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Here's to your  
**HEALTH**  
SANTÉ SALUT L'CHAYIM

**Healthy Hints from  
Healing Force**

by Suze Joyce

The New Year can bring new beginnings if we are willing to make the commitment. The commitment to health and vitality is very rewarding, not always easy but worth the effort. Someone once said that they felt sorry for me because I had radically changed my diet. My response was "Feel sorry for the way I used to be. I had to roll out of bed, my stomach was in constant spasm and after two sets of knee surgery, I still had knee replacements to look forward to." Ten years later, I'm in my fiftieth year, my joints are great, I rarely suffer from spasms and I have a lot of energy. People say that they have to live. I believe in quality of life. Without quality, one can not enjoy or be able to do what they want.

Good quality nutrition is essential to a healthy lifestyle. Back to basics- three meals plus 2 snacks a day with protein, vegetables, preferably organic, essential fatty acids and water. Cut out processed foods from your diet- flour and sugar and avoid artificial sweeteners.

Supplementation is important for people with poor digestion who are unable to absorb properly. Exercise is also key for circulation, bone health, flexibility and weight control. Last but not least is some form of relaxation. Everyone relaxes differently. Playing hockey may relax one person where meditation or reading may relax another. Pick what works for you and do it on a regular basis.

Our commitment at Healing Force is to enable you to have optimal health with ease - Blossoming Health is in Your Hands!

**Stouffville  
Physiotherapy Clinic**

Who We Are:

We are one of the original 94 designated OHIP Physiotherapy Clinics established by the government of Ontario in the 1960's. We have been able to provide physiotherapy on an outpatient basis within the geographical area of Whitchurch-Stouffville & Markham.

Our Philosophy:

For the past 35 years, we have always tried to place the goals and welfare of each client first. We have consistently attempted to assess and identify underlying impairments that may limit a person's ability to function independently. These impairments, along with input from the individual's goals, are used to formulate our course of treatment. We feel that this process of combining our assessing skills, treatment techniques, analytical theories, and the individual's wishes is particularly important to achieve goals that are important to our clients.

Our Coverage:

- Physiotherapy treatment for a) seniors over 65, b) children 19 or younger, and c) post-surgical patients requiring overnight hospital stays are fully covered by OHIP with a nominal charge for initial assessment and re-assessments after every 15 treatment sessions.
- Physiotherapy for individuals with third-party insurance including motor vehicle accidents, WSIB (workers' compensation), and extended health plans.

Our Facilities:

We are now located in a brand new facility with state of the art equipment, a newly expanded parking lot, disability parking and wheelchair access. Same location - 37 Sandiford Dr. Suite 103, Stouffville.



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Director: Andy Yuen, B.Sc., B.Sc.P.T., M.C.P.A., R.P.T.

Stouffville Physiotherapy Clinic is wholly owned & operated by registered physiotherapists and is a designated OHIP facility with the Ministry of Health and Long-Term Care, Ontario. We are not in any way or form related to Stouffville Physiotherapy & Orthopedic Centre.

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