

HEALTHY LIVING

ADVERTISEMENT

Prevention is the key to Good Health

A registered Nutritional Consulting Practitioner is your guide towards a healthy lifestyle.

An RNCP is a qualified practitioner who provides to individuals or groups, guidance pertaining to the building and maintenance of nutritional well-being. Such counsel includes:

- Recommending food selection and preparation.
- Evaluation of nutrient deficiencies or excesses.
- Recommending food supplements (vitamins, minerals, enzymes, glandular concentrates, proteins, essential fatty acids)
- Educating clients about the benefits of a sound nutritional program to encourage the body to heal itself.
- Evaluation of their client's food intake, usually over a given week. Particular attention is paid to the proportions of protein, fat, starches, sugars and fibre consumed.
- Designing a program specifically for each client taking into consideration such factors as height, weight, age, sex, level of exercise or physical activity, dietary goals, food preferences, sensitivities to specific foods, dietary habits, religious beliefs respecting the diet and nutritional deficiencies.

The main focus of nutritional counselling is wellness, or building health. Ultimately, the cells in our bodies are built from the raw mate-

rials we eat. The more suitable our food choices are to our specific requirements, the better cell structures we can build.

Since every person is biochemically unique, individual nutritional imbalances and weaknesses must be assessed.

Speaking Out with...



Marion Healy R.N.C.P.

An RNCP will introduce new dietary habits, incorporating the latest nutritional breakthroughs, but it may be difficult to achieve optimal health through food alone. In such cases, RNCPs are trained to design personalized dietary supplement programs.

Why seek the services of an RNCP? Clients may wish guidance for:

- Weight normalization
- Pregnancy or lactation
- Family nutrition, children, seniors
- Convalescence
- Understanding the use and abuse of food supplements
- Making sense out of conflicting theories of nutrition
- Understanding the consequences of specific food choices
- Learning how to make choices more appropriate to their needs.

A visit to an RNCP will be an educational experience where one will learn to make lifestyle changes that will have a long-lasting effect on the quality of life. By law anyone can call themselves a nutritional counsellor, but only those who have thoroughly studied nutrition and have met the requirements of NCOC are

granted the RNCP designation.

The Nutritional Consultants Organization of Canada (NCOC) has set high standards that must be met before the designation of Registered Nutritional Consulting Practitioner can be awarded.

Every practicing Registered Nutritional consultant must meet the minimum requirement of 40 hours of yearly upgrading before their registration will be renewed for the following year.

Keep in mind, when referred by your doctor to seek the advice of a registered nutritional consultant, there is insurance coverage available. The following insurance companies recognize the services of the registered practitioner members of NCOC for coverage by their policy holders who have these benefits:

Ingle Health - Health Care Plus Policy, 1-800-216-3588 and RWAM Insurance Administrators, 1-800-265-6197. Visit or call us today and we will tailor a program to suit your individual needs. Our four point plan is guaranteed to bring you results. New clients receive a Free Consultation plus 50% off enrollment and 6 weeks free weight loss until May 5, 2001.

Marion Healy is a registered Nutritional Consulting Practitioner with over 13 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton & Clarkson Village, Mississauga. For more information contact Marion at 875-2889

Are you leading a healthy life?

So, have you quit smoking? Are you eating healthy foods? Are you physically active regularly?

How is your stress level? Or, have some of these New Year's resolutions taken a back seat to your busy life?

If so, you are definitely not alone.

There's a way to make healthy living easier.

Choose to make eating healthy foods, being physically active regularly, not smoking and managing your stress all part of your normal day.

By doing so, you can enjoy all of the benefits such as reduced risk of heart disease and cancer, the leading causes of death in Halton.

These choices also make us feel good about ourselves, give us more energy and help us sleep better.

Your home is the perfect place to start making healthy living choices.

By making small changes in

Health Notes

your home, you and your family could be on your way to making these four choices part of your everyday life.

Here are five great and easy ideas to help you lead a healthy life:

Eat healthy snacks

Most people, including children, tend to eat what is easy. Make it easy to grab a healthy snack; keep healthy food in sight and at hand. For example, have whole-wheat crackers, bagels, cheese slices and yogurt nearby. Washed and ready-to-eat snack size pieces of mango or orange sections and grapes are also nice to have.

• see GET on page 17

CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Headaches

A most common pain.

Headache is humanity's most common pain. Sooner or later, nearly all of us get one. But to about 20 percent of the population, headaches are more than an occasional discomfort; they are chronic, or recurrent.

No headache is "normal", rather, it is a symptom of some underlying problem. Occasionally, this problem is easy to identify, such as trauma or allergies. Often, however, headaches are a symptom of some other health condition which may be difficult to accurately diagnose.

If you tried to "cure" your headaches with painkillers, you know how fruitless that approach is in the long run. The headaches keep coming back because aspirin and other similar drugs alleviate the symptom - (pain) without doing anything to correct the underlying problem

What causes headaches?

Many things can cause a headache: strong smells; intense lights; sinus trouble; high blood pressure; dental problems; ear, eye or vision conditions; fevers; infections; tumors; seizures; lumbar punctures; alcoholic drinks; drugs; accidents and other causes. You can get a headache just worrying about all the things that cause them. And that leads us to the most common headache of all: the muscle tension, worry or "stress" headache that makes up 90% of all headaches.

Can a chiropractor really get rid of my headaches?

It will help to understand what causes most headaches. Your spine protects your nervous system which starts with the brain and becomes the spinal cord. When vertebrae in your neck are unable to move properly, it irritates or puts pressure in that area. That can result in reactive muscle spasm causing headaches. To correct this

problem (called a subluxation) a chiropractor gently adjusts the vertebrae. Since most headaches are caused by subluxations, they will soon disappear.

Why would I have problems in my neck?

There are many reasons. They can originally occur during the birth process. As your body grows and matures, falls, sports activities, injuries, motor vehicle accidents, bad posture or simply the stresses and strains of daily life can cause spinal problems. It is also very common for headache sufferers to experience neck pain and stiffness.

But my headaches are migraines?

Migraine headaches are usually severe and sharp, throbbing in nature, and generally affect one side of the head. Tension headaches tend to occur frequently, last a long time and are characterized by a dull, steady pain that feels like a band of pressure around the head. But despite these differences they are closely related. Chiropractic care has been proven to be extremely effective in treating migraine and tension headaches as well as neck pain and stiffness.

Research

Researchers have often noted the relationship between the spinal column and headaches. A study of 6000 patients who suffered from recurring headaches for 2 to 25 years showed that cervical spine trauma was the most important factor in the cause of the headache and should be suspected in every nonspecific case of headache. One dramatic study of childhood migraine sufferers found spinal care to be especially effective. In another study involving 100 headache cases, researchers found overwhelming improvement in headache sufferers when chiropractic care was rendered. In a group of headache sufferers including both "muscle tension" and "migraine" types, 97% were found to have abnormalities in the cervical spine visible on the x-ray motion studies. The results of a study reported in the British Medical Journal found that improvement in pain symptoms following chiropractic

care lasted for two years (the most recent published follow-up).

What will the chiropractor do to treat my headaches?

Your first visit will include a consultation, examination and possibly an x-ray to help diagnose your problem. Once your condition is fully understood, your chiropractor will explain your test and x-ray results and outline a treatment plan that is tailored to your needs. Your chiropractor will use highly skilled, gentle adjustments to correct the subluxations.

Once my headaches stop, does the chiropractic care end?

Your body continues to heal after the pain has gone. Continuing to have chiropractic adjustments helps to retrain your vertebrae to hold their healthy positions. Your nervous system will function more efficiently and your body will be better able to heal itself. In time, exercise, a healthy diet, and periodic visits to the chiropractor will help you stay healthy, pain free, and live life to the fullest once again.

Conclusion

Chiropractic is not a glorified aspirin, because the focus of treatment is not merely to alleviate the pain, but to remove the cause. Chiropractors are the only health professionals who are trained to diagnose and correct spinal nerve stress, also known as "vertebral subluxation". A healthy spinal column is critical to the normal neurology of the whole person, permitting the body to restore the normal balance of function and in effect heal itself.



A PUBLIC AWARENESS PROGRAM BY YOUR LOCAL CHIROPRACTIC ASSOCIATION

Milton Family Chiropractic Centre 180 Ontario St. S. Dr. J. R. Barrow 878-8127	McPhail Chiropractic Centre 270 Martin St. Dr. Murray McPhail 876-0005	Milton Family Chiropractic Centre 180 Ontario St. S. Dr. Heather Jones 878-5020	Healing Centre 95 Main St. E. Dr. Anna Neff 876-0048	Milton Chiropractic Centre 310 Main St. Dr. David L. Phillips 878-5656	Healing Centre 95 Main St. E. Dr. Marlene Turner 876-1888	Family Care Chiropractor 106 Wakefield Rd. Dr. Angelika Koeth 878-5165
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