

MILTON
 Mon.-Thur. 7:00am-8:00pm
 Fri. 7:00am-3:00pm

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FOCUS ON Health

A monthly section featuring good ideas for healthier lifestyles

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IF YOUR FEET HURT, YOU HURT ALL OVER

Our feet help us balance and carry us the equivalent of five times around the earth in an average lifetime. In return, we rarely give them the attention they deserve, hiding them away in shoes and forgetting about them ... until they rebel. Along with our eyes and hands, your feet do more work than most parts of our body, so it's little wonder that things sometimes go wrong. Our feet are also mirrors of our general health. Signs of diabetes, arthritis, circulatory and neurological diseases, often appear first in the feet.

Foot problems tend to fall into three categories: inherited, illness and ill-fitting shoes. Foot structure leading to bunions, ingrown nails, hammer toes and heel pain can be inherited. Diseases, such as diabetes and arthritis can produce many different complications in the feet. One of the leading causes of foot problems is shoes. The biggest culprit is high heels. Improper footwear on the job not only causes painful problems for the worker, but contributes to thousands of hours of down time which translates into the loss of millions of dollars in industry each year. Playing sports can also have a distinct unhealthy affect on our feet. When we run, our body weight is multiplied up to three times, with our feet bearing the brunt of this stress at every stride (over 1,000 strides per mile, per foot). The key to healthy feet is prevention or early detection. If you suffer from foot problems, get them treated by a foot specialist before permanent damage occurs. Fortunately most foot problems can be prevented. Just follow the golden rule: "Be good to your feet ... and they'll be good to you."

Greg Lawrence, B.Sc., D.Ch. Foot Specialist/Chiropodist (905) 878-6479

TENNIS/GOLFERS ELBOW

Tennis elbow is an inflammation of the muscles and tendons which extend the wrist and fingers. Pain occurs on the outside of the elbow. The same thing happens with golfers elbow except that it involves the muscles that flex the wrist and fingers. In golfer's elbow pain occurs on the inside of the elbow.

There are many predisposing factors to developing these conditions, and you don't need to play tennis or golf to develop the problem! Many people get tennis elbow from working on the computer! Typically it is due to overusing these tendons. However, awkward positioning, improper equipment or poor technique can definitely contribute.

The recommended home treatment for these conditions is to apply ice for 15 minutes after activity and regularly throughout the day. You need to stretch and warm up thoroughly prior to any sports activity. Physiotherapists regularly treat tennis elbow and golfer's elbow and can prescribe specific exercises to correct the associated muscle stiffness and weakness. Occasionally support straps can be worn to relieve the pressure on the inflamed tendon. It is very important to seek treatment early, as it is much easier to resolve it before it becomes a chronic condition.

Judy Bolvin, Registered Physiotherapist Milton Physio, 905-878-9293

WHAT IS TRADITIONAL CHINESE MEDICINE?

Acupuncture is in the forefront of both allopathic and complementary health care today. It is based on the principal of manipulating acupuncture points along the body's meridians (channels) to restore balance or health. The stimulation of these points are traditionally done through the insertion of small sterile disposable needles. However, these points can be similarly affected using electronic devices, lasers and/or tactile pressures. The benefit of acupuncture, unlike drug therapy, is there are no adverse side effects with treatment.

Chinese Herbal Medicine. Chinese herbs are prescribed to promote balance according to the complex principles of Chinese medicine. Chinese herbs are seldom used alone. The herbs are organized by their effects on the energies of the body: whether they act to warm or cool, concentrate or disperse, strengthen or drain, dry or moisten, calm or activate, or disperse, strengthen or bind, treat the interior or exterior, or cause energy to ascend or descend. A Chinese herbalist analyzes the "energetics" of a patient and prescribes herbal formulas strategically designed to correct whatever imbalances may be found. The formula is changed as the patient's condition progresses.

Tuina is using various manipulations applied to certain areas of the body to prevent and treat diseases and is an effective, comfortable and harmless therapy that regulates meridians, "qi", blood and viscera functions. All of the above treatments are available at Naturally Be Wellness Centre.

Kai Chen C.M.D., Ph.D., and Linda Henderson D.Ac, R.A., T.T.P. Naturally Be Wellness Centre (905) 854-1654

Map of the Reflexology Foot

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Greg Lawrence

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Naturally Be Wellness Centre

welcomes

KAI CHEN C.M.D. Ph.D.
 Professor from China National Academy of Traditional Chinese Medicine.

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