



The
**Chiropractic
 Voice**

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Fun in the Sun!

Jase having fun at the Amherstbrug splashpad!

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Affirmation

**My Values Guide me to do
 what is right.**



Rhea's Table:



The Family Wellness Centre - What is that?

It's simple really - Absolute Chiropractic and Wellness Centre, has more than one practice inside its doors. In fact, there are four health care professionals who call this lovely place home. The Family Wellness Centre (FWC) is a clinic within a clinic, owned and operated by myself, Rhea Eady. The FWC is dedicated to promoting health, and wellness, during the childbearing years. As modern day medicine has become less healing in nature, one objective is to help families get back to the basics of wellness through a natural/holistic and informed choice approach.

As a prenatal educator I teach classes in the basement of the clinic on an on-going monthly basis. I share information regarding all types of births. No matter what you plan, Mother Nature always has ideas of her own. I intend to dispel many of the common fears surrounding birth through informed choice, and education. Understanding what common options are available, and the current evidence based medical interventions - discussing the benefits, risks and alternatives, is a huge advantage to everyone's health and well being.

After having worked within the birthing community, and currently raising 2 children of my own. Families tend always ask the same questions over and over. What should I feed my baby? Where should they sleep? My baby is up 3 times a night at 6 months, is this normal? What about vaccines, etc?? This led me to build a whole Mindful Parenting series with local community professionals. These classes are also taught downstairs in the clinic, and they are FUN!

Part of the practice is offering exceptional shared care doula services as well. As such, we provide families with informational, emotional, and physical support you may need prior to birth, during the birthing process, and the postpartum period as you transition into parenthood.

Being a registered massage therapist I aim to help families reach their optimal physical and emotional health through therapeutic touch, and clinical massage. Currently I offer a full scope of practice, but specialize in prenatal massage and postnatal massage treatments. Check out the prenatal pillow picture enclosed.

Needless to say, I love what I do, and enjoy meeting new clients anytime. I hope to serve the Absolute community well. Pop down to treatment room 6 and say hi, I've got a rocking chair inside. You can also find me on-line @ www.thefamilywellnesscentre.com

Rhea

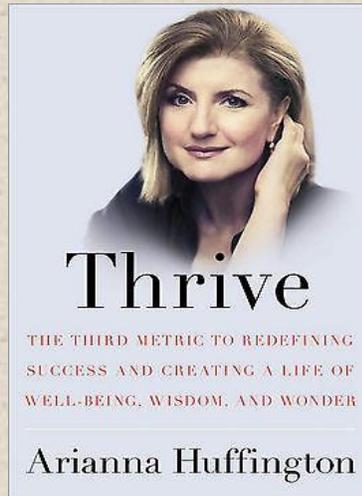
This is a picture of the pregnancy pillow I use for massage.



May Book of the Month:

Thrive

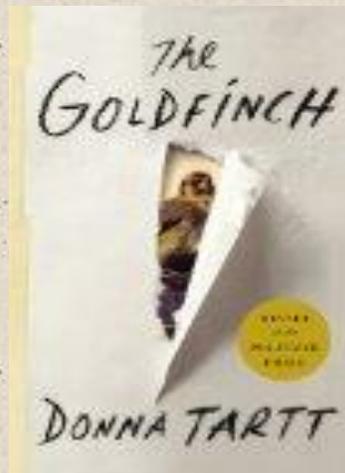
By: Arianna Huffington



June Book of the Month:

The Goldfinch

By: Donna Tartt



Recipe of the Month:

Stuffed Zucchini

Ingredients:

- 3 zucchini
- 1 pound pork sausage
- 1 cup dry bread crumbs
- 1 clove garlic, minced
- 1 (32 ounce) jar spaghetti sauce
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese

Instructions:

1. Pre heat oven to 350 degrees
2. Trim stems from zucchini and slice lengthwise. Scoop out seeds and put in bowl. Mix seeds with sausage, garlic, bread crumbs, and parmesan cheese. Stuff squash with sausage mixture and place in 9x13 inch baking pan. Pour sauce over squash and cover pan with foil.
3. Bake in preheated oven for 45 minutes or until sausage is cooked. Remove foil and cover with mozzarella cheese. Cook until cheese is melted.



Supplement Sale

15% OFF

Probiotic supplementation was once thought to only be used after a round of antibiotic. However, recent research has shown that the **use of a daily Probiotic can help improve function of the digestive track as well as help the immune system.** The restoration of the natural “good” bacterial that reside in the intestinal track improves the barrier that protects us from contracting infections through our digestive track. Probiotic have also been shown to help prevent urinary tract infections in individuals with a history of reoccurring infections. We carry both a pill form for adults (**Probiotic-5**) as well as a powder form for children (**Probiotic 123**).

Probiotic-5

Sale Price: \$30.55

Regular: \$35.95

Probiotic 123

Sale Price: \$16.10

Regular: \$18.95

Sale Valid June 1st - 30th, 2014

We would like to invite you and a guest to attend one of our Chiropractic Dinner Talks.

This talk will give you the opportunity to share with someone you know about the benefits of chiropractic care. Please review the following date and let us know if you and a guest would be able to attend.

Wednesday, June 18th at 6:15pm