

WORDS OF WELLNESS

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SPRING 2010

VOLUME 14 NUMBER 1

Spring Detox

By Kristijana Rakic, N.D.

Since we're approaching the spring, I would like to focus on the importance of detoxification as a way for you to improve your overall health. Detoxification is a fitting topic for the spring season as it is the best time of year to embark on a detox. Much like spring cleaning the house after the long hibernation of the winter, the body can also significantly benefit from spring cleaning/detoxifying. For any of you who have done a thorough spring cleaning of your home, you will appreciate how fresh, full of life, and vibrant the energy is in your home after a thorough cleanse. Well, this is exactly how amazing your body will feel after a good spring detox!

In this day and age, the detoxification process is extremely burdened due to the increased exposure of toxins in our environment – the air we breathe, the water we drink; in our food – the pesticides sprayed on our food, or chemicals used in processed foods; the products we use to clean our bodies or our homes. Unfortunately, we not only need to deal with the natural waste our body produces, but now we also have to compensate for the toxins we are constantly bombarded with in our modern world.

There are specific organs that are responsible for most of the body's detoxification process. The liver detoxifies 2 quarts of blood every minute, and it is responsible for sending harmful substances towards the elimination organs for excretion. Our excretion organs include the kidneys, bowels, lungs and skin. A good detox will support all these bodily organs and functions.

A comprehensive detox program is anywhere from 1-3 weeks; obviously the longer you detox the more toxins you'll be able to drive out of the body. A good detox program will involve dietary modifications designed to improve your body's ability to handle and dispose of toxic substances by eliminating foods and chemicals that you may be allergic or sensitive to. In addition, you may need high quality nutritional supplementation to help boost the function of the liver and the excretion organs to optimize toxic removal. Light exercise such as walking is very beneficial during a detox and plenty of water. Lastly, we now have an infrared sauna in the clinic which is scientifically proven to drastically improve the detoxification process and thus is a great addition to any detox program.

It is important to consult with a professional before embarking on a detox. Although there is none to minimal side effects with a detox, not everyone is a candidate for a detox.

If you would like to learn more about how to support your body with a spring detox please contact the office and book with one of our naturopathic doctors.

Below are some areas of your health that a detox could benefit:

- Improves energy level
- Helps us to cope with stress. Improves recovery time after strenuous exercise
- Improves physical performance and stamina
- Removes impurities from the body for improved health and better absorption of nutrients
- Strengthens the immune system
- Helps prevent degenerative diseases
- Improves bone strength
- Improves the production of collagen for joints and ligaments
- Improves memory, concentration and focus
- Promotes weight loss
- Is for anyone who wishes to look and feel young and healthy

WELLNESS CENTRE NEWS

Our office continues to be very busy and appointments are very much in demand for all our practitioners. Please remember it is important that if you cannot make your scheduled appointment, you give our office 24 hours notice so we may fill your spot with someone on our waiting list. Also, if you have trouble remembering your reserved time, please make the front desk aware and we will provide you with a **courtesy** reminder call the day before. **Missed appointments are subject to a missed visit fee.**

Congratulations to Nancy Smith for winning the weekend Vibrant Living lecture series. We know she will come away from the weekend with lots of helpful healthy information. Kevin Kueneman won our draw in December for a handmade Christmas quilted wallhanging. Janaury was Family Literacy Month. Gus Makres and Nikaya Paiva both won \$25.00 gift cards to Chapters. Sherry Cousineau was the lucky recipient of the customized pet treat basket for love your pet month in February. All the pet products were purchased at Global Pet Food on Strasburg Road in Kitchener.

Thank you to everyone who donated to our Heart and Stroke fundraising campaign. We were able to present \$38.00 to the Heart and Stroke Foundation.

MONTHLY FEATURES

March is Foot Health Month. Visit our office during the month of March and enter your name into our draw for a Pedicure. As usual we are booking orthotic scans with both Dr. Jeff and Dr. Ryan and we still have some evening appointments available in March. Did you know that most extended health plans cover the cost of orthotics?

April showers bring May flowers: come to the office during the month of April and enter your name into our draw for garden tools.

In May we will be focusing on the importance of blood pressure levels. May 4th we will be testing people's blood pressures throughout the day. All month we will be having a draw for a neck friendly pillow.

THANKS FOR THE REFERRALS!

Sylvia Roth, Ljiljana Krajsnik, Steve Kschenski, Michelle Keller, Jim Wiebe, Nancy Smith, Julie Hatesohl, Lisa Stover, Jim Sandlak, Poy Paiva, Allen John, Ian Clark, Kim Keiry, Dina Pipilas, Michaela Bielik, Bradley Silveria, Andrew Ma, Joan Paiges, Kevin Kueneman, Karen West, Anne Kallin, Karen Joannette, Helen Smrcek, Connor Doucette, Tori Simpson, Heather Zunic, Scott Hartleib, Val Martin

ASK A PRACTITIONER

Q: My neck is very tight and my hand is numb at times. What is going on?

A: As a massage therapist I am asked this questions a lot. This could possibly be Thoracic Outlet Syndrome.

If you have Thoracic Outlet Syndrome (TOS), the nerves or blood vessels just below your neck are compressed, or squeezed. It can be between the muscles of your neck and shoulder or between the first rib and collarbone. You may feel burning, tingling and numbness along your arm, hand and fingers. If a nerve is compressed, you may also feel weakness in your hand. If a vein is compressed, your hand might be sensitive to cold, or turn pale or bluish. Your arm might swell and tire easily.

TOS can be a repetitive stress injury. An extra rib, scar tissue, traumatic injury or inherited defects can also cause TOS. Treatment depends on what caused your TOS.

What can I do?

This is a condition that takes time to heal. Often removing the cause will expedite the healing process. Unfortunately, a great deal of the time, the cause is our career. Most of us don't have the luxury to just quit! So, what else can be done?

Massage therapy can be very effective as treatment. By targeting the neck, pectoralis and subclavian muscles with massage techniques, stretching and hydrotherapy, this can help loosen the compression.

Chiropractic adjustments and ART (active release therapy) are also effective as treatment.

Acupuncture can also help relieve some of the pain that accompanies TOS.

Remember, being proactive about your health with regular treatments will keep this condition from reoccurring.

WELLNESS NOTES

Look around you. Skinny people do and fat people sit. I sat in disbelief as my physician made this declaration, the lump in my throat getting larger. I had just finished listing the weight loss measures I had taken for the previous two years: various diet plans, personal training, daily walks and thyroid tests. I had followed the plans rigorously yet my body remained the same.

I got no results and now I was sitting across from a health care professional who advised me to accept my obesity. That was the last time I discussed my weight with my family physician. Six months later I am pleased to have found an effective and healthy weight loss solution, thanks to Dr. Robin Walsh.

Dr. Robin Walsh took a genuine interest in my situation. Systematically, and patiently, she determined ways to help me make my body work more efficiently and shed excess pounds. To date I have lost about 25 pounds. It took time, commitment and a willingness to follow her recommendations, but all I had to lose was weight, and I did.

When I first visited Dr. Robin Walsh I was frustrated beyond measure with my excess weight. Years of trying different eating plans, daily walks, thyroid tests and working with personal trainers and a nutritionist had yielded no results. Medical doctors could offer no help. Someone suggested I try a naturopath.

Robin Walsh is thorough, systematic and patient in her approach. With her guidance I have been able to lose the weight that has been burdening me for years, and best of all, it's all-natural. I have lost 40 pounds, my body is working much more efficiently and I feel as though I have won a decade-long battle. Robin Walsh made all the difference.

Booking an appointment with Dr. Robin Walsh was the turning point in my struggle. I had nothing to lose but weight, and I did.

Elizabeth

CENTRE PRACTITIONERS

Chiropractic

Dr. Jeff Goldsworthy, HBSc. D.C.

Dr. Ryan Larson, BSc. D.C.

Massage Therapy

Kyle Devitt, R.M.T.

Pam Gingrich, R.M.T.

Acupuncture and Shiatsu Therapy

Tara Blain, CST, Ac.

Naturopathy

Robin Walsh, BAsC. (Nutrition) N.D.

Kristijana Rakic, BSc. N.D.