



BODY HEALTH

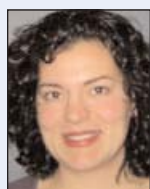
CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY

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Introducing our new website...
commercecourthealth.com



From the Front Desk

Angela Sofroniou

Dear Patients:
 Please help us keep our records up to date by remembering to let us know of any changes to your address, e-mail, and telephone number.

Thank you very much for your cooperation.

Commerce Court Health Centre
 30 Wellington Street West
 Commerce Court Postal Station, P.O. Box 28
 Toronto, Ontario M5L 1A1 Canada
 Tel: 416.214.0100 Fax: 416.214.0113

Hours:

Monday to Thursday 7:00 am to 6:00 pm
 Friday 7:00 am to 3:00 pm



Top 3 ways to live a healthier 2006!

Morgan Winton ND BSc

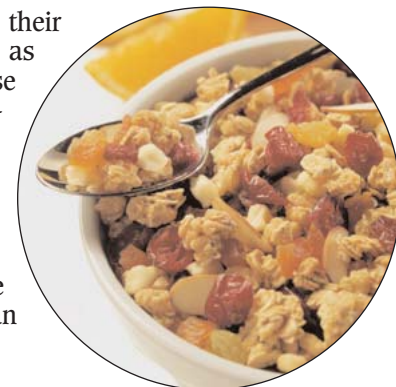
Drink two litres of water each day

Water is crucial in over 100 metabolic processes in the body. Not only do we sweat and urinate water out of our system, we also use water for other bodily functions such as making digestive juices and lubricating joints. Signs and symptoms of dehydration include fatigue, dry skin and constipation. Most of us are living in a mildly dehydrated state so make a conscious effort to increase your water intake this year and see how great it feels!



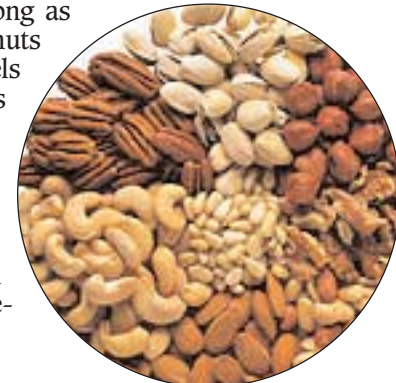
Eat only whole grains

Whole grains are more nutritious than their refined counterparts. They have more fibre as well as more nutrients. Most people can lose weight by simply replacing refined carbohydrates in their diet with whole grains. It is also recommended to vary the types of grains you eat as there are different nutritional properties in each type of grain. For example, quinoa is higher in protein than many other grains and oat bran has the capacity to help lower cholesterol better than most other grains.



Snack on nuts & seeds

Nuts and seeds are the perfect snack as long as you are not allergic to them. The protein in nuts and seeds help keep your blood sugar levels stable which help to diminish cravings for sweets. They are easy to keep in your purse or briefcase, contain fibre, minerals, vitamins, and good fat. Eat a mix of nuts because each has a different nutrient content. Almonds are one of the best nuts to eat if you're trying to increase your calcium intake whereas pumpkin seeds can help prevent prostate problems.





From Your Clinic Director

Happy New Year! I hope this newsletter finds all our clients enjoying good health!

I am very happy to inform you of some changes within our clinic and staff.

First of all, the clinic's website is now up and running. Yes, it has taken some time for me to leave the comfort of paper and enter the age of the internet. All of our clinic information and newsletter publications are now available on our site www.commercecourthealth.com.

Secondly, psychotherapy services are now available at our office through our psychotherapist, Dorothy Ratusny. Dorothy is also a corporate consultant as well as a contributing writer for the *Globe & Mail*, *FAZE* teen magazine and *Canadian Living Magazine* (online). She has recently released the book *Live your Life's Purpose* and is working on her second book titled *Live Your Life's Purpose in Relationships*.

Thirdly, I am pleased to announce a few additions to the families of our staff. On December 26, 2005, our front desk assistant Liz Symopoulos and her husband John welcomed the arrival of their second child, a son named George. As well, I have recently returned from a short maternity leave after giving birth on June 1, 2005 to my second child, James. Jamie is a big happy boy who enjoys the dramatic performances of his big sister Georgia (who refers to herself as Princess Jojo to her family).

Enjoy the articles contained within the winter 2006 newsletter.

Cheers

Dr. Shannon Dales



Happy New Year from Jamie Haslam Dales.

Graston Technique®

Dr Shannon Dales, DC



Some of my clients have noticed new looking instruments in my treatment rooms. Yes these instruments do look somewhat strange and intimidating however let me assure you that they are part of a new technique that is being integrated into certain treatment plans.

What is Graston Technique®?

The Graston Technique® is a patented instrument-assisted method of detecting and treating scar tissue and restrictions that affect normal function and lead to painful conditions.

The Graston Technique® instruments, much like a tuning fork, resonate in the clinician's hands allowing the clinician to isolate adhesions and restrictions, and treat them very precisely. Since the metal surface of the instruments does not compress as do the fat pads of the finger, deeper restrictions can be accessed and treated.

How are the instruments used?

Six stainless steel instruments form the cornerstone of the technique. These instruments are used to enhance the clinician's ability to detect adhesions, scar tissue or restrictions in the affected areas. Skilled clinicians use the stainless steel instruments to comb over and "catch" on fibrous tissue, which immediately identifies the areas of restriction. Once the tissue has been identified, the instruments are used to break up the scar tissue so it can be absorbed by the body.

Is the treatment painful?

It is common to experience minor discomfort during the procedure and some bruising afterwards. This is a normal response and part of the healing process.

Is Graston Technique® used alone?

The protocol includes warming up the area to be treated by exercise, ultrasound or heat then application of the Graston instruments followed by stretching, strengthening and ice.

What is the frequency of treatment?

Patients usually receive two treatments per week over 4-5 weeks. Most patients have a positive response by the 3rd to 4th treatment.

What conditions are effectively treated with the Graston Technique®?

- Neck Pain
- Low Back Pain
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Tennis Elbow
- Golfers elbow
- Rotator Cuff Tendinosis
- Patellofemoral Disorders
- Achilles Tendonosis
- Healed post operative scar tissue
- Shin Splints
- Trigger Finger

Why is Graston Technique® beneficial to patients?

- Decreases overall time of treatment
- Fosters faster rehabilitation and recovery
- Reduces need for anti-inflammatory medication
- Resolves chronic conditions thought to be permanent



Developing our 'Sense of Self'

Dorothy Ratusny, B.Sc., M.A., (C). OACCPP.



Your sense of self is your knowledge and awareness of who you are. Sense of self requires a level of consciousness that predicated honesty (to yourself and others), about what you believe in, ascribe to, value, and uphold.

Sense of self also implies evolution. To develop your sense of self requires ongoing introspection, self-awareness, and self-responsibility. Out of our heightened awareness, comes the potential for self-improvement. You begin to take a hard look at those qualities that you are less happy about and say, "I want to change that about myself."

Because sense of self encompasses self-esteem and self-worth, developing one impacts positively on the others. Having a strong sense of self means that you authentically feel inner contentment and happiness that comes from feeling good about who you are. It also means that you live in your truth – and that your conscious choices are always in line with what will make you happiest.

Each one of us can benefit from developing a better sense of self. It begins simply enough by learning how to connect within and acknowledge all that we currently are. Sounds easy.....right? Yet the truth is that most of us avoid focusing inward. It's often easier to point the finger at others than to shine a flashlight on our own flaws and weaknesses. And yet to evolve because of our conscious effort, creates an immense degree of self-satisfaction and self-worth.

Below are 5 strategies for developing a positive sense of self:

Practice self-honesty. Through our willingness to take a close look at who we are (including our strengths and weaknesses), we grow. It's a lot like the old adage, 'you can't fix a problem unless you know what the problem is.' You can't expect to develop a better sense of who you are unless you are willing to be completely honest. Out of self-honesty comes knowledge and the ability to create positive intentions for improvement.

Make a list of all of your positive qualities. These are the things that you feel most proud of and appreciate about yourself. Try and keep this list centered on your own personal attributes and successes rather than making it about others. Some examples of positive qualities include: being a good listener, your ability to make others laugh, being a loyal friend, and working hard at everything you do.

Create a self-improvement list. This second list allows you to address particular aspects about yourself that you may have long overlooked. Create action steps for how you might go about improving each quality. Become conscious of the necessary action steps that will allow you to change a particular behavior or trait. For example, perhaps you would like to have better control over your temper. You realize that in order to do this, you first need to become better at recognizing the early warning signs of when you start to feel angry. By being consciously aware of your feelings, and through paying closer attention to the physiological signs that tell you when you are beginning to feel angry (i.e. muscle tension in your neck, clenched jaw, racing heart beat), you now have a choice around how you might react.

Connect with your inner self. Buy a notebook and spend five minutes each day writing your thoughts and feelings. Use this exercise as a way of connecting internally with your self. While at first it may feel awkward to sit quietly and write whatever comes to mind, what you are doing is strengthening your relationship with your inner self. Taking the time to listen inwardly will increase your self-awareness and provide you with greater insight and wisdom. Try it for a week and notice what you learn about yourself.

Visualize your 'future self'. Using any new information you have learned about yourself from the four exercises above will help to create a clear picture of who you want to become. Most of us are unaware of the knowledge and wisdom that we have the capacity for attaining. We evolve because of our intention and willingness to do so. For example, you might decide that you want to be more patient, more tolerant of others' differences, or perhaps you would like to become more positive. Having a healthy sense of self means that you continually strive for self-improvement and personal growth – even while you continue to recognize your strengths and successes.

Finally, strengthening your sense of self has everything to do with sharing yourself with others. You do this by being who you already are – kind, loving, caring, sympathetic, considerate, and thoughtful – with everyone whom you come into contact with. You see the positive results of your kind words, your smile, and your ability to make another person feel good by being your authentic self. Knowing that you have the power to create joy by being joy contributes to your positive feelings about yourself. Sense of self isn't something that can be learned from a textbook or from a single life experience. It develops (like aspects of our personality), along a continuum throughout our lifetime.

Your relationship with yourself is the single most important relationship you will ever have. Developing your sense of self means strengthening your inner relationship as you continue to nurture and feed your soul.

Dorothy Ratusny is a Certified Psychotherapist in private practice at the Commerce Court Health Centre. She is also a freelance writer and has recently completed her first book, 'Live Your Life's Purpose'.



Proper Desk and Workstation Posture

Jennifer Ingram, BSc, RMT

Kelly Murphy, BHK, RMT



Most office workers spend hours a day at their desks, on the phone or in front of the computer. Unfortunately, these hours are often spent unaware of one's posture and with little rest breaks throughout the day. While it is easy to start out with correct posture, it's just as easy to lose it or not pay attention when overwhelmed with the day's work. Consequently, our bodies end up paying the price.

Poor desk posture and workstation set up will have a negative effect on our bodies and can lead to a variety of problems including carpal tunnel syndrome, tension headaches, thoracic outlet syndrome (which is characterized with tingling and numbness down the arm and into the hand), back pain and generalized muscle pain/tension.

Head
Head back, chin tucked, ears, shoulder, hips aligned.

Neck
Use headphones. Do not cradle phone between head and shoulder!

Elbows
At sides - slightly more than 90 degree bend.

Chair
Fully adjustable with lumbar support in small of the back.

Eyes
Level with top 1/3 of screen
← 18-24" →

Document Holder
Adjacent to and at same height as monitor.

Keyboard
Same height as elbow with wrists slightly bent. Keystroke gently!

Mouse
Adjacent to and at same height as keyboard.

Chair Height
Hips slightly more than 90 degrees, feet flat on the floor.

Tips to improve your workstation and protect your body

- Use a good adjustable chair.
- Keep your low back against the back of the chair, or use a small towel roll to provide adequate lumbar support.
- Place your feet flat on the ground and your knees bent at a 90 degree angle
- Keep your shoulders relaxed on either side.
- The keyboard should be placed at elbow height with a padded rest for the wrist and opt for a split-keypad design which allows the hands to rest at a more natural position.
- Position the top of the screen at eye level.
- When using a mouse, ensure that you don't have to reach for it; your arm should be kept close to your body with your elbow bent at 90 degrees. Even better, invest in a keyboard with a trackball or touch pad in place of a mouse.
- Use a head set if you are on the phone a lot. Do not cradle the phone between your head and shoulder.
- Remember to take proper rest breaks every 20 to 30 minutes. Get up, stretch and walk around to encourage circulation to tense muscles. Our bodies were not made to stay in one position for long periods of time!

Regular massage therapy can help alleviate and prevent an accumulation of muscle tension and problems associated with poor desk posture. It is important if you are coming for a massage to follow a few steps to ensure you get the most out of your treatment.

Before your treatment:

- Come well hydrated and don't eat a large meal immediately before your treatment.

During your treatment:

- Relax your body and mind. Slowing down your breathing will allow your muscles to fully relax.

After your treatment:

- Depending upon the therapists instructions you may need to ice an area or take an Epsom salt bath.
- Drink a lot of water to help flush out toxins and rehydrate your tissues.
- Do your recommended exercises! This will help to maintain the effects of your massage and improve physical function.



Chiropractic and Acupuncture Reduce Discomforts of Pregnancy

Dr. Anita B. Yee, BSc, DC



A patient of mine said something surprising to me the other day; she had assumed she could not receive chiropractic care during her pregnancy! She had received regular chiropractic care for her occasional back pains throughout her adult life. However, when she became pregnant last summer, she assumed she would just have to suffer with her low back pain. Fortunately, her obstetrician told her to get chiropractic treatment for the low back pain and ended the five months of suffering she had just endured!

Pregnancy is a wonderful time and we look forward to the birth of a healthy baby. Pregnancy is also a time of great change in a woman's body and it is not unusual for women to experience discomforts in joints and muscles. First, the changing hormone levels cause ligaments to soften and relax. Next, the weight gain of pregnancy increases the stresses on all joints and muscles, especially in the low back and pelvis. Furthermore, a shift in the weight distribution can also accentuate the strain and cause very small misalignments in the back and pelvis. Low back pain is experienced by at least fifty percent of pregnant women.

Chiropractors are trained to deal with joint and muscle problems with hands-on, gentle, conservative, non-invasive and drug-free approaches. Chiropractic care is safe for most pregnant women and can minimize musculoskeletal discomforts. Acupuncture can also be used safely, alone or in conjunction with chiropractic care, for the pain in the back and other joints as well.

Furthermore, a chiropractor can also work with a pregnant woman to correct any postural habits that are contributing to the problem and give gentle pregnancy stretches and strengthening exercises for the low back and pelvis.

The forementioned patient also said she suffered terribly from morning sickness. I suggested acupuncture be used to minimize her morning sickness. I often use acupuncture to help my pregnant patients relax, reduce their symptoms of morning sickness and deal with all kinds of aches and pains (ie. headaches, backaches, pelvic pain and wrist pain) without having to take any medications. During my acupuncture training at a women's hospital in Beijing, I have also seen acupuncture used to deal with preparing a woman for labour and in labour to reduce pain in both natural childbirth and cesarean sections.

Chiropractic treatment and acupuncture can be used safely in a majority of pregnant woman to help them deal with the discomforts of pregnancy. By reducing the discomforts, a pregnant woman can keep active and mobile and be productive at work and at home.



Ice or heat?

Dr. Susan D. DeWolfe, BSc, DC, FCCSS(C)



Patients often say that they can never remember if it is better to heat or ice a new injury. My short answer is "if in doubt ice"

A new pain, injury or dysfunction that is less than 48 hours old, is often painful because of significant swelling in the joint. This swelling creates pain by putting pressure on the sensitive tissue and nerves of the joint. Ice reduces the swelling around the joint resulting in less pressure. Ice also decreases the nerves' ability to send pain messages to the brain.

Heat increases blood flow to an area of injury so if the tissue is already swollen, heat will cause more swelling, more pressure and often more pain.

Remember, ice is not to be placed directly on the skin. It must be wrapped in a thin towel or pillowcase to prevent any injury or burns to the skin. The ice application should feel cool but not cold to the skin. Place ice over the painful area, or the area indicated by your health provider for ten minutes. Then remove the ice and let the skin return to its normal temperature. Repeat every one to two hours, six to eight times a day.