 50% of women of childbearing age. Severe cases of PMS disappeared after chiropractic treatment.
- **Journal of Manipulative and Physiological Therapeutics** 1991
- Case study after 11 chiropractic adjustments the frequency of hot flashes declined.
- **Journal of Vertebral Subluxation** 1996
- The chiropractic patient has a 200% greater immune-competency than people who had not received chiropractic care.
- **Dr Ronald Pero, Ph.D., New York University**
- Posture is one of the most overlooked keys to better health. It improves our emotions, fitness, and ability to think. It can actually reverse the aging process.
- **Newsday,** 1995
- Many people spend the first half of their life making money and ignoring their health. In the second half of life, they spend this money trying to regain their health.
- **Emmett Miller, MD**

"I found out the best way of going, is to use Chiropractors, not only after injury, but also before injury"

Arnold Schwarzenegger



Take 10!

By Sarah Duncan, RMT

"Making the decision to become a mother is momentous. It is to decide forever to have your heart walking around outside your body."

- Elizabeth Stone

I love Mother's Day! It is one of those holidays that makes so much sense - a day to honor and thank our Mothers. Over the years I've been practicing, I have seen many tired, stressed and worn out Moms (and Dads!) and I always remind them..."If you don't take care of yourself, how can you take care of everybody else?"

So please, Moms (and Dads) make and take 10 minutes - for yourself - and try at least one of these natural, yummy, stress reducing recipes. You'll be glad you did!

Detox Bath: to help reduce tight, sore achy muscles, and draws out toxins

- ❖ 1 cup sea salt, 1 cup Epsom salt, and 1 ½ cups baking soda
- ❖ add to hot running water, make sure you keep a cold glass of water at arms reach, a cool cloth for the back of your neck, and use candle light for the full relaxing effect!

Do not stay in bath for more than 15-20 minutes.

Javanese Milk Bath: soothes skin, mind and body!

- ❖ 1 cup whole milk, 1 tablespoon baking soda, 1 teaspoon honey, and 1 teaspoon vanilla extract
- ❖ 4 drops Ylang-Ylang, 6 drops Sandalwood, and 3 drops Jasmine essential oils

In a small pan heat milk, baking soda, honey and vanilla over low heat until warm. Remove from heat and add essential oils. Stir with spoon and pour into bathwater.

Avocado Honey Mask: leaves skin smooth and soft and its all natural ☺

- ❖ ½ avocado, peeled and pitted
- ❖ 1 egg, 1 tablespoon plain yogurt, and 1 teaspoon baking soda
- ❖ Optional: add 1 tablespoon coconut oil for extra moisture

Combine in a blender for 30 seconds, apply immediately to clean skin and leave on for 5-10 minutes, and rinse with warm water.

Recipes taken from:
Modern hydrotherapy for the Massage Therapist and Pure Skin: Organic Body Basics.



From our Patients...

My back hasn't felt this good in years. There is a bounce in my step! When I get out of bed in the morning I don't "hobble." When I stand up, my back is straight and feels wonderful.

Linda W.



Supplement of the Month Wellness Essentials for Pregnancy Daily Essentials for Before, During or After Pregnancy!

Wellness Essentials for Pregnancy is a once-daily nutritional support packet formulated to comprehensively promote the health of both mother and child.

- This product guarantees daily consumption of vitamins, minerals, and purity-certified omega-3s to:
- Support reproductive health
- Promote a smooth pregnancy
- Enhance fetal growth and development
- Relieve postpartum negative mood
- Supports fetal neurological health with 1 mg of body-ready folate.
- Enhances fetal brain development with choline and DHA.
- Supports muscular relaxation and may prevent nocturnal leg muscle cramps with calcium and magnesium..
- Supplies safe levels of vitamin A with precursor carotenoids.