



**Jaclyn Skulmoski**  
Certified  
Chair Massage  
Practitioner

**"Promoting Wellness in the Workplace"**

Chair massage, also known as on-site massage, is a short massage routine done through the clothes in a specially designed chair for the purpose of relaxation, focussing on your key tension areas - i.e. neck, shoulders, arms and back.

While chair massage has been around for years, only recently is it becoming recognized as one of the most effective, beneficial methods to reduce stress, tension and anxiety, leaving your body relaxed and your mind alert. In a corporate setting, on-site massage can boost employee morale, loyalty and production.

*What makes this type of massage so appealing?*

*First, is safety.* This massage is done through the clothes in a seated position so there is no psychological discomfort. It is done out in the open, so you can see before you get a massage exactly what to expect, so there are no unpleasant surprises, and it's clean - no messy oils to deal with.

*Second, it's convenient.* It takes very little time, usually no longer than the time it takes for a coffee break. It's accessible, we can bring the benefits of relaxing touch to you (hence the term "on-site massage"), and because a chair is used rather than a table, it takes very little space.

*Third, it's affordable.* The massage routine is designed to give the maximum benefit in a short amount of time, really reducing the cost.

In a society where stress is a daily concern, it is so important to counteract its effects before they become a major problem, making on-site massage a natural choice in preventative care.

There is a definite need for this type of massage to be made available in the workplace, and it is a perfect addition to corporate wellness programs, special events, etc.

To experience the wonderful benefits of chair massage for yourself, drop by Healing Force in Stouffville between the hours of 12 and 5pm every Friday, or to make an appointment, call

905-640-2760  
or  
416-990-6668



# HEALTHY Lifestyles



## Why Choose a Denture Specialist?

by Michael C. Deegan, D.D.

If you or someone you care about requires dentures, or if you wear dentures and are experiencing problems, you should see a Denturist for help.

Denturists study the clinical and technical aspects of removable dentures and general health for a period of three years, longer than any other health-care practitioner. The College of Denturists of Ontario acknowledges that Denturists are "Denture Specialists".

Anyone can consult a Denturist without a referral from another health-care professional. Denturists provide the most cost and time effective denture treatment. Most Denturists' laboratory work is performed on the premises by the Denturist who sees you. This ensures the quality of care is consistent and personal.

Your Denturist is able to provide you with the professional advice needed prior to choosing the denture that best suits your lifestyle. The importance of a thorough consultation and examination with your

Denturist prior to any treatment cannot be emphasized enough. This appointment gives you the opportunity to express your concerns and desires for your new dentures. It also allows the Denturist the opportunity to assess the oral conditions present and address your needs and expectations.

A Denturist can restore an existing broken or cracked denture to its original state. Repairs may be required when breakage or chipping occurs, when one or more teeth need to be added to an existing denture (due to tooth extraction), or because of wear and tear. Most repairs can easily be

done in one day. If your denture requires a repair, it may be indicative of underlying problems, including age of the denture, worn teeth or poor fit. Your Denturist is the professional who can best explain how to prevent denture breakage from occurring.

If your dentures are more than five years old, make an appointment to talk with your Denturist. You can improve your looks, self-confidence and possibly your health with quality replacement dentures.

Courtesy of: The Stouffville Denture Clinic, celebrating 3 years of dedicated service.

## Strength Training - Positive Preventative Medicine for Osteoporosis and Arthritis



by Sandy Higgs,  
Manager,  
Curves for Women

Of concern to most women is the condition called osteoporosis or 'porous bone'. Bone loss begins to occur after the age of thirty in most women. It is hastened with menopause and many women chose

hormone replacement therapy as a result. But there is a better method to treat and prevent osteoporosis. Strength training stimulates the manufacture of bone tissue because placing a load on the long bones of the body encourages a bone building response. If you have the nutritional building blocks in your diet, you should expect bone density to be enhanced!

Another health concern today is Arthritis. The two major types are

Osteoarthritis and Rheumatoid. Although different, the common denominator is damaged joint cartilage. Strength training again will help to provide the support joints need to work properly. Losing weight will reduce the stress on the joints and proper nutrition will help provide the cartilage with the nutrients needed for cellular health and antioxidants for protection.

With a low impact exercise program moving fluid rather than weights, the

motions are smoother with less impact on joints, making a safe workout for any age group or physical condition. By increasing lean tissue, women will raise their metabolism and expect to keep the weight off, thus reducing strain on hips, knees and ankles. What a bonus! Strength training is positive preventative medicine, its more than just exercise. It's about improving your Quality of Life.

### Karen Dermody B.Sc., R.M.T. Registered Massage Therapist

Other modalities offered:

- Craniosacral Therapy • Reflexology
- Reiki • Visceral Manipulation
- Integrated Lymph Drainage
- Therapeutic Touch • Bowen Therapy

Therapeutic massage can aid in increasing alertness, enhancing one's self image and reducing anxiety. It can also help with strengthening the immune system, decreasing blood pressure, improving circulation and digestion and in promoting deeper and easier breathing.

In the current line of holistic approaches to well being, the body is perceived as a totality of parts that are strictly interrelated and interdependent.

Healing is a life journey. It is a discovery of what will assist you on your journey, as you are an individual and one modality may work for one but not another.

A modality that has amazing results for a wide range of conditions is Bowtech. The Bowen Technique. Bowtech is a dynamic system of muscle and connective tissue therapy that is revolutionizing health care worldwide. For more than 40 years it has been used successfully to treat thousands of people suffering from a variety of illnesses.

Originally from Australia, the Bowtech is a completely safe and appropriate treatment for anyone from infants to the aged and produces lasting relief from pain and discomfort. Bowtech balances the body to allow it to heal itself. The work consists of a series of precise moves on specific points of the body. These moves are light and can be done through clothing. There are frequent and important pauses between each series of moves, giving the body time to benefit from each.

Bowtech is an essential tool to facilitate whole body healing. Bowtech moves enable incredible results by activating the body's own ability to heal itself, therefore stimulating an immediate healing process. This process is not limited to the presenting physical symptom but extends to the emotional, cognitive and spiritual aspects of the individual concerned.

One does not have to be unwell to benefit from a Bowen treatment. It is an ideal way to help the body function at an optimum state of health and efficiency.

For more information see [www.bowtech.com](http://www.bowtech.com)

905-642-2600 • Markham / Stouffville

## Spirituality and Health

by Gord Alton,  
Pastoral Counsellor/Pastor,  
Community Mennonite Church



Normally, when people think of health care, spirituality is the last thing that enters their mind. But as pastoral counsellor for the Community Care Access Centre of York Region, I am convinced that spirituality is a core dynamic in nurturing health.

Spirituality is shaped by beliefs, deep convictions that we learn through previous core experiences of life. These experiential beliefs determine how I see myself, others, God, and interpret my experiences in life. A childhood experience of abuse can lead to negative views of oneself, a distrust of others, and the belief that God is a powerless bystander in our world. When an adult with this type of spirituality contracts a major illness, this negative belief system powerfully shapes her experience. Due to a negative self concept, she

may believe that she deserves her sickness. Her distrust of others, which often leads to controlling behaviour, makes it hard for health care professionals to support her. Because of her theology, she sees no point in prayer for God cannot help her. Not only do beliefs shape our response to illness, they also can be a contributing factor to illness. I have met people who found themselves with cancer after praying for God to make them sick.

Closely related to beliefs is emotions, another

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TEMPEST IN A TEAPOT  
gift shoppe AND TEAROOM

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