



BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY NUTRITION

Welcome to our Dietitian Orly Wachter, RD



The Commerce Court Health Centre is very pleased to announce the addition of a registered dietitian to our team. Orly Wachter graduated from the University of Toronto in 2004 with a Bachelor of Science in

physiology and psychology. She then moved to Boston, where she completed a Masters degree in clinical nutrition at Boston University and also obtained a certificate in adult weight management from the American Dietetic Association.

Orly loves to travel and experience cuisine from different cultures. She is passionate about cooking and teaching others how to make healthy food taste great.

Orly will begin working at the clinic in April 2010 and is currently accepting new clients. She has experience motivating clients to make overall healthy lifestyle changes for weight loss or gain, high blood pressure, cholesterol control, diabetes, managing food allergies and intolerances, celiac disease, vegetarianism and sports nutrition. Orly will be available for appointments on Monday evenings between 4:30-6:30 pm.

If you have any questions about nutrition or would like to speak with Orly, please call her at 416-214-0100.



Big Fish at the Commerce Court Health Centre!

The Commerce Court Health Centre was 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. Since the last newsletter the crew completed two additional regattas with fantastic outcomes. The results:

- September 12/13 Toronto, Silver medal at the 15th Annual Great White North Dragon boat Challenge
- August 23/24 Montreal, Qualified for the 2010 World Club Crews in Macau

Dr. Dales and the crew have been busy over the winter months with dry land training and are eagerly anticipating our return to water practices in just three weeks. We are very excited to be traveling to China this July to race against club crews from around the world!

Dr Shannon Dales was proud to be the team sponsor and has enjoyed paddling with her crew.

In this issue...

Staff Profile: Orly Wachter, RD.....	1
Big Fish at the Commerce Court Health Centre!.....	1
From Your Clinic Director.....	2
Expanded Orthotic Services.....	2
The 15 minute Fitness Habit.....	3
Compression Therapy Products Now.....	3
Tips for a Healthy Back in the Garden.....	3

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, naturopathic medicine, and nutrition 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:

The 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
 Web: www.commercecourthealth.com

© 2010. **Body Health**. All rights reserved. Material may not be reproduced in whole or in part without written permission. Designed by iDesign® Inc. info@idesigngrafix.com





From Your Clinic Director

I love this time of year. The days are getting longer, the sunshine seems to give everyone a spring in their step and the general mood seems to brighten. Many of us spring clean to freshen up and reorganize our homes. I am very happy that the clinic is adding a few new services which will help us re-energize and expand options for our clients. I am pleased that we will be adding registered dietitian and chiropody services.

Welcome back to our massage therapist Jennifer Ingram. Jennifer is working at the office on Monday and Wednesdays. Nice to have you back Jennifer! Massage therapist Christy Fee has also expanded her hours so she is now available four days per week.

With spring time comes the spring allergies. Feel free to talk to Dr. Dales and Dr. Douglas about how acupuncture can help manage and relieve the spring time sinus pressure!

Spring time is also a good time for a spinal check up to get all the “kinks” out before you embark on increased activity such as baseball, soccer, cycling, gardening and of course dragon boating (I just had to add that last one!).

Cheers!

Dr. Shannon Dales

Expanded Orthotic Services

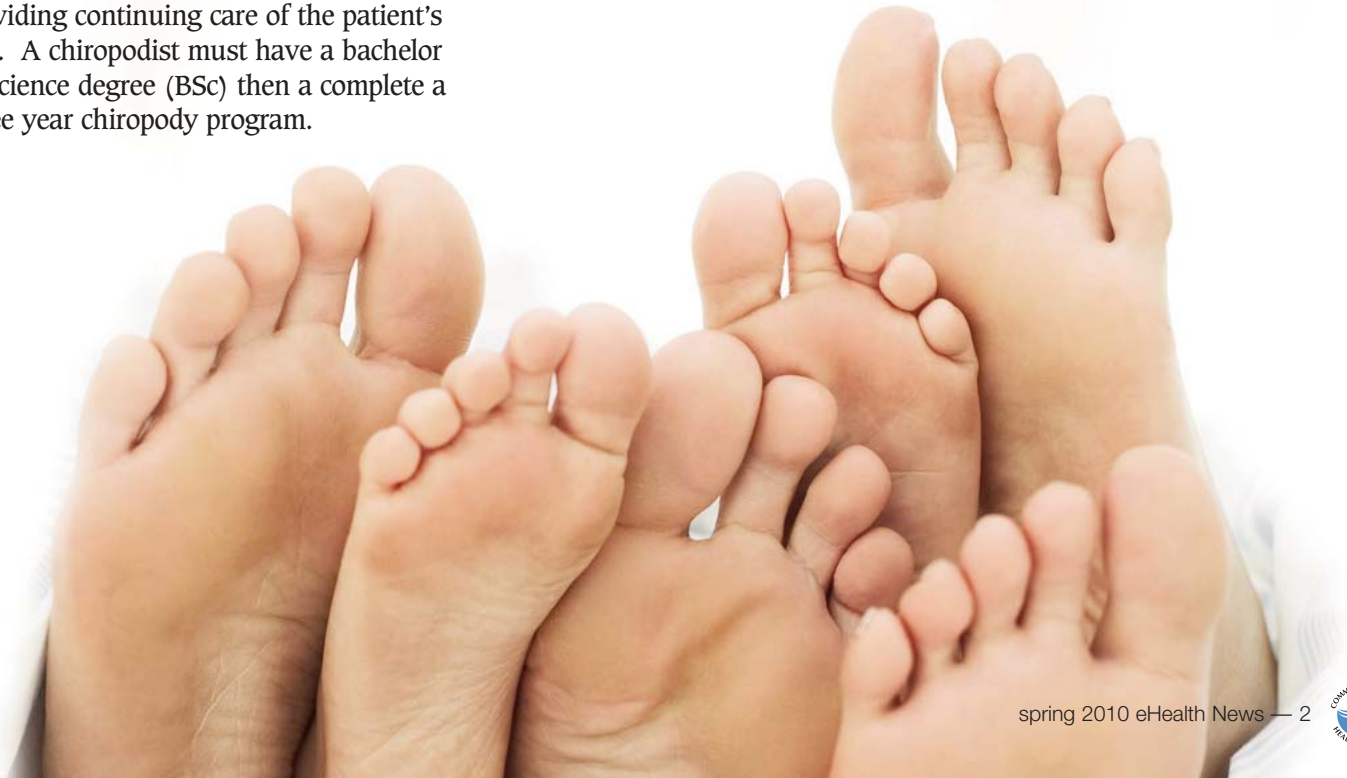
The Commerce Court Health Centre is happy to announce that as of April 2010 we will have the services of a chiropodist here at the clinic. Jayme Lustig D. Pod. M. will be providing orthotic services within our clinic. Her orthotic services will include orthotic prescription, biomechanical examination, gait analysis, orthotic casting and dispensing.

What is a chiropodist? The practice of chiropody is the assessment, prevention and treatment of foot and ankle related disorders. A chiropodist specializes in providing continuing care of the patient’s feet. A chiropodist must have a bachelor of science degree (BSc) then a complete a three year chiropody program.

Chiropody can include, but is not limited to:

- Heel Pain
- Warts
- Corn and Callus treatment
- Prescription of drugs & soft tissue surgery for the conditions listed above
- Custom Orthotics
- Compression Stockings
- Arch Pain
- Fungal nails
- Diabetic Foot Care and education
- Custom Orthopedic footwear

A chiropodist (Foot Specialist) is a regulated practitioner so a doctor’s referral is not necessary to book an appointment. Many extended health insurance plans cover chiropody treatments as well as devices commonly prescribed such as custom orthotics and footwear. Early prevention and detection of foot conditions may prevent problems down the road so book an appointment with Jayme Lustig today.



The 15 minute Fitness Habit

Fitting-in just 15 minutes of focused activity each day can start you on the way to an energized lifestyle.

Fit-in 15 has been developed by Canada's Doctors of Chiropractic, experts in muscle and joint function, and champions of healthy living. They recognize that it can be hard to find time in a busy day to focus on physical activity. That's why they created Fit-in 15, an easy and manageable way to start the habit. Once Fit-in 15 becomes a regular part of your day, you may find yourself fitting in more.

15 minutes a day will get you started on the way to many health benefits:

- Better heart health
- Improved circulation
- Greater flexibility and strength
- More stamina
- A brighter outlook

Visit www.fitin15.ca to find practical tips to stay motivated!

Compression Therapy Products Now Available



What Does Compression Hosiery Do?

- Delivers a controlled amount of pressure to the legs
- Supports the venous and lymphatic system
- Prevents poor circulation
- Promotes better venous blood flow which can prevent and control vein related diseases

Who Should Wear Gradient Compression Hosiery?

People who have or are experiencing any of the following:

- Chronic venous insufficiency
- Moderate to severe varicose veins
- Tired, aching fatigued legs
- Swollen feet, ankles or legs.
- People who either stand or sit for long periods of time
- Lymphedema
- Obesity
- Family history of venous leg disorders
- Expectant mothers

Compression stockings must be measured for your ankle and calf dimensions. Please talk to Dr. Shannon Dales if you are interested in compression therapy.

Tips for a Healthy Back in the Garden



From the Ontario Chiropractic Association

- H**ave the right tools for the task at hand
- E**nsure you drink plenty of fluids
- A**lternate between light and heavy loads
- L**ift correctly
- T**ake frequent breaks
- H**eavy loads should be shared
- Y**our feet should be protected with thick soled supportive shoes
- B**efore you start, warm up your muscles
- A**void muscle strains, learn the right technique
- C**hange positions frequently
- K**neel to plant and weed
- S**pinal check ups can help keep your back healthy