

WORDS OF WELLNESS

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Any reproduction of this newsletter will cause all the neighbourhood crows to nest on your back deck for the summer.

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Chiropractic and Colicky Babies

By Dr. Jeff Goldsworthy D.C.

A lot of you may be wondering what do chiropractors have to do with colicky babies? That is a good question. Colic usually begins 1-4 weeks after birth and continues for 3-4 months. The baby can cry persistently for at least five hours at a time and the medical community has not been able to find a cause or explanation.

A study involving 316 infants ranging in median age of two weeks at the beginning of the colic and a median age of 5.7 weeks at the beginning of treatment was conducted. Prior to the treatment the average time with colic was 5.2 hours per day with the average number of episodes at 2.5 per day. Treatment included chiropractic manipulation, of course at a much lower force than required for adults. After one treatment the number of hours was reduced by half to 2.5 hours per day. After 3 treatments it was reduced to .65 hours per day. The average colic episodes went from 2.5 a day to .9 after 2 weeks. By the end of the study, in 60% of the cases, the colic completely disappeared and the symptoms improved in another 34%.

Why? I will try to explain as easily as I can.

Your nervous system has two components. One is called your Sympathetic system and the other the Parasympathetic. The Sympathetic system is activated when you are under stress, (exams, work deadlines, meeting a bear on a hike), it responds by causing sweating, increased heart rate, increased blood pressure, increases you sensitivities and it sends blood from your core to your muscles for defence. The Parasympathetic does the opposite, it slows your heart rate, reduces your blood pressure, digests your food, excretes your waste and stimulates sleep, etc.

The Sympathetic system is involved with most of your spinal nerves. The Parasympathetic has a big nerve that comes from the upper part of your neck and two other locations in the mid back and the low back. These 2 systems have to be in balance. If one of the systems is more dominant then you will experience the effects.

Birth is a traumatic process; the infant does not have muscle bulk to maintain the spine. Usually with colicky babies I have found the upper neck (Parasympathetic) to be out of alignment, occasionally it may come from the mid back (Sympathetic). By correcting these areas of the spine I can help equalize and return the balance to these two systems and provide good health. Under the same idea chiropractic has been found to help with recurrent ear infections, asthma, tonsillitis, constipation and blood pressure.

If may not think kids get back pain, but a study done in the United States reported that over 30% of kids 12-17 years of age suffer from back pain and a Canadian study found 33% of 12-17 year olds and 23% of 6-12 years old reported back pain. How might that be affecting their Sympathetic and Parasympathetic systems?

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.

Our office will be open on Wednesday July 1st and all practitioners will be seeing patients. Instead we will be closed on Friday July 3rd.

A big pat on the back to Kyle Devitt and his team the “Devitt Initiative” on their participation in the Relay For Life. Dr. Ryan Larson also participated on the team and together they were able to raise \$419.00. The whole team raised \$2265.00 total towards cancer research! Thank you to all of our patients who donated to the team.

MONTHLY FEATURES

Visit our office in June to learn about sun safety and check out our display of family safe sunscreens and bug repellents. You can also enter your name into our draw to win a sun safe gift pack.

July is blueberry health month. Come into our office during that month to learn about the health benefits of blueberries and pick up some new recipes. You can enter your name into our draw to win a blueberry pack.

During the month of August we will be conducting our annual school supply drive. All supplies will be donated to students in need in our community. We will also be doing back pack fittings and having a draw for a back pack full of school supplies.

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.

THANKS FOR THE REFERRALS!

Nicole Riesen, Barb Rozell-Knechtel, Alysha Crawford, Constantin Muscalu, Brenda Saunders, Perri Makres, Diana Larson, Mamta Sharma, Charlie Layton, Richard Cantin, Jim Gemmell, Nathan Shinkar, Judy Leib, Michael Wolfe, Rose Jirika, Donna Cloes, Mira Vryovic, Marjorie Brohman, Denise Duckett, Amberleigh McCulligh, Brandon Versamy, Peter Ysselstein

The Stork Has Landed!

Filipe Oliveira and family welcomed baby Saul on February 16th.

Kim McDougall and big sisters Nicole and Cassie welcome new baby Caiden to the family.

Ashley and Aaron Roffel welcomed their first child, Ashton on April 30th.

ASK A PRACTITIONER

Q: I have heard about the importance of taking vitamin D, but do I need it in the summer?

A: People are very confused about vitamin D, with good reason! For years it was thought of to be a very toxic vitamin that you shouldn't have too much of. The recommended daily allowance was set at 400IU per day which was the amount necessary to prevent rickets (a brittle bone disease). Research is now showing that supplementation should be somewhere between 2000-4000IU/day depending on the health conditions and current vitamin D status.

It is my recommendation that everyone get their vitamin D levels checked. You can request this from your MD, and if they will not run it then ask us at your next appointment and we can order the test. While the test is not cheap (\$75.00), it will provide invaluable information to preventing multiple chronic diseases including cancer and heart disease.

We all know that we require the sunlight to produce vitamin D in the body, and that while food supplies minute amounts of vitamin D it is really the sun that we need to reach optimal vitamin D levels. So here is the dilemma, we know that sun exposure can increase our risk factor for skin cancer so we avoid the sun but we also know that low vitamin D levels will contribute to chronic disease. In fact, research has shown that people with skin cancer have the

lowest rate of all other types of cancers. So what are we saying, you should get skin cancer...NO! We are saying that you need optimal levels of vitamin D!!

Many people believe that they are getting enough vitamin D from the sun. However, you need a constant level of vitamin D to be protective. The amount of sun and the strength of the sun are equally important. The equator is getting direct sun and all other latitudes are getting a less direct amount of sun. It has been found that the 35th latitude (around California) is the latitude that is required to have enough strength from the sun to convert vitamin D all year round. For everyone else, the sun is not strong enough to cause a vitamin D conversion. In fact, it has been found that people in Florida in the winter are vitamin D deficient. The journal of experimental dermatology in 2007 stated that the recommendations regarding sun exposure need to be reevaluated in lue of the new research on vitamin D. In addition it has been found that even SPF 8 will reduce vitamin D conversion by 92.5% and SPF 15 by up to 95%.

My recommendations are that if you are out in the sun for roughly 30min a day without sunscreen (in non peak times) then you do not need to supplement with vitamin D for the summer. If you aren't, then I would supplement with between 1000-2000IU of vitamin D per day.

WELLNESS NOTES

I had been suffering from stomach pain in the morning and sometime in the afternoons for quite a while. I was having to eat before bed each night otherwise I could not operate properly in the morning. I would feel weak and dizzy unless I had put something in my stomach at bedtime. I come to the clinic to see Dr. Robin and I have had conversations with their acupuncturist Tara, but I had not talked to her about any health problems before. I met with Dr. Robin about my stomach pain and she put me on some supplements to help my digestion. I also decided that I should see Tara to see what she could do for my overall health.

Tara treated me with Japanese acupuncture techniques. This allows her to use thinner needles that to my surprise did not hurt at all. She treated my digestive system, gall bladder, kidneys, liver, pancrease and of course my stomach. She also worked on the muscle tightness that I suffer from in my chest due to stress, which could have been part of my stomach problems according to Dr. Robin. Yes, this was all done in one session.

After one treatment I felt so much better. I did not have to eat before I went to bed, I didn't wake up with pain in my stomach and did not get it through the day. I had more energy and generally just felt better (she worked on what is called the "happy spot" to help with mood). I also found that I did not have the cravings for sweets like I did before. After seeing Tara again she told me that this was likely because she treated my pancrease and that would have affected my blood sugar levels and need for sugar.

Thank you to Dr. Robin and Tara for helping me feel better.

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.

