



The  
**Chiropractic  
 Voice**

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Absolute Chiropractic 3774 Walker Rd. Windsor, ON N8W 3S8  
 (Email)officeadmin@absolutechiropracticwindsor.ca (Phone) 519-967-8592 (Fax) 519-967-8595

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#### **Affirmation**

**Today I am using 100% of my minds capacity!**

### Straighten UP Canada

The Canadian Chiropractic Association along with the Provincial Chiropractic Associations have joined together to help Canadians improve their spinal health and posture. A new app called *Straighten UP Canada* has been released to give Canadians a tool to help their spines in as little as three minutes a day. The app consists of twelve exercises that are designed to get you moving in ways to improve your posture and reduce the ill effects of sitting or standing all day. Each exercise will provide the movements and stretches necessary to help prevent back aches and muscle pains.

The app provides video and text examples of each exercise in both adult and youth form. It also provides you with a way to track your exercises and set reminders to perform the exercise. The app has an informational section as well describing common areas of pain and what may be causing them.

There is a blog that is updated with information on who can benefit from Chiropractic Care, injury specific post and wellness post.

Using this app will provide an excellent way to combat stressors that affect your spine on a daily basis. Dr. Ramos and I will often give specific exercises depending on what we find on your examination, but using this program as well will provide you with additional benefits for your spine. This program is perfect to do during breaks at work as it will help to correct tight muscle patterns from static positions or repetitive motions.

The app is available for free at the Apple App Store and Google Play.

For more information please visit [www.straightenupcanada.ca](http://www.straightenupcanada.ca)

Don't Forget to purchase your TICKETS!!!!

November 22, 2014

Portion of the proceeds to  **John McGivney**  
CHILDREN'S CENTRE  
HELPING ABILITIES GROW

# Some **AHHH** in your Life!

Leave feeling: Inspired. Refreshed. Enriched.

This wellness event will bring you local, knowledgeable speakers that will bring profound insight.

**Jennifer Jones**  
International Speaker & Philanthropist

**Dr. Roxanna Rivetna**  
Medical Doctor & Naturopath

**Dr. Gracinda Ramos**  
Chiropractor & Inspirational Speaker

**Fogolar Furlan Club**  
1800 N. Service Rd.  
9:00 A.M. - 1:30 P.M.  
\$45 (Lunch Included & Free Gift Bag)  
Tickets by phone: 519.967.8592  
or online: <http://someahhh.eventbrite.com>

Closing the event with a relaxing Singing Bowls Meditation

Vendors • Door Prizes • Organic Products • Free Samples

**[www.someAHHH.com](http://www.someAHHH.com)**

The Family Wellness Centre:

### What is so exciting about being a Registered Massage Therapist?

While there are many parts to this job we all find exciting, I think the most exciting part is when I read over a clients Health History and see a dysfunction. Sounds odd right? It may be odd, but I find it keeps me on my toes. As an RMT we have a very broad scope of practice, everything from sinus treatments, sciatica and even intraoral (inside the mouth) for jaw and muscle dysfunction. Don't get me wrong, I adore my regular clients who come in for relaxation, in fact without them, I would not have the luxury to treat those who are infrequent. I like how they share their lives with me throughout treatment in conversation, I honor how some never say a peep and neither do I. However, back to dysfunction, it can come in many forms as we are all aware; knowing how to treat a vast range of them is what keeps me going in this career. I enjoy seeing people who are actively healing, I like assessing where they are from a clinical standpoint, seeing their progress along the way, and how this can better their lives. If you are feeling a little shy to seek treatment for one thing or another, don't be, it keeps us all learning.

What's new with TFWC in Nov?

Our Mindful Parenting Classes are up and running- Intro to solids, Infant Sleep and Childhood Vaccines are the topics we will cover this month. Check out [www.thefamilywellnesscentre.com](http://www.thefamilywellnesscentre.com) for details.

**THE FAMILY  
WELLNESS  
CENTRE**



## Cold and Flu Season: Strengthening and Supporting Your Defenses Naturally

Your immune system is a sophisticated and important part of your body. It works hard every day to ensure your interactions with the outside world do not cause you harm through infection. Although there are certain times of year where colds and the flu seem to be more prevalent, we are in fact constantly being exposed to all kinds of bacteria's, viruses, and other microorganisms but we are not always getting sick. It is thanks to the intelligence of the natural defenses of our bodies that we are able to identify and neutralize microbes even before symptoms appear. This is actually a very healthy process and these exposures help to challenge and strengthen our immune systems, in the same way that lifting weights challenges us to build and maintain muscle mass. This is not to say that you need to go out of your way to get exposed, and in immunocompromised individuals they must be vigilant with what they are exposed to, however it is important to note that it is not the mere presence of a microorganism that will guarantee whether you get sick or not. How we live our lives, how well we look after ourselves and what we eat, the amount of stress and our ability to cope with it as well as our general outlook all come in to play in our every day immune functioning. There are lots of things we can do to strengthen our immune systems so that our susceptibility to colds and flu is minimal.

**Getting enough rest** is very important. Ensure you are getting an adequate amount of sleep at night so that you feel refreshed in the morning. The last time you came down with a cold or flu, you may recall there were early warning signs that it was going to happen. There may have been some mild aches, increased tiredness, perhaps a tickle in your throat or glossy eyes. This is the time to get some rest. Often people ignore these signs that their body is trying to convey and continue with their everyday lives before their symptoms become more pronounced. Getting some rest immediately will often help and that is the best time to start implementing some natural therapies.

**Eat a well balanced diet** with lots of fruits and vegetables. Avoid processed foods that are loaded with preservatives and other additives, which may negatively impact digestion. A strong and robust digestive system will strengthen your body's defenses not only because parts of the immune system are contained within it (the lymphatic tissue) but also because eating nourishing foods and digesting your food properly will deliver the nutrients your immune system needs to function optimally.

**Avoid refined sugar** as much as possible. In one study, researchers compared blood samples of individuals before and after they ate sugar. In the samples that were given after eating sugar, there was a significant drop in white blood cells, which are an important and integral part of the immune system. Refined sugar appears to negatively affect the immune system.

**Minimize stress** in your life. Find ways to cope with the stress that arises in your life - through meditation, prayer, deep breathing, yoga, tai chi, exercise. Fear and anxiety can negatively affect your immune system and leave you vulnerable to getting sick. We tend to live in our heads and often make up

stories and scenarios in our heads that increase stress and solidify a particular negative outlook. Embrace life and stay in the present!

There is a lot of research being done on **probiotics**. The focus has largely been on the role of healthy gut flora on digestion but healthy bacteria that lives on all our mucous membranes, including the respiratory tract, seems to also help protect us from getting sick. These beneficial bacteria create an environment that is antagonistic to many types of potentially disease causing organisms and compete with those populations to keep them in check. Many things can throw off the balance of the flora, including the use of antibiotics, so eating fermented foods that have healthy bacterial cultures as well as taking a probiotic supplement can help replenish the flora. I often recommend to people to start taking a good quality, multistrain probiotic at the first sign of getting a cold or flu. There are many types on the market right now so it is a good idea to talk to a qualified natural healthcare practitioner to find out which probiotic is right for you.

Suboptimal levels of **vitamin D** have been associated with lowered immune function. We tend to have lower levels during the winter due to the lower amounts of sunlight exposure. Taking tons of vitamin D when you are sick will likely not do much to help you, however it is a good idea to make sure your levels are good preventatively and supplementing with vitamin D during the winter months may be indicated.

There are many **herbs** that are supportive in preventing and treating a cold or flu. They are best used in formulas with synergistic combinations. It is too big of a discussion to get into however the general template of an immune formula includes three types of herbs: **Immune stimulating** such as Echinacea, Plantain, Elder Flower, Elecampane root etc; **Lymphatics** such as Horsetail, Nettle, Heal-All etc. **Pungent catalyst** used in small amounts to add 'heat' to the formula such as Cayenne, Ginger etc to increase circulation. A custom formula can be made for you at the clinic.

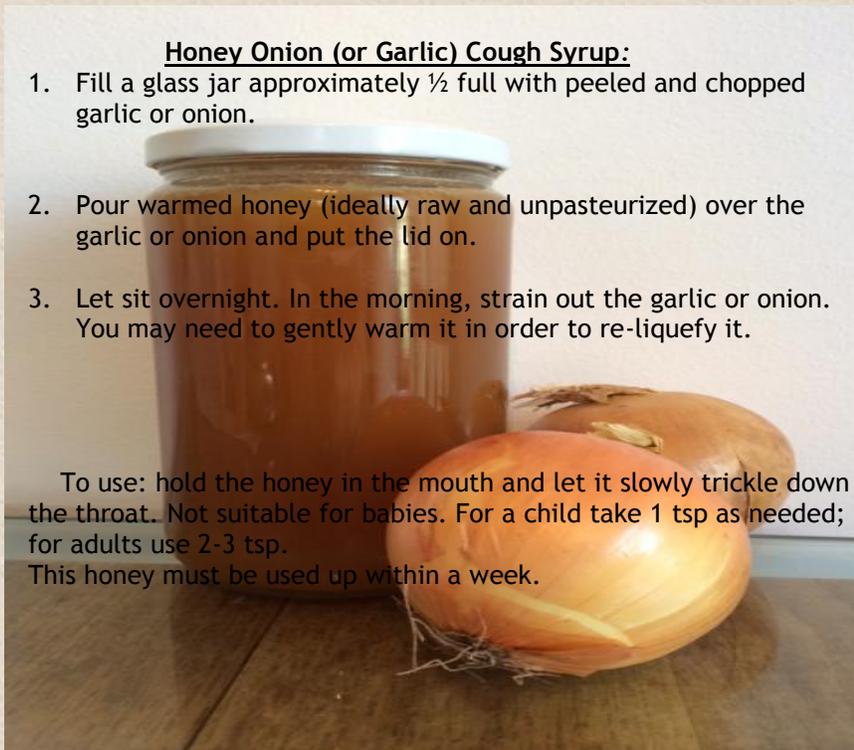
Herbs and supplements are a great thing to have in your home dispensary, however it is no substitute for a healthy diet, lifestyle and outlook. As an added bonus, I will include one of my favourite recipes for cough syrup you can make at home:

**Honey Onion (or Garlic) Cough Syrup:**

1. Fill a glass jar approximately ½ full with peeled and chopped garlic or onion.
2. Pour warmed honey (ideally raw and unpasteurized) over the garlic or onion and put the lid on.
3. Let sit overnight. In the morning, strain out the garlic or onion. You may need to gently warm it in order to re-liquefy it.

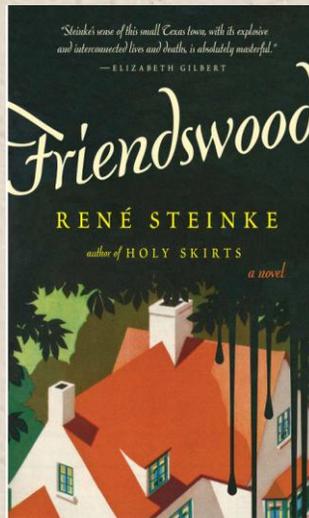
To use: hold the honey in the mouth and let it slowly trickle down the throat. Not suitable for babies. For a child take 1 tsp as needed; for adults use 2-3 tsp.

This honey must be used up within a week.



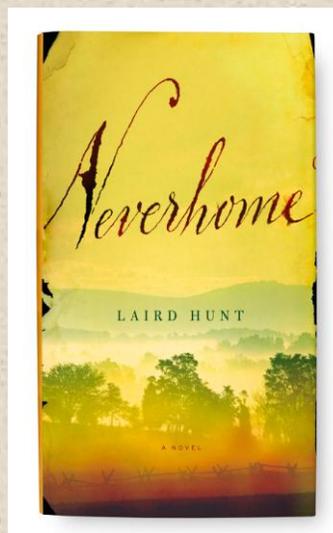
October Book of The Month:

**Friendswood**  
By: Rene Steinke



November Book of The Month:

**Neverhome**  
By: Laird Hunt



**Recipe of the Month:**

**Pumpkin Spice Muffin Mounds (Gluten Free)**

**Ingredients:**

**3 eggs**

**¼ cup honey**

**½ teaspoon pure vanilla extract**

**½ cup coconut flour**

**1 tablespoon pumpkin spice**

**¼ teaspoon baking soda**

**1/3 cup pumpkin puree**

**Pinch sea salt**

**2 tablespoons coconut oil, cut into small sections and chilled for 2 minutes**



**Instructions:**

- 1. Pre heat oven to 350 degrees and line a baking sheet with parchment paper. Set aside.**
- 2. In the bowl of your mixer, add eggs, pumpkin puree, honey and vanilla extract. Beat until well combined.**
- 3. Stop the mixer and add coconut flour, pumpkin spice, baking soda and salt. Turn on your mixer again mix until combined.**
- 4. Drop in coconut oil pieces and mix until everything is incorporated.**
- 5. Scoop a teaspoon size of dough and place on parchment paper until all dough is used.**
- 6. Bake in Pre heated oven for 20-25 minutes until tops are golden. Remove from oven allow to cool, enjoy!**

# Supplement Sale!!!

## 15% OFF Probiotics

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 infection 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 November 1<sup>st</sup> - 30<sup>th</sup>, 2014