

GOVERNING YOUR BODY

LEARNING TO SUCCEED

Because diet and nutrition are so important to your health and well being, *Herbal Magic* Systems* will show you how to develop sensible eating habits and plan great-tasting meals that your whole family can enjoy. We will teach you how to devise a nutritionally sound eating plan, recognize low fat food options and make smart eating choices. Working together, we will design your personalized approach to a healthier lifestyle.

FLEXIBILITY

One of the most exciting aspects of the "Quick-Loss" *Plus* Programs is that they can be easily tailored to individual needs, personalities and preferences.

LONG TERM SUCCESS

Once you have achieved your desired weight by following the "Quick-Loss" *PLUS* Programs, you will be able to maintain your goal weight for the long term by following its basic principles.

The *Herbal Magic* Systems* herbs, vitamins and minerals used throughout your weight management program help to maintain lean body mass, resulting in a toned, healthy appearance as well as a more efficient metabolism. Specially designed formulations control appetite, inhibit fat synthesis and maintain your energy and vitality.

Whether you need to lose 5 pounds or 200 pounds, we can provide support every step of the way.



Weight Management and Nutrition Centres
130 Guelph St., Unit 9
(905) 873-2476

Naturopathic Approaches to Osteoarthritis



Nicole Meier, BSc. N.D.
Doctor of Naturopathic Medicine

Osteoarthritis is an extremely common joint disease affecting up to 80% of people over 50 years of age. One of the first signs of osteoarthritic damage is morning stiffness that, in time, may progress to painful movement of the affected joint.

Naturopathic approaches to osteoarthritis attempt to slow the progression of the joint damage while minimizing pain in a safe and effective way.

The most recognized "natural" approach to osteoarthritis is the supplement glucosamine sulfate. This substance is believed to help repair the joint space and is generally considered effective and safe. As with many natural medicines, it is often dosed incorrectly by uninformed consumers. Glucosamine sulphate needs to be taken at a therapeutic dosage (1500mg daily) to have an effect and is best combined with natural anti-inflammatory herbs such as MSM, Boswellia, Curcumin or the digestive enzymes Bromelain and Papain.

Dietary approaches are equally important in the natural treatment of osteoarthritis.

The standard North-American diet is high in saturated fat, caffeine and alcohol, and may promote inflammation in osteoarthritis. As well, the alkaloid content of nightshade vegetables (e.g. potatoes, tomatoes, peppers and eggplant) may increase pain in some susceptible individuals.

Be sure to consult your Naturopathic Doctor or other health care provider before taking a natural product. For more information on how to treat osteoarthritis naturally, please contact our office.

Nicole Meier, BSc. N.D.

The Georgetown Naturopathic Wellness Centre

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Brendan Cleary

LOOK WHAT YOU'VE BEEN MISSING IN YOUR OWN BACKYARD!

The Ontario Migraine Clinic, founded by Brendan Cleary PH.D., D.Ac. of Georgetown is an Award Winning Clinic. The clinic has been most recently featured on "Balance" with Dr. Marla Shapiro (April 2004), True Health On Line, as well as in the upcoming Vitality magazine. We are also in the beginning of research with St. Michael's hospital to further our understanding of this successful treatment.

The Ontario Migraine Clinic opened in 1999 to promote the successful and natural approach to treating migraine headaches. The Ontario Migraine Clinic's goals are to:

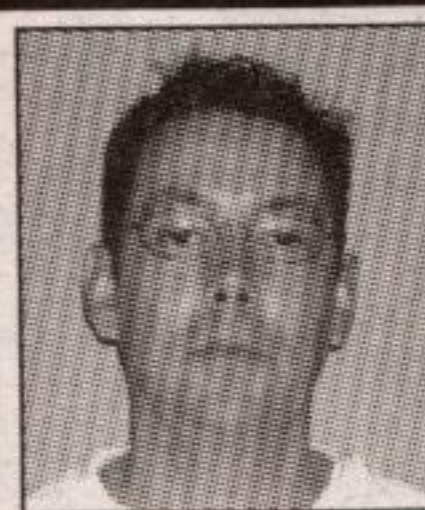
- Eliminate or reduce frequency, severity and duration of attacks
- Improve responsiveness to treatment of acute attacks
- Reduce level of disability in the case of future migraines

We can also treat you for migraine whether or not you are experiencing a migraine at the time of treatment. Each treatment builds upon the last, moving you toward the elimination of future migraines.

Call today to arrange your initial consultation and take a step towards your pain free future!

Ontario Migraine Clinic

83 Mill St., Georgetown
905-702-0625
www.migraineclinic.ca



Dan Campbell
Personal Trainer

My hot topic for this edition is the importance of proper technique during weight training. Over my many years in the fitness industry I continue to see a lot of improper and dangerous technique. As personal trainers it is our job to help those individuals who fall into bad habits, or who haven't been exposed to the correct methods.

I'd like to review the three major exercises I see so many problems with the "Behind the Neck" LAT Pull Down, Bench Press and Standing Bicep Curls.

The vast majority of people do not have the required ROM (range of motion) 100-120 degree's to perform "Behind the Neck" LAT Pull Downs safely. Also your LAT's do not run from top to bottom, so this method does not follow the LAT's fiber alignment. All anatomy and mechanics aside, if the cable were to break while performing a "Behind the Neck" LAT Pull Down, serious cervical damage would occur, it's not worth the risk.

With a Bench Press, it is NOT okay to bounce the bar off of your chest, the bar should come only within a 2 to 5 inch distance from your chest, ensure that your elbows do not fall below the bench.

With Standing Bicep Curls, unless you are working your low back extensors, swinging your entire body to get the weight up is very unsafe. If you cannot control the weights up and down, then they are too heavy. Reduce the weight and try again until you can perform the full ROM correctly. You will get better results in size and strength by lowering the weight to something that you can control, not the weight controlling your movements.

If you have any questions about technique, please request a complimentary consultation with a certified personal trainer, even better why not treat yourself to a few sessions. You will feel confident that what you are doing will provide the results you truly desire, and certain that you have taken steps to significantly reduce the likelihood of injury.



Fitness With A Personal Touch

232 Guelph St. Georgetown
905.877.0771 www.atlantisathletics.com



Dr. Jennifer McLaughlan
Family Chiropractor

Superman's Story

We have all heard the tragic story of Christopher Reeves. After falling off his horse, the top bone in his spine was fractured and moved out of position. He is now an air vent-dependent quadriplegic. The damage to his spinal cord was only one centimeter wide - if his head had been turned a fraction to the left, he would have died instantly, and if his head had been turned a fraction to the right, he would have had a bruise and been back on his feet in a few weeks. His injury is not uncommon but few of us understand the dramatic truth his story reveals about Chiropractic.

The top vertebra in the spine is the 'Atlas' - it is the area where the brain literally talks to the body. It protects the brain stem, which controls how our body works via breathing, circulation, heart rate, and digestion. When each vertebra is in the right position, information flows from the brain to the body to control and regulate every function. If the atlas is out of position (subluxated), the body will function below 100%. How far below depends on how badly subluxated the atlas is and for how long it has been subluxated.

In Superman's case, the subluxation almost completely blocked the brain from the body so his symptoms are obvious. When our spines are subluxated our immunity drops, illness sets in, and energy begins to drop off due to malfunction of the organs. If a vertebra interrupts the spinal cord by 21 millimetres, you are dead, at 20 mm you will breathe with a ventilator and from 1-20 mm YOU DON'T EVEN NOTICE IT, but you are still far from perfect. Millimetres of pressure on your spinal cord placed by abnormal positions of the spine will cause disease more slowly, but just as surely.

Mr. Reeves in one interview stated, "People do not realize, if you injure your neck, you injure every organ in your entire body." Visit a Chiropractor today and become one of the healthiest people on the planet.



LIFESTYLE FAMILY CHIROPRACTIC

• Treating Children, Adults & Seniors
• Posture Analysis • Safe Effective Care • Half Hour to Health Classes
New Patients Welcome - No Referrals Necessary
(905) 873-3113
2 Guelph St., Georgetown

Spring into Action!

Eramosa Physiotherapy Associates in Acton is gearing up to celebrate National Physiotherapy Month, taking place from April 23rd through May 24th. The theme for 2004 is "Spring into Action with S.M.A.R.T." S.M.A.R.T. is an acronym:

Stretch: As a warm-up before, as a break during and as a cool-down after activity, stretching is important for physical mobility.

Move: Moving properly and efficiently creates less strain on the body. Get moving! Keep moving! Stay moving!

Add it up: An hour is power. Adding up the time spent doing particular activities, along with pacing and rotating them, frequently eases tension in strained muscles. Aim for a minimum of 60 minutes of activity per day.

Reduce strain: Use tools and proper gear that work for you. Take measures to fit your gardening tools, golf clubs, and running shoes to you, not you to them.

Talk to a physiotherapist: Physiotherapists are the health professionals dedicated to enhancing and restoring mobility. Physiotherapy's unique contribution to care stems from its advanced understanding of how the body moves, what keeps it from moving well, and how to restore mobility.

With this knowledge, physiotherapists work with their patients to increase mobility, relieve pain, build strength, and improve balance and cardiovascular function. They not only treat injuries, but they also explain how to prevent injuries.

In the most recent CPA/Ipsos Reid National Mobility Study, the findings show that many Canadians believe they are losing mobility as they get older. Here are some of the key findings:

- 62% of Canadians have difficulty taking part in vigorous activities like running, lifting heavy objects, or participating in strenuous sports
- 54% of Canadians believe they are less mobile than 10 years ago
- 28% of Canadians have difficulty bending, kneeling or stooping
- 24% of Canadians have difficulty walking a kilometer
- 42% of those who lost mobility say it has negatively affected their quality of life. This represents 23% of Canadians.

Information Sheets on S.M.A.R.T. Gardening, Golfing, Running, Walking and others can be found at the CPA's website at www.physiotherapy.ca, or in the clinic at 372 Queen Street (519-853-9292). By visiting the CPA's website you may take an interactive mobility quiz and find helpful tips on improving physical mobility at any age.



372 Queen Street
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Offering Excellence in
Orthopaedic Physiotherapy

To submit healthy editorial for this feature contact
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