

# Free walking kit available from health department

A free walking kit is available from the Halton Region Health Department to help you get started and stick to an active living routine.

Walk This Way! — A Guide to Stick To It! is a self-help kit designed to help women and men aged 20 to 64 years become more active by building a walking routine into their daily lives.

Walk This Way! includes a booklet with ideas on how to include walking in your day, suggestions for overcoming barriers, and information on stretching, tips on footwear, clothing and safety as well as a list of organizations that provide information on tours, trails and walking.

The kit also contains a reusable laminate board to plan and record walking activity.

"Many people who have used Walk This Way! guide have been successful at starting and maintaining a walking routine," said Carla Hanna, physical activity promoter for the health department.

"There are so many places to walk in Halton. Start by walking around your own neighbourhood or with a local mall walking club."

Walking for 30 minutes or more at a quick pace reduces stress, increases your energy level and when combined with healthy eating, helps you achieve and maintain a healthy weight.

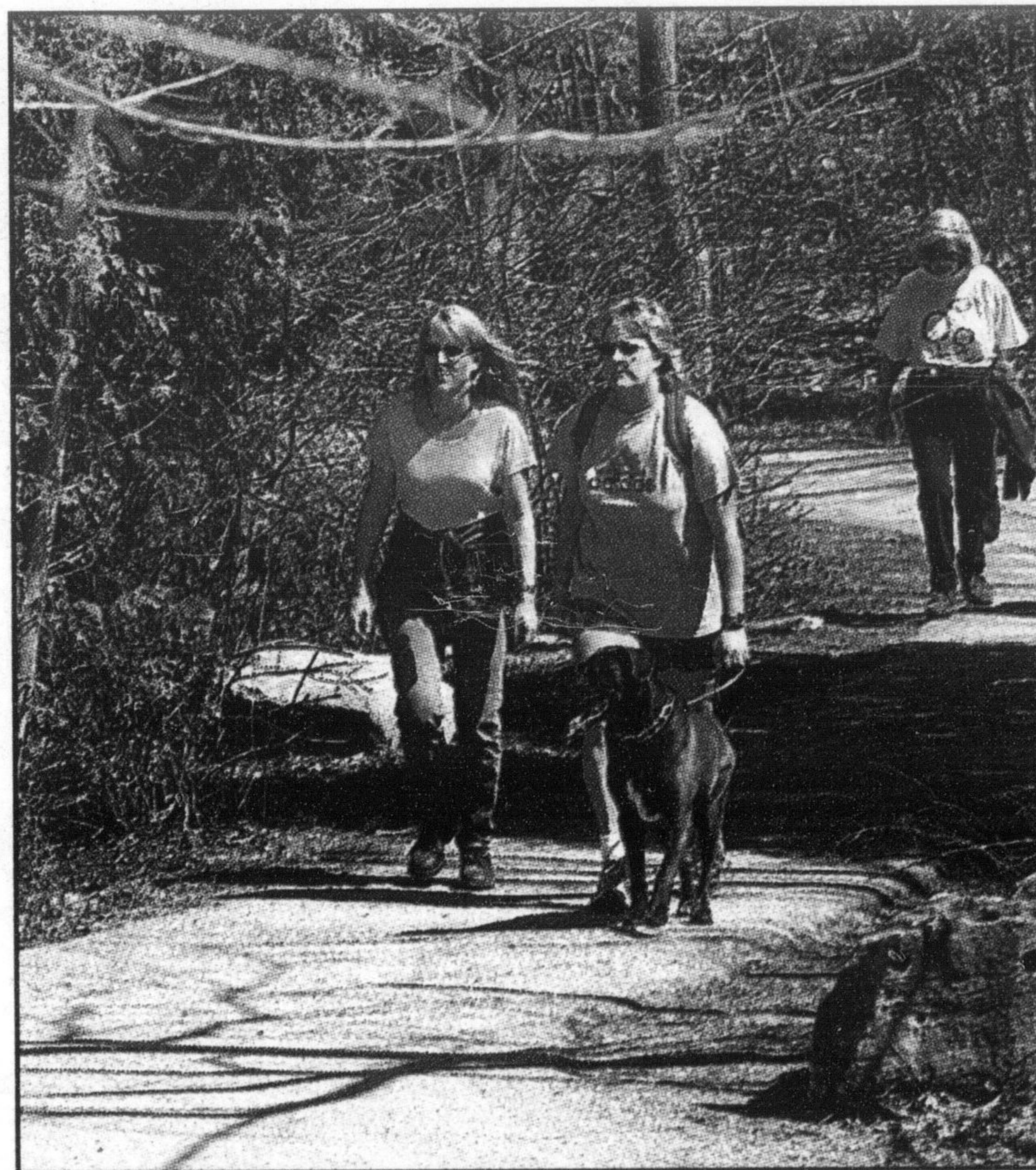


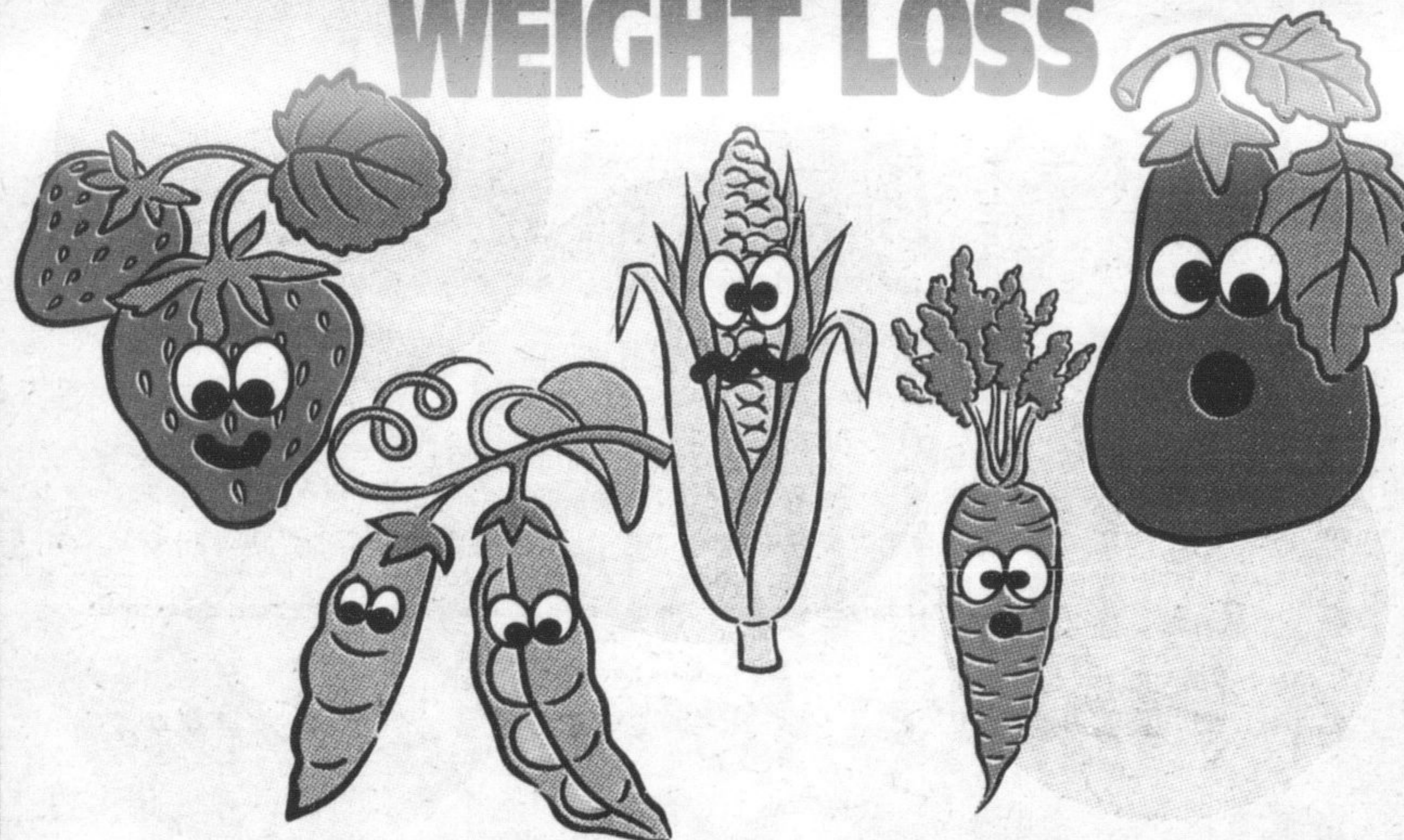
Photo by GRAHAM PAINE

Crawford Lake Conservation Area is just one of many local spots popular for walking trails.

Incorporate walking into everyday activities such as taking the stairs instead of the elevator or walking to the grocery store instead of driving.

To order your free copy of Walk This Way! — A Guide to Stick To It! or for other physical activity information, call (905) 825-6060, ext. 7474.

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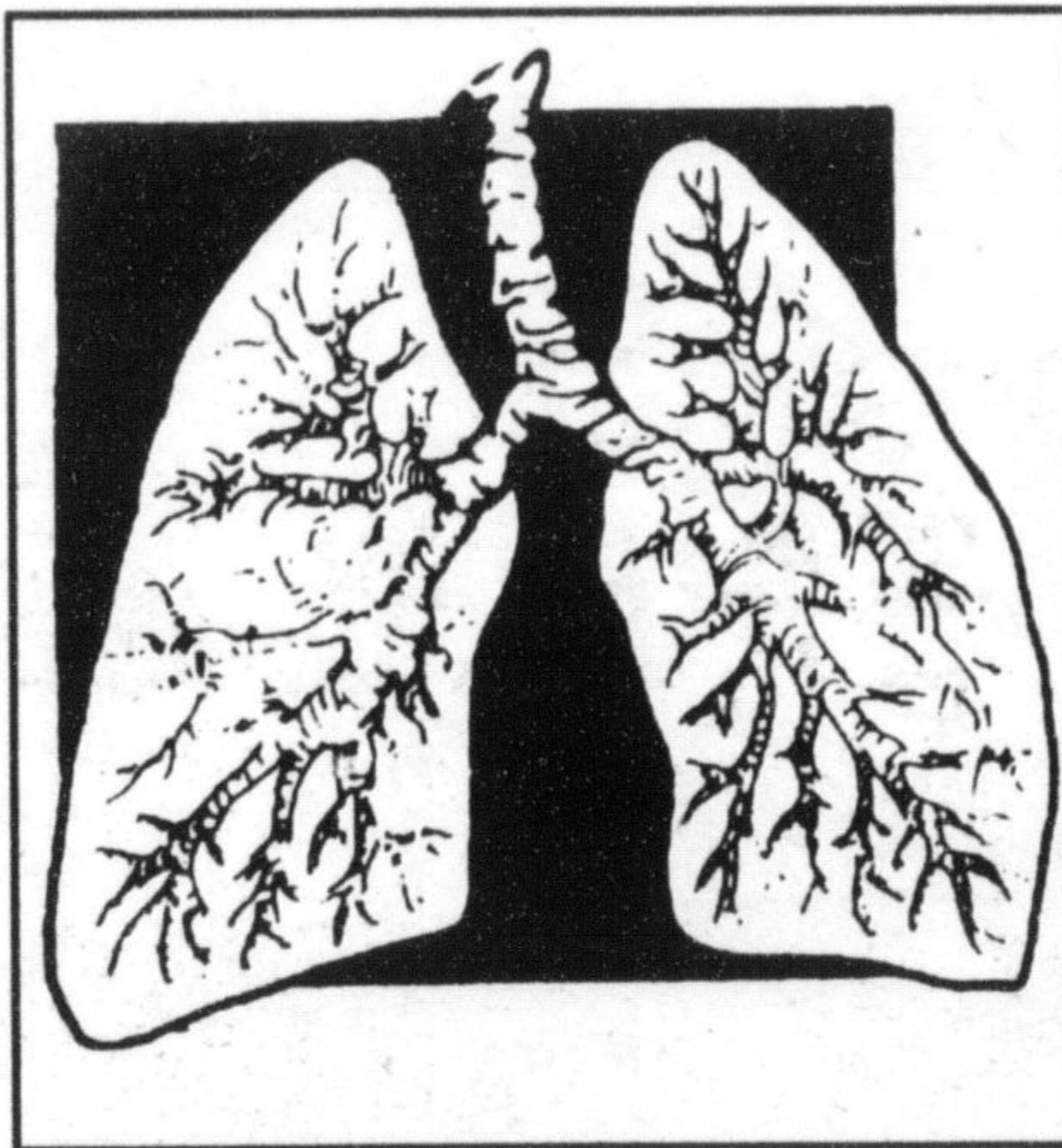
# CHIROPRACTORS OF MILTON

HELPING YOU HEAL

## Results Of Asthma Research Study

Recently the results of the asthma research study were published in the New England Journal of Medicine. While there have been numerous studies that overwhelmingly demonstrate the benefits of chiropractic care for children with asthma, this recent report has substantial methodological weaknesses that call into question the findings and conclusions of the study. The basis for expecting benefits from chiropractic adjustments in people with asthma are twofold; 1) reflex irritation of somatic (muscular) and autonomic (organs/glands) nerves at the spinal and nerve root levels is caused by vertebral subluxation and 2) this mechanical and neurological disturbance affects chest wall function and alters airway tone and responsiveness directly or by nerve irritation. Chiropractic theory states that correction of the vertebral subluxation by adjustment restores normal mechanical and nerve function thereby improving airway function and the resolution of asthma.

The study examined 80 kids from the ages of 7-16, of which 38 received regular chiropractic care and 42 received a sham or placebo adjustment. All of the participants were examined and tested at regular intervals at the



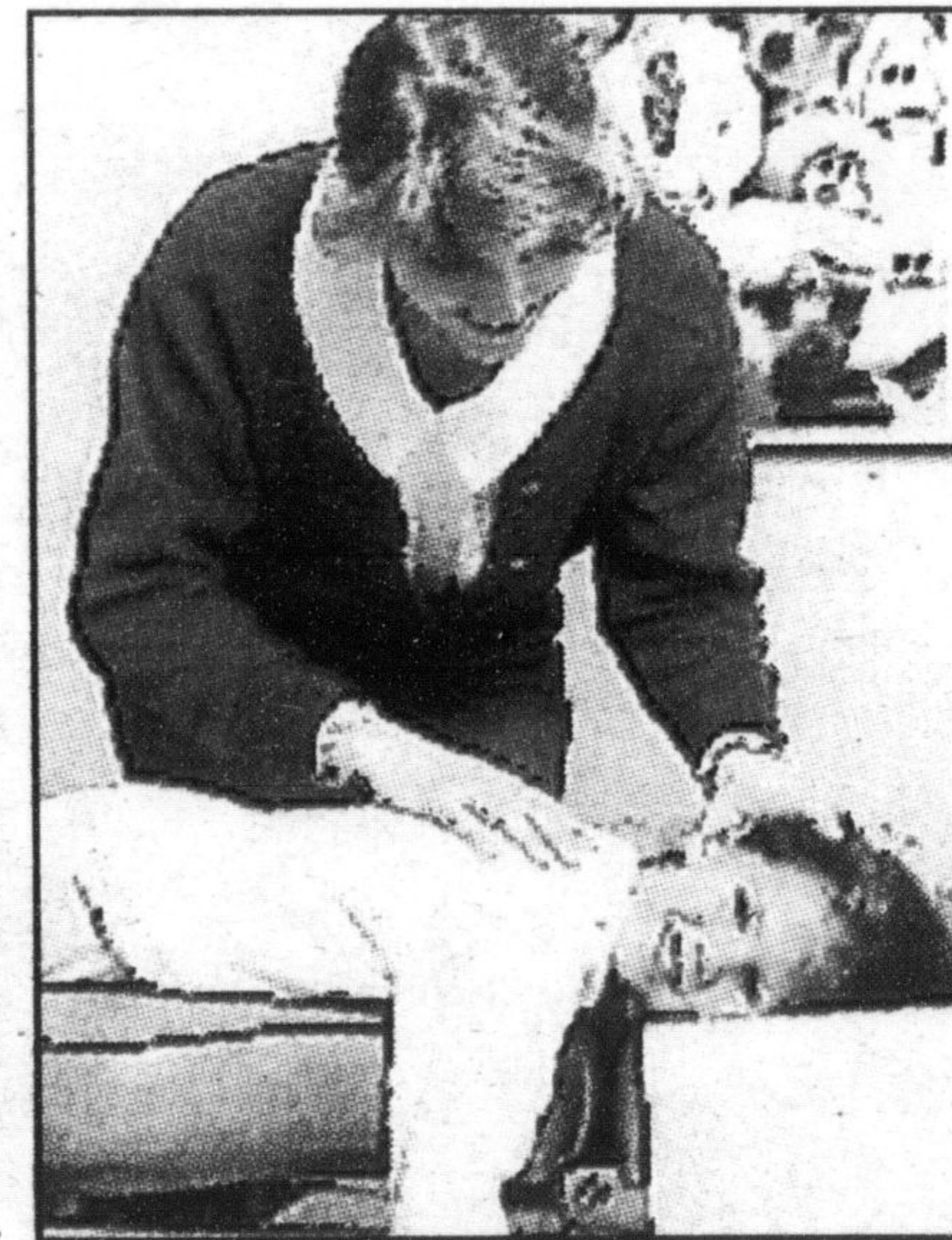
good as those in the adjustment group. Because of this, the reported scientific and medical conclusion was that the chiropractic adjustment was not effective.

At this point, we must recognize that there was a **flaw** in the study with the so called "sham" adjustment group. The placebo manipulation performed was a very vigorous hands on manoeuvre, similar to an adjustment except for an "audible" pop. Because of the input into the spinal column and nervous system, many chiropractic authorities concede that the sham manipulation was indeed closer to a "sloppy" adjustment. Indeed, the feeling is that it is almost impossible to perform a placebo adjustment when there is a significant laying on of hands with the proper intent. Further study should be

Freestone Research Clinic in Hamilton. The results showed that there was a substantial improvement in symptoms, quality of life and marked reduction of Beta-agonist drug use. There were slight increases in peak expiratory lung volumes. However, the results in the placebo group were almost as

conducted to examine and improve the placebo adjustment and examine the mechanisms and effects of the vertebral subluxation complex.

Again, the bottom line of the study was that **almost all of the participants experienced a marked reduction of drug use, decrease of asthma symptoms and an increase in quality of life.** the conclusion is clear, if you or your child has asthma and a vertebral subluxation, see a chiropractor.



**A PUBLIC AWARENESS PROGRAM BY YOUR LOCAL CHIROPRACTIC ASSOCIATION**

Barrow Chiropractic  
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  
379 Ontario St. S.  
Dr. Heather Jones  
878-5020

Healing Centre  
95 Main St. E.  
Dr. Anna Neff  
876-0048

Healing Centre  
95 Main St. E.  
Dr. Marlene Turner  
876-1888

Family Care  
Chiropractor  
106 Wakefield Rd.  
Dr. Angelika Koeth  
878-5165