

a healthier you



FEELING BETTER ALL AROUND

Bowen Therapy

By ANN KORNUA

Kim Vivian says as a Naturopathic doctor she uses many tools to help guide her patients to better health. Kim is happy to call Milton her new home, and she feels she can be of service to the active and sports minded community. Kim specializes in a technique called Bowen Therapy, which helps people who suffer from chronic muscle pain.

Bowen therapy is a gentle manipulation of the muscles at key points in the body to stimulate the flow of energy that heightens the healing process. It is a drug free therapy that can safely be performed on anyone from newborns to the elderly. It is not chiropractic, nor a massage. The Bowen technique triggers the body to rebalance itself. The therapist uses a gentle rolling motion with the fingertips over the muscles and connective tissue, usually on the back, neck, shoulders, buttocks, or hamstrings. Patients become very relaxed and may even fall asleep during the procedure. "Bowen can help with any ache and pain or stress related pain," Kim explained.

The most common group of patients Kim sees are athletes who often push themselves to the limit and need help recuperating. "I have dealt with marathon runners, power walkers, hockey players, and a wide spectrum of athletes," Kim explained. "I have one girl who is a power walker and as it got closer to her race day the stress just tightened up her muscles so she came to see me. This is one instance where Bowen Therapy is very effective. After three treatments she was back up again and ready to walk the race."

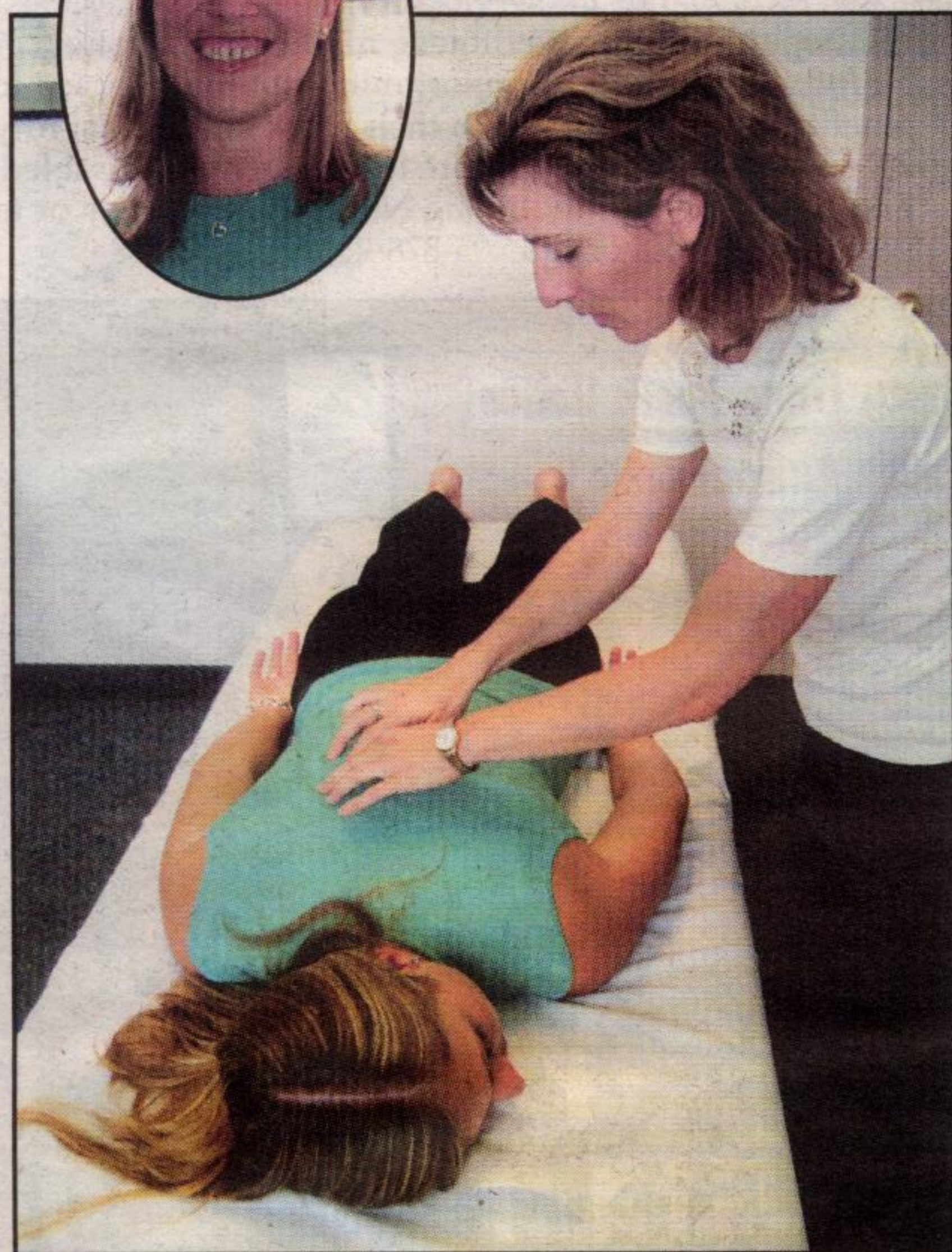
Many of Kim's athletic patients like to come in before a major event for a treatment. "Because of training the muscles are tense all the time and just relaxing your muscles certainly helps. It is good in that respect. It is also very good afterwards because it helps to relax the muscles," Kim said. Bowen is often recommended for athletes and individuals with sports injuries, but Bowen Therapy can also help those with chronic aches and pains. People with past fractures or back problems can benefit from Bowen Therapy along side naturopathic medicines.

"The main thing with naturopathic medicine is that we treat each person like the individual," Kim explained. "Our medicine is more individual to the needs of each patient. We have many different forms of medicine at our disposal, we do not have to use all of that on one person, but that is what I like about it. You find the right treatment for each individual."

There is typically very low side effects with naturopathic treatments and medicines. For more information on how Bowen Therapy can help you, you can call Dr Kim Vivian BSc ND at 905-878-8131 or stop in and visit her office located at 400 Main Street East, Suite 210 in Milton.

water and fruit juices so that you don't dehydrate. If you do feel dizzy or light-headed, get out of the sun.

- Apply sunscreen before heading outdoors. When you are pregnant, your skin is more prone to burning and blotching because of hormonal changes.
- Cool off! Carry a water bottle and spritzer in your bag and use periodically. Take frequent showers or baths using tepid water to stay cool. Soak your feet in a tub or pool of cool water.
- Eat cool foods. Enjoy fruits, salads and popsicles to help cool your body.
- Minimize your salt intake. It promotes water retention or swelling, which will only make you more uncomfortable.
- Take a nap. The heat can make you tired, and you'll feel much better if you are well rested.
- Prop up those feet! It will alleviate swelling and promote circulation. If you are at work, prop up your feet on a park bench or rest-room chair during your lunch break.
- You don't have to do it all during hot weather! If you're too uncomfortable to cook or clean, get help from your family and friends or your spouse. Above all, try to keep your humour. The summer will be over soon!



"Dr. Kim Vivian demonstrates on Dr. Amy Scherer what a treatment of Bowen therapy will typically look like."

Beat the heat, even when you're pregnant

The heat makes everyone a little irritable and cranky. Couple that with pregnancy and discomfort takes on a whole new meaning.

But it is possible to beat the heat during pregnancy. Here are some tips on how to stay cool, even with a big belly.

- Go outside in the morning and evening when temperatures are the coolest. Use those times to go for walks, run errands, or do anything else you need to do outside. Avoid direct sunlight exposure when the sun is at its peak from 10 am to 4 pm.
- Avoid going outdoors in extreme heat. If you have to venture out, sit in the shade and limit your activity.
- When you are indoors, keep your air conditioning on. If you don't have A/C, turn on a fan, shut the lights off, and draw the shades to cool your home.
- Stick with clothing made of fabrics like cotton, silk or linen. They will let your skin breathe, especially when they are not tight on your body. Flowing shirts, skirts, dresses and pants made of natural fibers will feel more comfortable than man-made fibers like polyester, which can be sticky in the heat. Trade the high heels for flats and sneakers. Heat makes your feet swell, so go for the more practical shoe. Your comfort is more important than your fashion sense!
- Stay hydrated. It's important to drink plenty of

Hairitage Salon

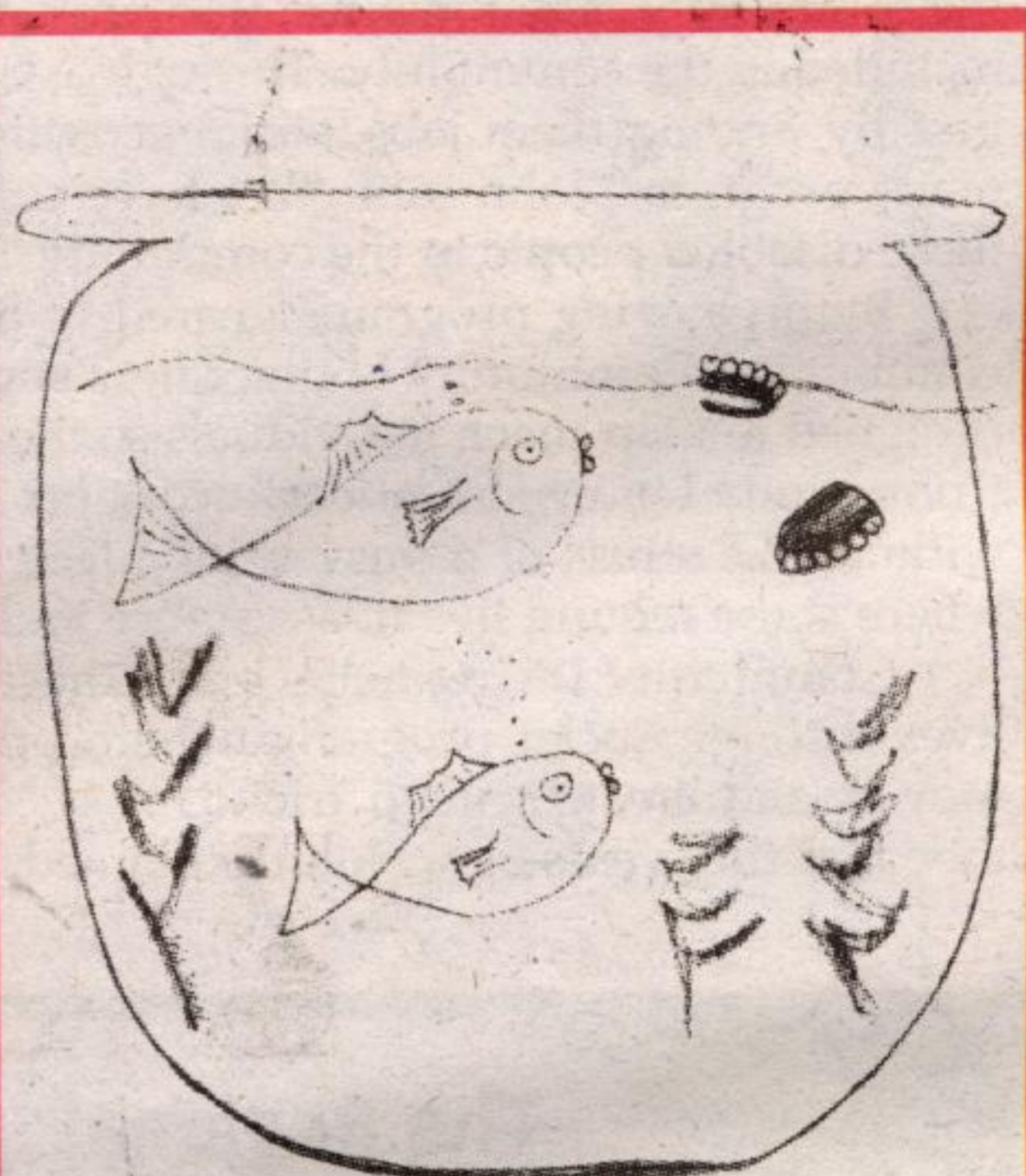
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