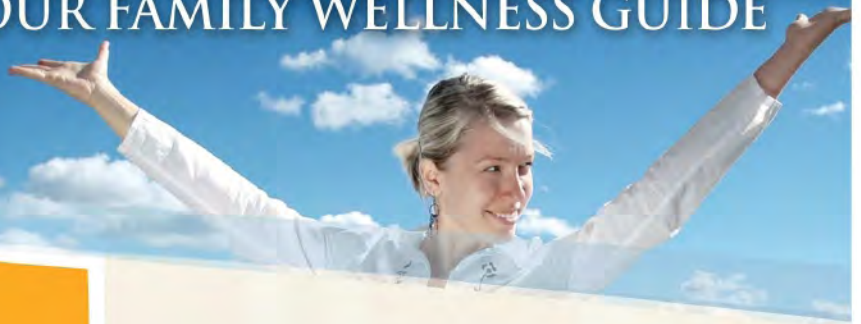




# February 2009 Edition

## YOUR FAMILY WELLNESS GUIDE



### FROM DOC'S DESK

Hi everyone,

In 2009 we are going to be exploring how the mind-body connection relates to health and healing, and how chiropractic is leading the "Wellness Revolution" movement. Each newsletter will consist of "Vital Principles" that build on the previous one, and will include practical things you can use to better yours and your family's health.

Vital Principles to Wellness  
Principle #1:  
How would you define  
'Good Health'?

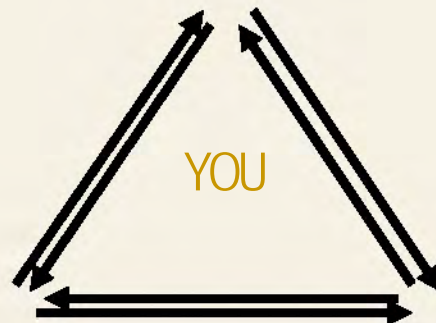
Many people answer this question, "good health is feeling good". This is nice, but it has very little to do with having good health.

What is Health? There is so much more to being healthy than how you feel! The World Health Organization defines health as: a state of optimal physical, mental, and social well being and not merely the absence of disease or infirmity. Webster's defines health as: Health is a state of wholeness in which all organs are functioning 100%, 100% of the time. Health is not just how you feel; it's how you are functioning. Thousands of Canadians die of heart attacks each and every year, and the heart attack itself is often the first sign of the disease. Don't wait for symptoms before you decide to act. (see right panel)

Symptoms are a poor barometer of health and usually show up late in the disease process. Would you rather choose a lifestyle of wellness so your body functions at an optimal level or live the typical Canadian lifestyle and unknowingly allow various diseases to progress to a level of crisis before you seek action?

Where does health come from? Health comes from within. Your body has the inborn ability to heal itself naturally. You were born to be healthy. The catch is, in order for your body to be able to heal itself it must be free from interference in the nervous system. The nervous system controls the function of every cell, tissue, organ, and system in your body. The number one cause of interference to the nerve system in science today is the vertebral subluxation.

PHYSICAL (Structure & Function)



NUTRITIONAL (Chemical)

MENTAL (Emotional)

### THE WELLNESS REVOLUTION

Wellness is the process of providing your body with sufficiency and purity in the raw materials required for proper function. Our wish for you is to live with the highest quality of life possible, so let's continue the process of creating wellness through your regular adjustments and workshops! - Dr. Mark

"Health is by far our GREATEST ASSET"

613. 841.9355

4380 Innes Road, Orleans, Ontario  
(Next to The Bank of Montreal, at 10th Line)

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## HEADACHES + MIGRAINES

About 20% of the population suffers from the pain of chronic headaches. These same people spend over 5 billion dollars on "over the counter" medications each year. And, while these drugs may cover up the symptoms, they do not treat the cause of the headaches.

Pain experienced during a headache is nature's warning signal that something is wrong, like a fire alarm signalling trouble.

Subluxations (misalignment of spinal bones) for example, result in muscular tension, as well as nerve and blood supply pressure, which can very commonly produce headaches. Check-ups are so important, as subluxations are most often not felt.

See 'Wellness Experts' If You Want To Be Well By correcting and improving your posture and the function of your spine and nervous system, you are not only reducing symptom pain, but you are enhancing the health and wellbeing of your whole body.

This month we are focussing on headaches. If you have friends, family members or co-workers who are suffering from migraines and headaches, pick up a 'New Patient Information Pack' from the front desk, so that they can receive a \$35 complete check-up in our office (\$212 value). Symptoms are a strong sign that they may be carrying around a more serious condition such as Forward Head Posture or alignment problems in their neck.

Let us know how we can help!

"The promotion of health is far superior to the treatment of disease"

"Our purpose is to help as many families as possible to achieve and maintain health throughout their lifetime with a properly functioning spine and nervous system, and proper eating, moving, and thinking habits."

## FEBRUARY WORKSHOPS:

Reserve seats for you and your guests!

The Foundations of  
Optimal Health + Prevention

Special Feature: Headaches  
Wednesday, Feb 11th. 6:10 p.m.

The Wellness Eating Strategy  
(Eat WELL series)

Wednesday, Feb 18th. 6:10 p.m.

The 10 day Perfect Cleanse & Detox  
(Eat WELL series)

Wednesday, Feb 25th. 6:10 p.m.

## The Wellness Eating Strategy

On February 18th we are going to be discussing how to make compatible nutritional choices with the way your body was designed. This is such a crucial topic because this is not the way we are traditionally taught, and is not how the majority of nutritional books, recommendations, and even the Canada's Food Guide are based.

Wellness nutrition is about ensuring that your body is given all of the elements it naturally requires to function properly, and avoiding the things your body wasn't designed to intake. We are often taught to stray from this as a quick way to achieve a short-term result.

We all have short-term goals, so whatever they are for you, (weight loss, more energy, lower cholesterol, etc.), let's focus on achieving them without compromising other parts of our health at the same time.

And let's set the bar higher than just not being sick. We can set ourselves apart from the average by doing what it takes for OPTIMAL health.

The following week's workshop (Detox) will give you a great strategy to get started on a new path for 2009!

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