

Go on the Nutrition Expedition with Halton health department

Feeling overwhelmed by the number of food choices that line the supermarket shelves these days?

Wondering if the food choices you're making are the healthiest for you and your family?

If so, help is close at hand.

The Halton Region Health Department will present Nutrition Expedition for the New Millennium, a two-part supermarket tour.

Part one of the Nutrition Expedition in Milton, a 90-minute workshop session, will take place Monday in the Community Room (Upstairs at Loblaws) from 7 to 8:30 p.m.

The supermarket tour will take place March 4 at Loblaws, also from 7 to 8:30 p.m.

In part one of the Nutrition Expedition, participants learn about healthy eating and nutrition to prevent the onset of chronic diseases such as cancer, diabetes and heart disease.

In part two of the program, participants will tour the supermarket and learn how to shop for foods that maintain good health.

For more information or to register for the Nutrition Expedition, call (905) 825-6060, ext. 7887.

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CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Sciatica & Leg Pain



The sciatic nerve is the longest and largest in the body. When it is inflamed, the condition is called sciatica (pronounced si'adica). Not all leg pain is sciatica, but most all sciatica involves leg pain. Sciatica sufferers often have severe pain along the sciatic nerve path, usually in the back of the legs and thighs, although sometimes the pain is felt in the ankle, foot and toes.

Occasionally, pain is felt in the front or side of the legs, in the hips, or for some sufferers, in both legs. Apart from pain, paresthesia or pins-and-needles, burning, tingling, prickling, crawling sensations or tenderness may be felt. Ironically, the painful leg might feel numb as well!

The Pain Varies

The quality of pain may vary as well. There may be constant throbbing, but then it may let up for hours or even days. In severe cases, sciatica can cause a loss of reflexes, or even a wasting of the calf muscles.

For sciatica sufferers, a good night's sleep may be a thing of the past. Simple things like walking, bending, turning, sitting or standing up can be difficult or impossible.

Causes of Sciatica

Like most other conditions, sciatica has a wide variety of causes. Unlike most other conditions, however, this health problem's relationship to the spinal column is often very obvious. A vertebral subluxation (misaligned vertebra and "pinched" nerve), a protruded or ruptured disc can irritate the sciatic nerve which may result in sciatica.

Sciatica may be the result of cumulative traumas, a sharp or false movement, a strenuous attempt to lift something, or a jolt caused by a violent coughing or sneezing episode.

Many people believe that sciatica can be caused by "catching cold". While cold may aggravate the pain, it does not cause sciatica.

Sciatica has also been related to various non spinal conditions, such as advanced diabetes, constipation, tumours and some vitamin deficiencies.

Sciatica may appear gradually or suddenly, and may be the result of a trauma that occurred several months or even several years before. It sometimes appears while a person is walking or upon waking in the morning.

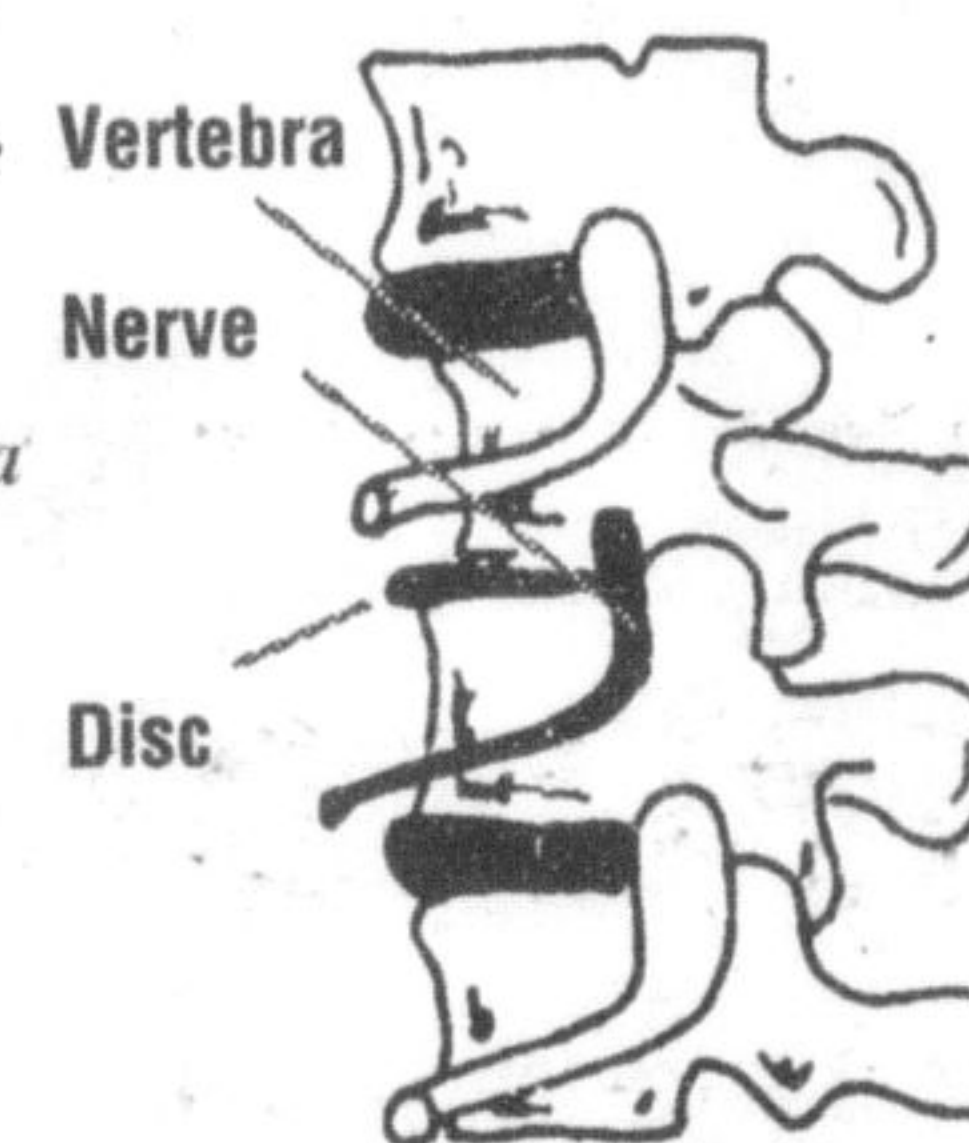
Although the pain does eventually disappear, further attacks remain a possibility. It is extremely unusual for a vertebral subluxation to correct itself. Unless a chiropractor intervenes, the pain will return sooner or later.

Back Pain and Sciatica

Ninety percent of sciatica cases are caused by compression of the roots of the sciatic nerve between the intervertebral disk and ligaments due to a dysfunction of the vertebrae - in other words, vertebral subluxation (misalignment & "pinched" nerve)

Backache or hip problems may occur long before the sciatica symptoms show up, however, that isn't always the case. Sometimes sciatica is preceded by lower back or hip symptoms, and sometimes it isn't.

SUBLUXATION



The Chiropractic Approach

Chiropractors correct vertebral subluxations using spinal adjustments to relieve pressure on the spinal nerves, joints and discs, eradicating the cause of the irritation and the pain at the same time.

Chiropractic Results

For decades, chiropractors and patients have observed the benefits of chiropractic spinal adjustments on those suffering from sciatica and leg pain. Many sciatica sufferers have experienced dramatic relief of their pain after chiropractic care. For this type of problem, chiropractic treatment is safe, natural, and effective, eliminating the need for medication or surgery.

If you have sciatica a chiropractic spinal adjustment is needed. Every sciatica sufferer needs a healthy spine.

Don't Wait...

Chiropractic care appears to have the most profound effect on sciatica when problems first occur. However, even those who have tried everything to no avail, chiropractic can provide excellent results. In many cases it is never too late to enjoy the benefits of chiropractic care. But please, don't wait.

A public awareness program by your local chiropractic association

Barrow Chiropractic McPhail
180 Ontario St. S.
Dr. J. R. Barrow
878-8127

Chiropractic Centre
270 Martin St.
Dr. Murray McPhail
876-0005

Milton Family Chiropractic Centre
379 Ontario St. S.
Dr. Heather Jones
878-5020

True Health Chiropractic
550 Ontario St. S.
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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

Milton Chiropractic Centre
310 Main St.
Dr. David L. Phillips
878-5656