



# BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY

## Staff Profile: Christy Fee, RMT



Christy Fee is part of our massage therapy team here at the Commerce Court Health Centre. Christy grew up on the west coast near Vancouver, British

Columbia. After high school she travelled throughout North America and Asia before starting at the West Coast College of Massage Therapy. This massage program enabled hands-on exposure in prenatal massage at BC Women's Hospital as well as athletic treatments with varsity athletes at University of British Columbia. After graduating from massage school in 2005, Christy provided massage therapy services in a chiropractic office located in Calgary. Last spring she relocated to Toronto and is happy to be building her practice here at the clinic.

The clinic now has two massage therapists available Monday through Friday for our clients. Most health benefit programs provide coverage for registered massage therapy services. Our team provides not only condition based therapy (ie. Low back pain, headaches, repetitive strain) but can also provide relaxation massages when you just want to get away from work and let the stress melt away.

## Big Fish at the Commerce Court Health Centre!

The Commerce Court Health Centre is pleased to be the 2009 sponsor of the Big Fish Dragon Boat Crew.

The team has represented the Centre quite well with a focus on teamwork, fitness, technique and fun. Results so far:

- 2nd place Outer Harbour Challenge
- 2nd place A Consolation in Pickering Dragon boat race and winner of the Health Care Cup
- Bronze medal in the Toronto International Dragon boat Festival
- 4th place Great White North Sport Race

The 4th place finish was by far the biggest accomplishment as the field was composed of many of the top teams from across Canada.

Our next regatta is the Nationals in Montreal. The team is training for a top five finish in order to earn a spot at the 2010 Club Crew Championships in Macau.

Dr Shannon Dales is proud to be the team sponsor and has enjoyed paddling with her crew. You can see video of the crew at Toronto Island:

[http://www.youtube.com/watch?v=ArQo8HhfzXI&feature=channel\\_page](http://www.youtube.com/watch?v=ArQo8HhfzXI&feature=channel_page)



Photo: Commerce Court Health Centre Big Fish Crew

### In this issue...

Staff Profile: Christy Fee, RMT.....	1
Big Fish at the Commerce Court Health Centre!.....	1
From Your Clinic Director.....	2
Lighten Up Your Load.....	2
Do You Overbreathe? Is this Affecting Your Health?.....	3
Glutathione: The Next Household Word.....	4





## From Your Clinic Director

Our centre is approaching its' 7th birthday at this location. Certainly for many of our clients this year has been very challenging due to the economic environment. I wanted to take this opportunity to thank all of our clients for entrusting us with your health concerns. It is our honour and pleasure to help you achieve your health care goals. As well, thank you to our clients for your referrals. We will do our best to help your family members, co-workers and friends with their health care needs.

I hope everyone enjoys the summer holidays. I plan to take my family and my umbrella for some relaxation at a cottage.

Dr. Shannon Dales



## Lighten Up Your Load

Dr. Susan DeWolfe, BSc., DC, FCCSS

Recently I weighed my gym bag and was shocked to see it was close to 13 pounds! I quickly replaced it with a gym bag that has wheels and a handle. Although my friends at the gym have teased me, my wheelie bag has made a huge difference in how my neck and shoulders feel.

Over packing your purse, laptop bag, suitcase or knapsack is an easy pitfall. The larger and heavier the bag the more susceptible necks, backs and shoulders are to strain. Carrying heavy bags day after day can cause repetitive strain on joints, muscles and nerves. This leads to knots, pain and injuries. Reducing the weight we carry is a key step in avoiding continuous strain of joints, nerves and muscles.

Whatever you are carrying, your first step is to select a purse, bag or suitcase which is as light as possible. Try to choose a bag with wheels or at least one with wide adjustable padded straps which allow weight to be evenly distributed on your body. If your bag has only one strap, adjust the strap so that the bag sits no lower than your waistline. Poorly designed shoulder straps can dig deeply into the muscles of your neck and shoulder and put pressure on delicate nerves. Whatever you are carrying, it should never weigh more than 10-15% of your weight when it is full.

Resist the urge to carry everything you own. Buy doubles of cosmetics, brushes, etc., and leave one set at your desk at work. This way, you are not carrying all those items back and forth from home every day. Consider leaving some less or seldom used items behind. Look through your wallet and consider leaving all those "reward" cards either at home or at the office. Clean out your purse, wallet and bag regularly. It is amazing how heavy all those reminder slips, business cards, and coins can become.

For laptops, which are heavy in themselves, buy an extra set of accessories (i.e. AC adaptor cords, batteries, mouse and keyboard) and leave one set at the office and one set at home.

When using a knapsack make sure to use both straps. It is common to see a heavy knapsack draped over only one shoulder. Not only is the knapsack unable to do its job, your neck and shoulders are exposed to tremendous and repetitive stress and strain. This strain is further compounded if you pick up a few groceries on the way home. Getting a bundle buggy for your groceries ensures your muscles are protected from strain.

When muscles are exposed to heavy or repetitive loads, like straps on laptop bags, the blood flowing to the muscles is reduced. The muscles then become oxygen deprived, calcium levels change, and knots, scar tissue and adhesions form. These knots are often hard to resolve and lead to pain and headaches. So good bag choices can decrease the stress and strain, keeping you healthy and comfortable.



Visit our website...[commercecourthealth.com](http://commercecourthealth.com)



## BODY HEALTH

CHIROPRACTIC, PHYSIOTHERAPY, ACUPUNCTURE, ART®, MASSAGE, NATUROPATHY, PSYCHOTHERAPY

**Body Health** is brought to you by The Commerce Court Health Centre and is dedicated to providing accurate, timely chiropractic, physiotherapy, active release therapy, acupuncture, massage therapy, orthotics and naturopathic medicine information representing the current state of knowledge. Keep in mind that research on these matters continues daily and is subject to change. The information presented is not intended as a substitute for medical treatment. It is intended to provide ongoing support of your healthy lifestyle practices.

**Body Health** is circulated to our clients as a complimentary service. For more information, contact **Dr. Shannon Dales** at:  
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# Do You Overbreathe? Is this Affecting Your Health?

By Scott Allen, Physiotherapist

The term hyperventilation means moving more air through the chest than the body can deal with. Most people have experienced an acute version of hyperventilation- also called overbreathing- at times of acute stress or anxiety. This is a normal response to a sudden danger or period of excitement. The signs of this are a fast heart rate, rapid breathing, an adrenaline rush, a hyper-alert nervous system and muscles which have tensed up. When the stressful event has passed it is normal for the body to return to a state of baseline relaxation.

The concern of this brief introduction to overbreathing however is what happens when the body stays in a more subtle and chronic version of this overbreathing or hyperventilation. This is much more difficult to spot and often goes undiagnosed within the medical community. Typically more widespread symptoms are felt, and at times they can feel like they appear out of the blue. The symptoms can mimic more serious disease or remind the sufferer of the events around a previous acute attack.

Common symptoms of overbreathing are as follows:

- Breathlessness at rest for no apparent reason
- Frequent sighing or yawning
- Palpitations
- Light headedness or feeling spaced-out
- Tingling in the lips or extremities
- Upset stomach or irritable bowel
- Achy muscles or joints, tremors
- Weakness, fatigue, broken sleep
- Clammy hands and high anxiety

When overbreathing becomes chronic the balance between the oxygen rich air we breathe and carbon dioxide (CO2) we breathe out becomes upset. As a result of this CO2 levels begin to drop. CO2 is far from being just a waste gas we expel at the end of respiration; it is a powerful governor of many of the body's systems. As a result of falling CO2 levels, a cascade of effects can be set into motion. Initially the normal acid/alkaline balance of the body (pH) is altered; as the body tissues becomes more alkaline there can be a change in blood flow to the brain and tissues, stimulation of the sympathetic nervous system, elevated heart rate, an increase blood pressure, altered digestion, and the development of tight achy muscles. Over time, especially if the problem goes undiagnosed, feelings of being unwell, exhaustion, and

chronic anxiety and depression can develop. Since every cell in the body requires oxygen it is not a stretch to see how every system is going to be affected by this change. This can explain the often puzzling array of symptoms a sufferer can experience. It must be stated however that at times the symptoms can be limited to only a focused band of symptoms.

How do I know if this is me, and what can I do about it? Capnography is a measure of end of respiration CO2 levels, and it is an important biofeedback tool to measure the breathing pattern strategy and breathing chemistry. This tool can be used for both assessment and retraining as required. Many times as a person is identified with a breathing pattern disorder a specific plan can be put in place to retrain the body to a healthier way of being. This can involve specific home exercises and clinical treatment to address the primary factors contributing to the problem. If you have questions or would like more detailed information please feel free to call me at the clinic.

## Back Pain Survey

Approximately 80 percent of adults in the US and Canada have experienced low back pain at some point in their lives. Recently, the Consumer Reports Health Ratings Center surveyed over 14,000 subscribers who experienced low back pain in the past year but never had back surgery. More than 50 percent of respondents said the back pain severely limited their daily routine for a week or longer and 88 percent said it recurred throughout the year.

Low back pain can be quite disruptive to our daily routine. In the survey 46 percent said that back pain interfered with their sleep, 31 percent said it interfered with their ability to maintain a healthy weight and 24 percent reported that back pain affected their sex life.

If you suffer from an episode of low back pain who should you see for therapy?

The following table outlines the responses from the survey:

Professional	Highly Satisfied
Chiropractor	59%
Physical Therapist	55%
Acupuncturist	53%
Physician, specialist	44%
Physician, primary-care doctor	34%

Source: April 2009 Consumer Reports.org



# Glutathione: The Next Household Word

By Dr. Elizabeth Douglas, BKin (Hons), CK, DC

You may or may not have heard of glutathione, even though over tens of thousands of medical articles have highlighted its importance. Glutathione is a small protein produced naturally in every cell of our body. It is made up of three protein building blocks (glutamic acid, cysteine and glycine), called amino acids. There are three major roles of glutathione in the body: Antioxidant, Immune booster and Detoxifier. Even cells in the healthiest of individuals constantly need to replenish their glutathione supply.

## Master Antioxidant

Antioxidants (such as vitamin C, E and glutathione) participate directly in the destruction of free radicals, a by-product of a cell's normal function that can't be avoided. Excess free radicals are a problem because they attack the body itself, damaging key cellular molecules such as DNA. Cells with damaged DNA may be more prone to developing cancer (e.g. prostate cancer) and have been implicated in premature aging, heart disease, stroke, arthritis, cataract formation, chronic fatigue syndrome, Parkinson's disease, Alzheimer's disease, macular degeneration, diabetes and infectious disease. An excess of free radicals can be caused by smoking, sunbathing, frying food, infections, excessive exercise, stress, radiation and polluted environments.

## Food For The Immune System

Your immune system is constantly on the prowl for agents of cellular damage, toxicity and disease including viruses, bacteria, parasites, fungi and even pre-cancerous cells. To counteract these invaders, the body needs a ready supply of glutathione - if it doesn't have enough some of the invaders will get through, infecting the body and/or contributing to aging and long-term accumulative damage. We can't avoid illness and aging altogether, but by keeping our intracellular glutathione levels elevated, we also keep our immune system on full alert and fully armed.

Maintaining a healthy immune system is especially important in this day and age with the recent threat of the H1N1 flu virus. Unlike Cold-fX, a popular immune boosting supplement, countless research papers, experiments, epidemiological studies and most importantly, clinical trials on humans have shown that glutathione helps build your immune system's resistance and improve your chances of staying healthy.

## Detoxification System

Hundreds of toxins are eliminated by the glutathione enzyme system, including breakdown of drug products (i.e. acetaminophen), pollutants (i.e. cigarette smoke, automobile exhaust, heavy metals), carcinogens and radiation damage. So, it is no surprise that the liver,

the body's major detoxifying organ, has the largest concentration of glutathione in the body. Unable to avoid them, we inhale and ingest toxins every day of our lives, especially in our technological era with congested and polluted cities and bio-engineered food supplies. Experimental studies have shown that low glutathione levels lead to poor liver and kidney function, and result in unnecessarily large quantities of toxins circulating through the body where they continuously damage individual cells and organs.

## Energize Yourself

Our cells are like little machines, running 24 hours a day. The energy comes from tiny structures within our cells called "mitochondria" which serve as tiny batteries. The mitochondria literally burn up oxygen and as a result are prone to overload and damage, limiting their ability to continue working unless these breakdown products are removed. The major substance produced by the cell to keep these mitochondria "cool" and efficiently running is glutathione. This translates into more energy, more strength and 10-15% improvement in your athletic performance. For this reason, raising glutathione has become a focus for many studies from sports medicine to anti-aging.

## Raise Glutathione Levels—But How?

The fact is you can't ingest glutathione to feed it to your cells - you need to ingest glutathione building blocks called "precursors." Unfortunately, these "precursors" are relatively rare in our normal diets. So, where can you find them? **Immunocal** is an all-natural, non-prescription health product available worldwide. This special protein holds many national and international patents and is medically recognized in the Compendium of Pharmaceutical Specialties ("CPS" Canada). It has undergone over 30 years of research and has been taken safely and effectively by millions of individuals.

**Immunocal** contains specific fragile proteins that supply your body with the building blocks needed for the production of glutathione in your cells.

### Why Should You Take Immunocal?

You should take **Immunocal** to optimize antioxidant function, support the immune system, detoxify at the cellular level, increase energy levels, increase strength and endurance, assist in neutralizing acid production, slow down the loss of calcium, optimize muscle function, help sugar metabolism and help prevent free radical damage.

If you are interested in further information on this product, please feel free to visit our website:

[www.immunotec.com/commercecourthealth](http://www.immunotec.com/commercecourthealth)

or ask for further information when visiting the clinic!