



BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY



It's a Boy!

Dr. Anita B. Yee, BSc, DC

As most of you know, I am currently on maternity leave. However, I anticipate returning to my practice on October 2nd, 2006. During my absence, Dr. Demetra Hazineh, has done an excellent job of caring for my clients. I want to thank all of you for your continued loyalty and trust in keeping up with your treatment plans during my absence (not saving all that hard work for me on my first days back to work after having a baby!). I am most grateful for Dr. Hazineh's compassionate and excellent care, thus allowing me to focus on being a mother. For those who have not tapped into her strengths, I hope you will take this opportunity to do so prior to her departure.

My husband Tom and I would like to announce the birth of our son, Harrison, on June 15th, 2006. Harrison arrived in the wee hours of the morning after a straightforward delivery. We are all doing well. Harrison is an active and very curious baby keeping his parents and grandparents on their toes! We would like to take this



opportunity to thank all the health practitioners that helped me get through the pregnancy and delivery in great shape. Tom and I would also like to thank our clients and colleagues for all their well wishes!

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Finding Meaning and Purpose

Dorothy Ratusny, BSc, MA(c), OACCP

Chances are, you would want to know how you can contribute to the world in a positive way. What you may not realize is that making a positive difference in the life of just one other person has an incredible transformative effect. And you have an opportunity every day to touch others in a positive and meaningful way.

On the simplest level, you affect others by your choice to be any or all of the qualities you believe are honourable. You inspire others when you lead by example. It isn't about invoking change but rather being the change you want to see. By choosing to define your own purpose in this world and living your life based on the meaning and fulfillment this purpose gives you, you invariably influence others to do the same.

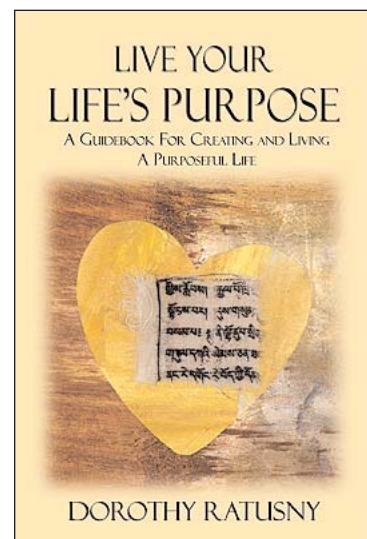
What gives you a sense of purpose and meaning? How do you create a fulfilling life based on the fundamentals of what you are intrinsically good at and enjoy doing? What allows you to feel a sense of worth and value?

Many of us contemplate that there must be more to our lives than what we currently experience. In my practice, I continue to see more and more people who recognize that they want more for themselves out of life. With some honest self-reflection, clients identify what it is that they would like to change or improve upon in order that they are no longer held back from who and what they want to be.

Having the courage to step forward and explore a part of your self, means that you are choosing to no longer fear it. To a large degree, therapy generates clarity. You develop a better understanding of how to move forward in the direction that you want for yourself. Having someone facilitate this process means that you explore ideas and thoughts about a particular situation that you might not have done otherwise.

If you have been thinking about making some changes or if you yearn for something more, you may want to start by exploring what gives you meaning and purpose.

Dorothy's first book, "LIVE YOUR LIFE'S PURPOSE" is now available for purchase from reception at Commerce Court Health Centre or directly from her website: www.dorothy ratusny.com





From Your Clinic Director

On June 15 Dr. Anita Yee welcomed her new baby boy Harrison. Congratulations Anita!

On June 21, 2006 Jennifer Ingram and I traveled to Richmond Hill Country Golf Club to provide massages and stretching demonstrations for the participants in the 2nd Annual Human Resource Professionals of York Region (HRPYR) golf tournament. The weather was fantastic, the scenery beautiful and lots of golfers elbow's to work on!

On August 8th, Dr. Elizabeth Douglas started work at our clinic. Dr. Douglas is a young enthusiastic chiropractor with a background in kinesiology, personal training and swim coaching. I know many of our clients will benefit from her care.

On August 31st, we said good bye to our front desk assistant Shalini Tandon. Shalini is returning to school at Trent University. We wish her all the best with her studies.

On a personal note, I had a fantastic summer with my family. It was a joy watching my daughter fine tune her cannon ball jumps in the pool, complete her recital at dance camp and head a ball at soccer practice. My son is now running around getting into all kinds of monkey business! As usual, I was back in the drag-on boat soaking up both the sun and Lake Ontario. I look forward to paddling in Trinidad this October.

I hope everyone enjoyed their summer vacations. Now that the summer holidays are over and the kids are back at school, remember to book your fall checkups with any of our health professionals. I look forward to seeing you soon!

Cheers

Dr. Shannon Dales



Jamie Haslam Dales- very very junior paddler

Welcome Dr. Elizabeth Douglas

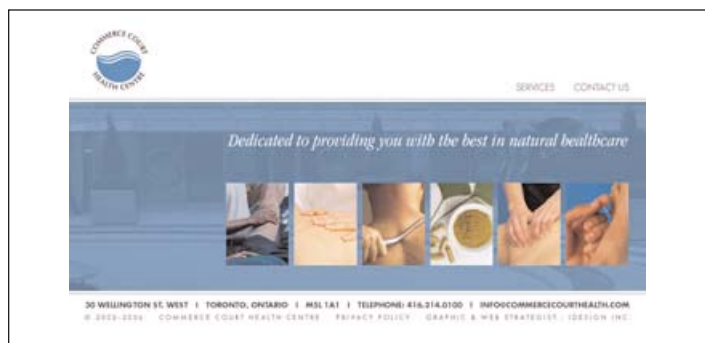


We are pleased to introduce the recent addition of another chiropractor to our professional team at the Commerce Court Health Centre. Dr. Elizabeth Douglas joined our office as of August 2006.

Dr. Elizabeth Douglas graduated from Lakehead University in 2000 with an honors degree in kinesiology. As a kinesiologist, Beth gained valuable experience as a personal trainer, functional ability assessor, DAC (disability assessment centre) assessor, and physical activation therapist. She has also worked with various insurance companies to help clients with complex injuries return to work. In 2002, Beth decided to return to her studies at the Canadian Memorial Chiropractic College. Since graduating in 2006 as a chiropractor, she has also obtained certification in both Graston Technique® and Active Release Techniques® (ART®). She plans on becoming an acupuncture provider over the next year.

Dr. Douglas will be presenting a lunch and learn seminar on September 26th on the concourse level of our building entitled "Low back pain at the workplace; Strategies to reduce pain and improve posture". Contact our office if you are interested in attending this lecture.

Dr. Douglas will be working daily at the Commerce Court Health Centre and is accepting new clients.



Visit our website...
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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Good Posture Tips

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

Poor posture happens quickly, without us even noticing we're developing it. Children carry huge over-loaded backpacks, adults lug briefcases to work and thousands of people spend hours hunched over a computer whether for work or play. Habits for good posture require conscious effort and willpower!

What is good posture?

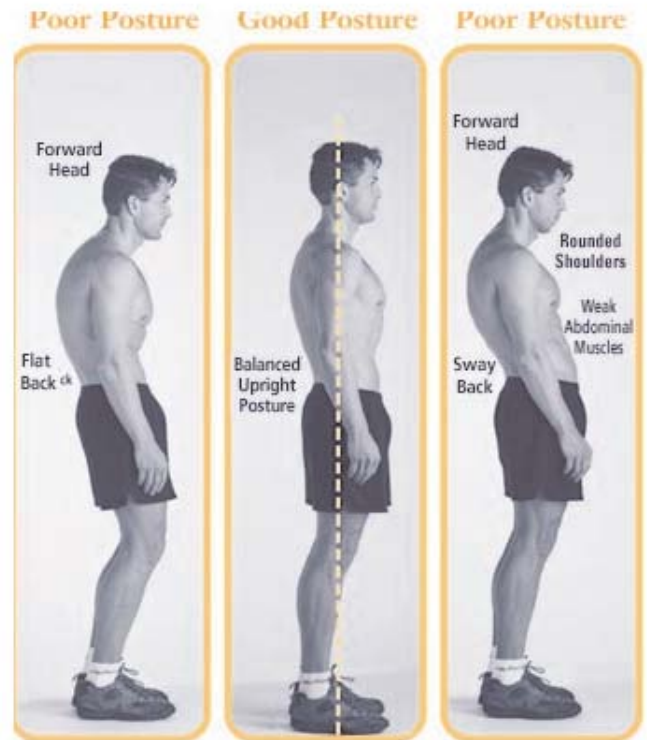
The appearance is relaxed as the ears, shoulders, hips, knees and ankles align in one straight line. If you hung an imaginary line from the earlobe, the line would hang straight through the middle of the ankle bone.

Warning signs that back pain is caused by poor ergonomics or posture

Back pain may be the result of poor ergonomics and posture if the back pain is worse at certain times of the day or week (such as after a long day of sitting in an office chair in front of a computer, but not during the weekends); pain that starts in the neck and moves downwards into the upper back, lower back and extremities; pain that goes away after switching positions while sitting or standing; sudden back pain that is experienced with a new job, a new office chair, or a new car; and/or back pain that comes and goes for months.

Improving posture

- **Limit Your Load:** Try not to overload bags, briefcases or purses by only carrying what you need for that particular day. For any thing with only strap, ensure the strap is wide and padded, and long enough to cross over the body – this better distributes the weight. Practice switching the side you carry the bag on.
- **Standing:** Hold your head high, chin firmly forward, shoulders back, chest out, and stomach tucked in to increase your balance. If you stand all day in a job like a cashier or clerk, rest one foot on a stool or take breaks to get off your feet for a while.
- **Sitting:** Use a chair with firm low back support. Keep desk or table top at elbow height, adjust the chair or use a footrest to keep pressure off the back of the legs and keep your knees a little higher than your hips. Get up and stretch frequently. Do not sit on a fat wallet - it can cause hip imbalance!
- **At the computer:** Take a one or two minute task break every 20 minutes when you work at a computer screen. Keep the screen 15 degrees below eye level.
- **Sleeping:** Sleep on your side with your knees bent and head supported by a pillow, to make your head level with your spine. Or, sleep on your back, avoiding thick pillows under your head. Avoid sleeping on your stomach.
- **Sitting in the car:** Adjust the seat forward so your knees are higher than your hips. Put a small pillow or cushion in the small of your back.
- **Lifting:** Let your legs do the work in order to prevent injury to your low back. Stand close to the object, then where possible squat down and straddle it. Grasp the object, and slowly lift the load by straightening your legs as you stand up. Carry the object close to your body.



Are you posture healthy?

- Do you stretch and exercise to keep your back and neck limber?
- Do you fall asleep on your stomach or in an awkward position?
- Do you cradle the phone receiver between your neck and shoulder?
- Do you carry something heavy on one side (ie. Purse, briefcase, etc)?
- Do you sit for long periods – at work, driving, watching television, at a computer?
- Do you sit slouched forward or looking down for extended periods?
- Are you overweight?
- Do you lift with your legs, rather than with your back?
- Do you wear appropriate footwear for your activities?
- Have you had your work area ergonomically assessed?

Review your answers with your chiropractor to see where you can improve.