



BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY NUTRITION



Integrative Medicine now at Commerce Court Health Centre

*Esther Konigsberg MD CCFP
Integrative Medicine Consultants Inc.*

The Commerce Court Health Centre is pleased to announce the addition of Dr. Esther Konigsberg of Integrative Medicine Consultants, to our team. Dr. Konigsberg will be providing integrative medicine consulting services to our clients. Dr Konigsberg places her clients' overall health and well being as the primary focus. "Integrative Medicine" means that the best of conventional medicine is integrated with the best of complementary and alternative therapies that are supported by scientific evidence. Whether you are healthy and interested in prevention, living with a chronic condition or wanting to explore bioidentical hormone therapy, Integrative Medicine Consultants Inc's integrative approach will help you to achieve your optimum health.

Dr. Konigsberg takes the time to listen and understand who you are and works with you to create a written customized, proactive, long-term health plan to address your health concerns and achieve your goals. Your health plan will include advice tailored specifically for you on using more natural therapies while minimizing invasive treatments such as medications and surgery where appropriate. Therapies include: stress management, meditation, life coaching and counselling, nutrition, supplements, herbs, bioidentical hormones, physical activity and mind body techniques. Dr. Konigsberg will recommend and coordinate care provided by complementary and alternative health care professionals where needed. The intention is to use all appropriate therapies to empower you to achieve maximum vitality and wellness

Esther Konigsberg MD is a member of the Canadian College of Family Physicians and a graduate from the Fellowship Program in Integrative Medicine at the University of Arizona. Dr. Konigsberg is an Assistant Clinical Professor at the University of Arizona in the Program in Integrative Medicine.

At McMaster Medical School she is an Assistant Clinical Professor, McMaster's Curriculum Consultant for complementary and alternative medicine as well as McMaster's Representative for Canada's Complementary and Alternative Medicine in the Undergraduate Medical Education project. She is on the steering committee for the Consortium of Academic Health Centers for Integrative Medicine.

Dr. Konigsberg has been leading transformational seminars and lecturing to the public, academic and corporate worlds since 1996. She has written numerous articles on mind, body and spirit, health and healing as well as being a contributing author for the book "Inspiring Breakthrough Secrets to Live Your Dreams". Dr. Konigsberg takes a balanced view of health and wellness, with a goal of optimizing health, including body, mind and spirit.

In this issue...

| | |
|---|---|
| Integrative Medicine Now at Commerce Court Health Centre..... | 1 |
| From Your Clinic Director..... | 2 |
| Physiotherapist Accepting New Patients..... | 2 |
| Do I Need Chiropractic Care?..... | 3 |
| Colds, Flus and You..... | 3 |
| How to warm-up when it's cold outside!..... | 4 |





From Your Clinic Director

As I write this article I am surrounded by the sound of Christmas music and the twinkle of the Christmas tree lights. This time of year makes me reflect on all the things that I am grateful for. First, I would like to say a big thank you to our front desk staff that keeps the office working while we therapists are in our offices with clients. Our front desk team lead by office manager Angela Sofroniou really try their best to provide our clients with an efficient friendly customer service experience.

Secondly I would like to thank our team of talented therapists. Some of our therapists have been working with me for over 9 years and other therapists have just recently joined our team. I feel the right fit of personalities and talent truly makes our office unique.

Lastly and most importantly, I would like to thank our clients. We all appreciate the trust you place in us as we try to address your acute and ongoing needs. It is our pleasure to work with you!

I hope everyone enjoys the holiday season. All the best in 2012!

Cheers!

Dr. Shannon Dales



Physiotherapist Accepting New Patients

By *Angela Growse*
B.Sc, B.Ed, M.ScPT, FCAMPT

Commerce Court Health Centre is pleased to announce the addition of another experienced physiotherapist to our health care team. Angela Growse joined our office in November 2011. Angela is an experienced manual physiotherapist and has been a member of the College of Physiotherapists since 2003. Her treatment philosophy involves thoroughly educating her clients on the nature of their injury, and employing specific manual techniques and therapeutic exercises to address and correct the root of the problem, not just treat the symptoms. She has advanced training in spinal mobilization and manipulation and the use of medical acupuncture. She began her career working with patients recovering from burns, amputations and complex trauma. She has moved towards developing a strong orthopaedic practice for the athlete, weekend warrior and desk jockey alike.

Angela received her Masters of Science in Physiotherapy from McMaster University after completing a Bachelor of Science and a Bachelor of Education. She has since earned her Diploma of Advanced Manual and Manipulative Physiotherapy and her Certificate of Contemporary Medical Acupuncture.

Angela is an assistant instructor for the Orthopaedic Division of the Canadian Physiotherapy Association in postgraduate manual and manipulative therapy education. She is also a guest lecturer in the Physiotherapy programs at both McMaster University and the University of Toronto.

In her downtime Angela enjoys volleyball, cycling and yoga. She also cultivates her passion for art, design, food and travel whenever possible. She is accepting new patients on Monday, Tuesday, Wednesday and Friday.

- Practice Focus Areas
- Manual and Manipulative Physiotherapy
- Orthopaedic Physiotherapy and Exercise Prescription
- Acupuncture
- Education

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:

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Colds, Flus and You

By Esther Konigsberg, MD, CCFP

Do I Need Chiropractic Care?

Eight out of ten Canadians will experience back pain at some point in their life. For some people the pain can affect their ability to work, to go to school, to participate in sports or hobbies or to complete simple tasks at home. Research has shown that chiropractic care can help quickly reduce back pain and get you back enjoying your normal lifestyle.

Factors affecting low back pain

- Work related injuries
- Sport injuries including both acute and repetitive strain injuries
- Poor posture
- Stress
- Car accidents
- Improper lifting

Any of the above factors can cause the vertebrae in your spine to shift from its normal position creating pain, reduced range of motion and increased tension in the joints, muscles and nerves.

What are some warning signs of a back problem?

- Leg pain with numbness, tingling and/or weakness
- Back or leg pain with coughing or sneezing
- Difficulty standing up after sitting for any period of time
- Pain with sitting
- Stiffness in the morning
- Pain in your hip, buttock, thigh, knee or foot
- Inability to turn or bend to each side equally
- Pain that prevents restful sleep
- Low back pain that persists or worsens after 48 hours

What does a chiropractor do?

Chiropractors are trained to evaluate the joints, muscles and nerves of the body. If there is a vertebrae or spinal joint that is out of alignment, a chiropractor can realign the spine to the proper position thus reducing pressure on the joints, muscles and nerves. This correction will restore range of motion and reduce your pain. More importantly you can return to your normal lifestyle.

From the Ontario Chiropractic Association website.

Rather than being helpless victims of the many viruses that cause flu and colds there is much that we can do to boost our immune system and successfully ward off and deal with the effects of those pesky viruses.

The best prevention is to avoid contact with these viruses. We are more likely to pick up a virus through hand-to-hand contact than through air-borne droplets. Viruses can live for up to 4 hours on the hands, so frequent hand washing is a good defense from the common cold.

Our grandmothers were right. Studies show that people who eat well, get enough rest and exercise are less likely to get sick when exposed to viruses. For instance, eating simple sugars (sweets, cakes, etc.) decreases the functioning of our white blood cells, the cells that fight off infection, for up to 5 hours. On the other hand, moderate physical activity has been shown to increase white blood cells and their functioning.

Stress also lessens our ability to resist getting sick. People who are under stress are about 4 times more likely to catch a cold than those under little stress. Stress can be managed by consciously making choices to slow down the pace of our lives as well as learning stress management techniques, of which there are many. Breathing exercises, meditation, spending quality time with family and friends, taking time out in natural surroundings, yoga and tai chi are some effective ways of counteracting stress.

Contrary to popular belief, taking vitamin C doesn't actually prevent colds. However, vitamin C taken in large quantities does appear to lessen the length and severity of the common cold. So if you do get a cold, taking 1000mg of vitamin C each hour for the first 6 hours and then 3 times a day for the duration of illness is a reasonable approach. Be forewarned, this amount of vitamin C can cause stomach upset including nausea and diarrhea.

Echinacea is an herb that many people have been using to boost their immune system. As with vitamin C, although it is effective for lessening the length and severity of colds, it is not effective in preventing them. A reasonable dosage is 2 to 3 ml of Echinacea purpura juice or 1 to 2 ml of an extract taken 3 or 4 times daily in juice or water. If you prefer capsules take 150 to 300mg of dried powdered extract in capsule form 3 to 4 times daily. For children younger than 10 years, half of the adult dose is recommended.

Astragalus is an herb that may work to prevent the common cold. If you experience frequent colds, 4-7 grams of Astragalus daily can be tried during the cold and flu season. For treatment of the common cold 10 to 30 grams daily in either capsule or tincture form can be helpful.

Flu shots are effective at cutting down the frequency of both the common cold and flu. Flu shots are widely available in Ontario. They are effective for about 4 months from time of injection and are best taken towards the end of October and early November during the height of the flu season.

The bottom line is the best way to boost your immune system is through a healthy lifestyle. And here's something to think about, a cold and flu may be an opportunity to slow down and a reminder to take better care of ourselves in the future.



How to Warm-Up When It's Cold Outside!

By Angela Growse B.Sc, B.Ed, M.ScPT, FCAMPT

Winter sport season is upon us so don't let those first downhill runs, drops into the half-pipe or spins around the rink leave you sore and winded, or worse, injured! Winter sports like skiing, snowboarding or skating often use different muscles and motor patterns than our summer sports and if you haven't prepared for this, the results can be less than desired.

Two things are important when changing sports for the winter season:

- 1) Preparing your muscles for the new demands in advance so you don't get injured.
- 2) Planning and executing a dynamic warm-up in colder temperatures.

If your summer sports primarily involve running, jumping, cycling or swimming motions then the requirements of skiing or skating can come as a shock to the system. Skateboarders and surfers have the advantage of using some similar muscles and movements as snowboarders so if they've been actively skateboarding or surfing through the fall, they will be better prepared than others. To get ready for the demands of winter sports you should start adapting your workouts 3 to 4 weeks prior to your return to the ice or your first trip to the mountain. Look to your specific sport demands for inspiration. If you play hockey in the winter, but only cycle in the summer you will need to add exercises that involve more lateral (side to side) movement and perhaps some burst training to increase your explosive power to chase the puck. If you run in the summer and ski in the winter, you may need to prepare by adding more squats and rotational core exercises to help control the turns down the hill, especially if you are a mogul skier. If you enjoy team sports like beach volleyball in the warmer months but enjoy cross country skiing when the snow falls, you will need to ramp up your cardio to match the endurance demands of gliding along the trails.

Winter sports pose a unique challenge over summer sports when it comes to a warming up. A dynamic warm-up prior to any activity is essential for elevating your heart rate, warming up your tissues, and preparing your muscles for the repeated movements, power and speed required by your sport or activity. This is much simpler when it's +20°C versus -20°C! Downhill skiing and snowboarding are particularly challenging in this area. You may do a great job of getting warmed up at the base of the hill, only to have to stand in line then sit on a chair-lift for 10-15 minutes, at which point, your body is nearly back to its resting state. One of the best things you can do is also the simplest - keep moving! Do a solid 10+ minute dynamic warm-up of jogging, speed walking in your boots or skate-skiing at the base of the hill, followed by arm swings, lunges, side hops and torso twists gradually increasing your speed and range of motion while maintaining control. You can start with your skis or board off, then lock in and do a few stopping drills or short runs. Once you are warmed up and doing regular runs, make sure you keep your leg muscles warm while standing in line for the lift by doing small squats or lunges. On the chair lift, snuggling with your neighbour may be your only option to keep warm but once you are at the top try a few more of the dynamic stretches to limber up before heading down the run. For snowboarders waiting to drop into the half pipe, keep warm by doing hops, squats or twist jumps, depending on your comfort level and skill. At the end of the day, do a few static stretches to relieve tension in your muscles and prevent you from starting the next day with stiff, slow-moving joints. Stay hydrated throughout the day when you can and top up your fluids after the last run. Often we forget to drink enough when it's cold out, and beer and hot chocolate don't really count.

If you have questions about how to transition into your winter sports or create a dynamic warm-up, come in for a Physiotherapy consultation and we'll help you develop a training plan to match your needs. Lastly, don't forget to check all your equipment for wear and tear. The last thing you want is to have all your preparation foiled by inadequate or worn-out gear!

