

# WORDS OF WELLNESS

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## *Are you drinking enough to keep hydrated?*

By Kyle Devitt, R.M.T.

Hydration is just as important as food intake before, during, and after exercise. Adequate fluid intake is essential to comfort, performance, and safety. The longer and more intensely you exercise, the more important it is to drink the right kinds of fluids.

- two hours prior to exercise, athletes should consume 16 oz. of water to help them ahead of time.
- 30 minutes before activity, athletes should intake another 8 oz.
- during activity fluids should be available at all times. When an athlete sweats out his or her critical fluids, they should replenish 8 oz./20 minutes.
- players who are engaged in short activity, 30 seconds or less, such as sprinting, are at a high risk of dehydration due to the intensity of the workout.
- activity that lasts 30 minutes or longer, requires re-hydration at a rate of 8 oz./20 minutes.

In order to drink for performance and recovery, the need for carbohydrate and electrolyte replacement during exercise depends on intensity, duration, weather, and difference in sweat rates. Sodium and Potassium both replace electrolytes lost in sweat and Sodium can stimulate thirst. Carbohydrates provide energy when the activity lasts 60-90 minutes in the form of energy gels and bars.

Some athletes can portray symptoms such as nausea, dizziness, and fatigue. This occurs due to inadequate fluid replacement before, during and after activity. After 40 minutes, electrolytes are lost and water only is not sufficient to re-hydrate.

Once the game or practice is finished, athletes should continue to take in fluids. About 64 oz. is the minimum to shoot for athletes during a day.

An easy test of proper hydration is a urine test. A healthy athlete should have clear urine, not dark or with a restricted flow.

Most players should be encouraged to pay attention to their own needs, as they may vary from person to person. If an athlete feels light-headed, uncomfortable, or just abnormal this may be a sign of dehydration. Besides inadequate fluid intake, other causes of this can be excessive sweating, exercising in dry hot weather, and drinking only when thirsty.

On a daily basis we continually lose fluids from our bodies. Therefore, athletes must replace those fluids regularly. By understanding the benefits of getting sufficient hydration, you can ensure you'll keep your body safe, strong, and maybe even improve performance on game day.

## 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.**

In August we collected school supplies and had a draw for a backpack full of school supplies. Wanda Speek was the lucky winner of the draw. Cathy Burns and Sandi Wey won tickets to a Ranger hockey game during the month of September. In October we highlighted cancer prevention techniques and breast health month. Kim Burrows won a massage with Pam Gingrich as our giveaway for that month. We also had our annual Thanksgiving turkey draw at the beginning of the month. Nadine Iley and Deb Dietrich each won a \$25.00 Zehrs gift certificate to put towards their Thanksgiving feasts. Join us in November and put your name into win a seat at a Vibrant Living weekend and in December you could win a quilted wall hanging for your Christmas décor.

### MONTHLY FEATURES

Christmas is fast approaching. We are once again running the Toys for Tots program at our office in the month of December. Please bring in a new unwrapped toy to the office for the toy box until December 23<sup>rd</sup>. If you are coming to see Dr. Jeff on December 15<sup>th</sup>, you can receive a \$10.00 discount off your adjustment when you donate a toy equal or higher in value than the discount you are receiving.

January is Alzheimer awareness month. Visit the office to learn tips on how to keep your brain healthy. Also put your name into our draw for a Chapters gift card.

February is Heart and Stroke month. We are once again collecting donations for the Heart and Stroke Foundation and giving out tips on how to keep your heart healthy. Also, please give us a picture of your family pet(s) to be posted on our wall of fame for the Love your Pet contest. You could win a gift bag full of products for your pet.

### **Kick off your 2010 the right way with a transformation weekend, all about YOU and YOUR HEALTH!**

There is no faster way to commit to your lifestyle changes, than by immersing yourself in a weekend full of learning, motivational speakers, easy tips, recipes, exercise programs, FUN and much more. Most importantly, learn the psychology behind why you personally sabotage your health goals and learn how recognize this so you will never do it again!

Join Naturopathic Doctors, Kristijana Rakic and Robin Walsh for a motivational and life changing weekend that will inspire you to make those lasting changes to your health.

Also joining us will be guest lectures from:

Life Coach Leslie Gordon

Personal Trainer Gloria Caperchione – leave with an exercise program you can do at home

Moksha Yoga – relax with a free morning yoga class before we start class

Sean the Organic Expert from Seven Shores

Raw Chef Diane Walsh – with some quick ways to incorporate raw into your life

Comedian Robin Todd – laugh yourself to stitches and learn an inspiring message at the same time

Door prizes, raffles and MUCH MORE

The cost of the weekend can be claimed under your Naturopathic benefits.

Sign up a friend and you come for FREE!

February 20-21, 2010

For questions, and to sign up please visit [www.vibrant-living.ca](http://www.vibrant-living.ca)

## **THANKS FOR THE REFERRALS!**

Danielle Suave, Joan Paiges, Jen Cabeke, Nathan and Tanya Seiling, Brent Thorton, Marilyn MacDonald, Blake Joyce, Mike Callaghan, Tina MacDonald, Arnie Wohlgemut, Marg Verbeek, Irwin Peters, Lisa VanDam, Audrey Jamison, Brain Tithecott, Dan Vezina, Angie Murray, Grace Protopapas, Camille Gardiner, JP Gendron, Rish Mehta, Adrienne Goldsworthy, Karen Barclay, Teresa McFarlane, Amber Mehta, Tracy Millar, Alana Schott, Lisa Brennan

## *The Stork Has Landed!*

Congratulations to Christa Hanes and family on the arrival of Haley Marie. She arrived on August 21<sup>st</sup> and weighed a healthy 8lbs 4ozs.

And to Cory and Julie George and big brother Ian on the arrival of Ella Victoria. She made her quick arrival on October 21<sup>st</sup> weighing 7lbs 10ozs.

## **ASK A PRACTITIONER**

### **Q: What is the Difference between Chinese & Japanese Acupuncture?**

A: Acupuncture originated in China and made its way to Japan via the Silk Road and Korea sometime before the 6th century. Fast forward to the Edo Period (17th-19th centuries) when Japan closed its borders to almost all foreign countries for over 200 years. During this isolated time, culture and medicine developed which is unique to Japan.

In China their views and education were rooted in Confucianism. When it came to the human body the Chinese were reluctant to remove their clothing, even to allow a doctor to examine them – especially women. Pulse diagnosis and verbal dialogue predominated. Treatment involved needling a patient directly through their clothing. Therefore, when needling, getting the de-qi sensation was very important to ensure that the point was activated.

In Japan they had no such restraints and communal bathing was normal. Also the majority of acupuncturists and massage/shiatsu therapists were blind, which meant they had a heightened sense of touch. Diagnostic palpating was added to their repertoire. When choosing acupuncture points they would find the exact acupuncture point that would relieve the problem by touch and then needle it. This made the “de-qi” sensation not really important thus resulted in a virtually pain free treatment. The Japanese also invented the use of the insertion tube allowing for finer needles. Even now Japanese needles are finer than those that the Chinese use.

So, when you come in for a Japanese acupuncture treatment we go through an interview and pulse reading, like the Chinese, and then the distinctly Japanese form of checking the diagnostic points on the acupuncture channels, feeling the abdomen (to see how the organs are doing), examining the glands in the neck (for your immune system), checking the spine for tight or loose points and cross-checking active acupuncture points with areas that are painful. Typically you will feel improvement with the first treatment. A treatment course usually involves 8-12 sessions. Each of us is an individual, and it may take fewer or more treatments to bring you back into balance.

## **WELLNESS NOTES**

I am a 61 year old man that suffered from what I would consider to be severe lower back pain. I also had pain down my right leg and numbness in my feet.

Due to this pain I was unable to do activities that I enjoyed and kept me fit like golfing, going to the gym and distance walking. I had tried massage therapy and chiropractic to get some relief but I had none. That was until I heard about the Low Back Clinic.

Since having my treatments on the DRX 9000 machine my life has turned around. After receiving my spinal decompression treatments I have been able to return to activities that have been absent from my life for the last two years.

I definitely would recommend LBC to others who qualify for treatment on the DRX 9000. I believe that the Low Back Clinic was a life saver and I am not sure what I would have done to maintain a quality of life. If you suffer from any of the problems that the DRX 9000 can treat, I would recommend calling the clinic and booking your free consultation to find out more.

[www.lowbackclinic.com](http://www.lowbackclinic.com)

*\*The DRX 9000 treats Disc Herniation, Spinal Arthritis, Degenerative Disk Disease and Sciatica.*

## **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.