

WORDS OF WELLNESS

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Any reproduction of this newsletter will cause all your relatives to invite themselves to your house for dinner on Thanksgiving.

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How to Read the Labels of the Foods You Buy

By Dr. Robin Walsh, N.D.

There is a lot of confusion around labels, and what is actually good for you. We went through a whole low-fat craze, which actually in turn made people more fat!! Now we see many labels making claims...like high fibre, low sodium. The problem is, we need to be label savvy as a lot of this is great marketing. They replace one bad thing with another and trick us into thinking the product is good for us. So, here is what to look for...

1) **Serving Size**

On the nutritional facts, there will be a serving size listed. For cereal or grains it might say 1/2cup, for bars it might say 1. This is important to note, as most of the higher calorie items are 2 cookies, or 10chips. This isn't a lot of food for this many calories, which is why these foods must be limited. They are called empty calories, meaning they hold very little nutrition for their caloric punch

2) **Fats**

Fats are a very confusing topic for most people. I still get many people in my office that are afraid to eat things like nuts or avocado for fear of getting fat. These good fats actually help your body to burn weight...not put it on. The inflammatory or toxic fats are the ones we want to reduce, but we need to increase our consumption of the good fats.

Fats to Avoid – Many processed foods, will also contain processed fats. These are fats that help to add flavour and stabilize the shelf life of the food. We want to avoid the following fats as much as possible – hydrogenated fats, partially hydrogenated fats. We want to greatly limit things like vegetable oil, corn oil or soybean oil as most of the time they are highly processed. So, if you see a product that claims to be high in fibre, but also has these fats in it...this is not something that you should be eating every day

Fats to include – things like nuts and seeds (except peanuts), avocado, olive oil, hemp seeds/oil, flax seeds/oil, olives, fish. These products contain the good fats, that will help us with cardiovascular function, weight loss and management, skin health, brain health and much more.

3) **Sugar**

Many of the processed foods will replace fats for sugar, or they add sugar to compensate for the increase in fibre (to still allow the product to taste great). White sugar is very inflammatory in the body and in increased quantities contributes to lowered immune system, weight gain and insulin resistance. When looking at a product it is important to make sure to look at the amount of sugar per serving as well as the type of sugar used. Healthy products will use less than 9g of sugar per serving.

Healthy sugars to look for are things like brown rice syrup, agave nectar, honey, maple syrup, dates, dried fruit, organic cane sugar.

Sometimes when you look at some of the natural bars you will see that they have more sugar in them than 9g/serving. If they are more, but they contain the natural sugars as oppose to white sugar, they are okay to consume. Lara bars are a good example of this

4) **Sodium**

Don't be fooled...even some of the soups in the health food section of the grocery store contain more sodium than they should. Sodium in excess quantities can cause problems with water retention and blood pressure. It is advised to keep your daily sodium intake to 2400mg, with an individual product being around 200mg. Most of the convenience food like frozen dinners and packaged soups can contain up to 700-900mg of sodium per serving. Therefore it is best to cook your own food, or make sure that what you are eating on a consistent basis is not too high in sodium. Celtic sea salt is not processed, and the trace minerals are not stripped like in regular table salt. Therefore it does not have the same effect of blood pressure and water retention. If you are going to use salt, you can use sea salt sparingly, but also try to find other ways to spice your food like lemon juice or herbs.

Having the ability to be able to understand labels, will help keep you and your family 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.**

Join Dr. Robin Walsh and Dr. Kristijana Rakic for their 6 week Vibrant Living lecture series. This series will help you to improve your quality of life and get the energy and vitality you deserve. Learn about healthy weight loss, nutritious eating, lowering stress, detoxification, setting goals and much more! The cost is \$199.00 for the series and includes 3 BIA screens. The cost can be put through your extended benefits under Naturopathic coverage. Visit their website at www.vibrant-living.ca to reserve your spot. Space is limited.

Congratulations to Cathy Ross for winning our garden tool gift pack in our April giveaway. Mary Leveck was the lucky winner of the free massage with our very own Kyle Devitt, R.M.T. for the month of May draw. Ana Perez-Guimarges won a personal training session in a separate draw during the month of May. Natalie Baker won chemical free sunscreen and bug repellent in our Sun Awareness month draw in June. Janice Golbeck won a one-of-a-kind handmade glass fusion necklace made by Jennifer Devitt, owner of Home and Haven for our blueberry health month draw in July. She also received hand sewn reusable bags with blueberry motif made by Sheila Goldsworthy.

MONTHLY FEATURES

In September we will be taking donations for the Jump Start program run through Canadian Tire. The donations will be used to help children in our community that may not otherwise have the funds to participate in organized sports such as hockey. We will also be having a draw for a set of Kitchener Rangers tickets.

October is our annual turkey draw. Enter your name to win a \$25.00 gift certificate to Zehrs to help buy your Thanksgiving feast. We will also be focusing on breast cancer awareness during this month. Come into our office to pick up information on breast health and the benefits of massage therapy. Also, enter your name into the draw to win a massage with Pam Gingrich, R.M.T..

In November we will once again be running our very successful annual hat, mitt and scarf collection for people in need throughout our community. Help decorate Bart the Bear, please bring in any new or used (in good condition) hats, scarves, mitts, boots or coats to the clinic and we will give them to local organizations to distribute as needed.

November is also good health month. Visit our office to learn some tips to promote your good health and also enter your name into our draw to win a spot in the Vibrant Living series put on by Dr. Robin Walsh and Dr. Kristijana Rakic. Value of the series is \$199.00. For more information on the series, review the summary under Wellness Centre News or call the office.

THANKS FOR THE REFERRALS!

Angela Bukowski, Jack Mansfield, Dr. David Orchard, Kim Huttin-Myke, Chris Edwards, Randy Schoch, Matt Paulini, Cassie Wheldon, Gurpreet Saini, Pam Bustard, Kathy Weber, Jon Rohr, Irwin Peters, Donna Cloes, Stela Simeria, Peri Makres, Allen John, Alysha Crawford, Katie Phelan, Richard Messam, Barry Noice, Paula Snow, Dan McGrath, Chris Snider, Rachel Goldsworthy, Mary Metzloft

The Stork Has Landed!

Michelle Aubin and family welcome Samantha.

ASK A PRACTITIONER

Q: What is spinal stenosis?

A: Stenosis is the narrowing of space. In medical spinal stenosis there is either a narrowing of the central spinal canal or of the foramen where the nerve roots exit the canal to the outside. The narrowing causes harmful pressure to be applied against the nerve tissues. The first symptoms of stenosis can be bouts of low back or neck pain. Low back stenosis, particularly, can result in pain and abnormal sensation to the legs, thighs, feet or buttocks, or loss of bladder and bowel control. There are many causes of the spinal stenosis but the most common include congenital (being born with it), disc herniation, degenerative disc /joint changes, and soft tissue swellings. Spinal stenosis is best diagnosed and visualized using special images such as MRI's, CT's and X-rays. Treatment of spinal stenosis usually starts conservatively with manual therapies; if the manual therapies are not successful then consideration should be given to a program of spinal decompression; and, if decompression therapy is unsuccessful surgery may be the next option. With the introduction of our clinics new spinal decompression program we have been seeing great results in the treatment of our patient's spinal stenosis reducing their use of prescription medications, increasing their ability to function and most importantly, avoiding surgery.

WELLNESS NOTES

Having seen an article in the most recent edition of "The Grand" magazine about the Goldsworthy Wellness Centre and their "Wellness under one roof" approach, I became interested in finding out more about this unique clinic. After perusing their website (which was very easy to maneuver and very informative), I decided I'd like to try some massage therapy. I'd had limited experience in the past, and what I did know of it didn't really ever get the results I'd been hoping for.

Recently, I had been having a lot of trouble with swelling and edema building up in my lower legs and feet. My feet were constantly cold and I'd have to wear 2 or 3 pairs of socks. Just what we all want in the summer months. I conveyed this information to the therapist at GWC and he suggested we try some Manual Lymph Drainage. He explained the lymph system is like a network of filters for your body and that mine might not be functioning well right now. This may be leading to the congestion of fluids in my feet now. I was somewhat skeptical during the treatment because it was nothing like a regular massage treatment. There was no heavy pressure, or regular Swedish-type massaging. Instead he performed a series of very light pumping techniques. Everything was very precise and with purpose. At the end I had an odd sensation as though something had occurred but I couldn't put my finger on it. The next morning, to my surprise, I awoke with no swelling in my feet. It had been some time since I'd seen my ankles or any definition in my feet. And I didn't have to wear work socks in July! Over the next week, I noticed a little bit of swelling coming back and in speaking to the therapist he explained it could take a couple of treatments to make a lasting difference.

After another treatment I noticed similar results only this time the effects were much longer lasting. I have been thrilled with getting my old feet back again. I think one of the best moments was when I last visited my cardiologist and showed him the progress with my feet and he was dumbfounded at their appearance. You see, he'd been trying for months with different meds to bring the swelling down with no success and now after two Manual Lymph Drainage treatments, I had my ankles back again.

Thanks GWC!

CENTRE PRACTITIONERS

Chiropractor

Dr. Jeff Goldsworthy, HBSc. D.C.

Dr. Ryan Larson, BSc. D.C.

Massage Therapy

Kyle Devitt, R.M.T.

Pam Gingrich, R.M.T.

Shiatsu Therapist and Acupuncture

Tara Blain, CST, Ac.

Naturopathic Doctor

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

Kristijana Rakic, BSc. N.D.