

# WORDS OF WELLNESS

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SEPTEMBER 2006

VOLUME 10 NUMBER 3

## Diabetes... The Cure Is Prevention

Diabetes has been in the news a lot lately and back in September the Toronto Star labelled it as the "new epidemic". The fact is, due to our current diet and lifestyle, diabetes isn't "new", it has been creeping up on our nation for years.

Diabetes is a group of diseases characterized by high levels of blood glucose and a greatly increased risk of heart disease, stroke, kidney disease and loss of nerve function. Type I Diabetes is referred to as insulin dependant and occurs when the pancreas does not secrete or produce enough insulin. Type I Diabetes has to be managed with diet and insulin injections in order transport the blood sugars from the blood stream to the cells. In Type II Diabetes, the pancreas is producing enough insulin however the cells of the body have become resistant to the insulin. Approximately 90% of diabetics are Type II, and the majority of these individuals are obese. It has been found that a combination of obesity (especially abdominal obesity), increased consumption of refined sugars and lack of exercise greatly increase the risk for acquiring this disease. In type II diabetes, diet is of primary importance and in most cases is implemented before a drug is used. In the majority of cases, this condition can be managed by diet and lifestyle changes alone.

Some alarming statistics about diabetes and obesity...

- Obesity rates have increased 3-fold in the last 10 years
- Over 50% of Canadians are currently overweight or obese
- 1/6 of North American children are obese
- By 2010, 3 million Canadians will be diagnosed with diabetes
- Conditions like high blood pressure, and increased blood lipids and blood sugars are being seen in children that traditionally haven't appeared until 50-60 years of age

Obesity has been referred to as the "sleeping giant" or the new epidemic because if nothing is done to change current dietary and lifestyle habits... this sleeping giant will awake and completely crash our current health care system.

### Why is Diabetes so Dangerous?

If blood sugars are elevated for prolonged periods of time, two main consequences happen in the body, which then creates diabetic complications. The first is glycation, the process where glucose molecules attach themselves to protein and fat after prolonged periods of blood glucose elevation. These glycated tissues are thought to be more damaging to the body than oxidative stress caused by free radicals. The other consequence of prolonged elevated blood sugars is increased inflammation in the body.

Both glycation and inflammation are responsible for the damage that occurs to the tissues of the body such as the retina of the eye, kidney tubules and nerve tissues. This damage in turn leads to the complications associated with diabetes such as blindness, heart disease, kidney failure and loss of nerve function.

### If Diabetes isn't enough...

#### What about Syndrome X

Syndrome X is the combination of obesity, hypercholesterolemia (high cholesterol) and hypertension (high blood pressure) linked by an underlying resistance to insulin.

Like diabetes, excessive intake of refined sugars, lack of exercise and obesity will all contribute to the development of Syndrome X, and change in diet and exercise can help to reverse this condition. In fact it has been found that without dietary changes and lifestyle modifications, there is no single pharmaceutical that is versatile enough to manage Syndrome X.

It has been found that Syndrome X is usually the driving force behind the following diseases:

- Cardiovascular disease
- Female endocrine disorders
- Polycystic ovary syndrome
- Non alcoholic fatty liver disease
- Non alcoholic steato hepatitis
- Gestational diabetes mellitus
- Certain cancers

### What Can I Do...

If you or someone you love is overweight, has diabetes, high blood pressure or cholesterol, prescription medications alone are not

enough to prevent the progression of these disease. Dietary and exercise modifications must be put into place to ensure that further complications do not arise. In many cases, cleaning up the lifestyle will actually reverse some of the damage that these conditions have already caused. Even if you have not been labelled with diabetes, high blood pressure or cholesterol it is important to establish a proper body composition (proper ratio of body fat to lean muscle tissue), and a diet that is going to stabilize blood sugars long term.

### Combat Syndrome X

Talk to your Naturopathic Doctor about ways to combat this deadly condition. The treatment plan would include:

1. Lifestyle Changes – avoid substance abuse
  - Eliminate smoking
  - Reduce caffeine intake
  - Reduce alcohol intake
2. Behaviour Modification – change eating patterns and amounts
3. Exercise
4. Diet
  - Reduce simple sugars, salt and saturated fats
  - Controlled protein intake
  - Increase healthy fats – can enhance insulin sensitivity
  - Increase soluble fibre (oat) – which can lower blood cholesterol, control appetite, and reduce post prandial blood glucose
5. Establish proper body composition (optimal ratio of lean muscle: body fat)
  - Proper body composition is a more important determinant of health than body weight alone. Optimal body composition can help to prevent many common diseases including heart disease, diabetes, cancer and many more
  - New to Goldsworthy Wellness is a BioImpedance Analysis, which is a machine that will analyse body composition with comparable accuracy to underwater weighing, the current gold standard. To learn more, read the BIA article below.

## WELLNESS CENTRE NEWS

Congratulations to Julie Striker and Pam McCulligh for each winning one of our Mother's Day gift baskets and to Bruce West and Neel Balbahadur for each winning a \$30.00 gift certificate from Canadian Tire in our Father's Day draw.

We at the clinic have to announce, with great sadness, that Kyle must raise his fees to reflect the cost of GST. His new fees are as follows:

- \* 30 minute massage \$50.00
- \* 45 minute massage \$60.00
- \* 60 minute massage \$70.00

For anyone who has seen Kyle for a massage, you know he is worth every penny!

Alun Masterton is the winner of a one-hour session with a personal trainer. He picked the correct team to win the world cup – Italy. Congratulations Alun!

### MONTHLY FEATURES

If you book an appointment with one of our practitioners the first two weeks in **September**, you will be able to enjoy a crisp Ontario grown apple when you come into the office.

We will be having our annual turkey draw **September 25<sup>th</sup> to October 6<sup>th</sup>**. Visit our office during those two weeks and enter your name into the ballot box to win one of two \$25.00 gift certificates from Zehrs. Good luck!

On **Saturday, October 14<sup>th</sup>** the clinic will be hosting our yearly Kids Clinic. Sign your child/children up for this free Scoliosis check with Dr. Jeff or Dr. Chris. Speak to the front desk at your next visit or phone us at 519-886-4814 to reserve your child's appointment time. Please bring a non-perishable food item to be donated to the Food Bank for each child being checked. There will be gift bags for all the children who attend.

We know that no one is ready to think of Christmas yet, but patients of *Dr. Jeff* should mark this date on your calendars. On **Tuesday, December 5<sup>th</sup>**, *Dr. Jeff* will be doing his annual Toys for Tots toy drive. Come into the office that day with a new unwrapped toy and you will receive \$10.00 off the cost of your visit.

Another important date to mark on your calendars is **Tuesday, January 2<sup>nd</sup>**. That is the day that the fee for an adjustment with Dr. Jeff or Dr. Chris will be raised by \$2.00 per visit. As usual the front desk will provide you with a receipt for your insurance company so you can be reimbursed.

### THANKS FOR THE REFERRALS!

Michelle McCroy	Sarah Eveland
Kelly Miller	Doug Seegmiller
Donna O'Brien	Val Daigen
Bruce Johnston	Bruce Demmans
Roxanne Demmans	Frances Lambert
Julie Mardian	J P Gendron
Ivonne Kozak	Kim MacDougall
Meagan Nicholls	Sandy Pollice
Amy and Paul Leveck	Shirley Kell
Mai Mua	Scott Merrett
David Bennett	Jon Musselman
Ernie Perry	Cory George
Neel Balbahadur	Kelly Wheldon
Jenny Bellenger	Natalie Graham
Dr. David Reinhardt	Mary Swayze
Clare Maltby	Ziggy Orzechowski
Peter Speck	Madelina Fernandes
Corey Mayhew	Kevin Kueneman
Kevin Reid	Sheree Niesen
Rish Mehta	

## Congratulations to:

To Melissa and Gary Gardiner on the arrival of Ethan on July 5<sup>th</sup> weighing 6 lbs. 15 ozs.

To Liz, Jeff and Aunt Janet Fisher on their new addition to the family who arrived on May 5<sup>th</sup> weighing 8 lbs. 4 ozs.

To Natalie Seguin and Rod MacDonald on the arrival of Matthew on August 11<sup>th</sup> weighing 8 lbs. 10 ozs.

### ASK A PRACTITIONER

Q: "What does the Kinesiologist do, and how can she help me?"

A: Kinesiologists are often asked this question, so we'll try to answer this in simple terms. Kinesiology is the Science of Human Movement. A Kinesiologist's role in preventative healthcare is to help keep an individual **moving**, as optimally as possible, throughout activities of life: work, home, exercise, recreation and sports. The Kinesiologist applies the scientific principles of human movement (human anatomy, biomechanics/body mechanics, physiology and psychomotor behaviour), to enhance movement, performance and function, by assessment, rehabilitation, prevention, and management of movement disorders.

A patient can be referred to a Kinesiologist by insurance companies (for people with injuries or illness), employers, WSIB, other health professionals, lawyers, or private individuals seeking help. These services are focused on returning people to work safely following injury or illness, and helping people to function optimally in all of their activities of daily living.

Overall, the Kinesiologist at Goldsworthy Wellness strives to improve your health by moving your body more optimally, living an active lifestyle, and preventing the possibility of injuries or health issues. One thing you have to know, however, is that this type of therapy is active-you have to work hard to accomplish your goals. Unlike massage therapy or chiropractic treatments, which are considered to be passive therapies, where the practitioner stretches your muscles and moves your body for you. That makes Kinesiology services more difficult to implement with people who do not enjoy being active. However, the Kinesiologist will also try to motivate and encourage you and will hold you accountable to reaching your health and fitness goals. To obtain information about the services provided and the rates, or to make an appointment, you can call the clinic at 519-886-4814 or visit our website at [www.goldsworthywellness.com](http://www.goldsworthywellness.com) for a detailed description of the services offered.

## WELLNESS NOTES

I was suffering from a stiff neck and headaches for a couple of months. A friend suggested that I go see his chiropractor, Dr. Goldsworthy. After a week or so I started to feel better. I noticed on his television information system that a backbone (vertebra) was related to coughs and colds. My three-year-old son had been suffering from a chronic cough and sinus congestion for about a year. The medical doctors had told us that he had asthma and gave us a puffer to use. He started using it once a day but was now up to 3-4 times per day. I talked to Dr. Jeff about it and he suggested that I bring my son in for a check-up. On my next visit I brought my son in for his examination. Dr. Jeff explained to me the different vertebrae that were involved and amazingly enough when he pushed on those spots my son told him that it was "ouchy". After the first adjustment my son's cough almost disappeared. After the third visit his voice was not a nasally, his sinuses had drained and his cough was 99% improved. I then went to one of Dr. Jeff's spinal health care classes. I wish I had known earlier how important the spine is in everything our body does. As Dr. Jeff told me "When your spine is in line you will feel fine".

A 3month patient

### CENTRE PRACTITIONERS

#### Chiropractors

Dr. Jeff Goldsworthy, HBSc. D.C.  
Dr. Chris Reinhardt, D.C.

#### Massage Therapy

Kyle Devitt, R.M.T.  
Kathy Schenk, R.M.T.

#### Shiatsu and Accupuncture Therapist

Tara Blain, CST, Ac.

#### Naturopathic Doctor

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

#### Kinesiologist

Betty Ann Schnurr, C.K., RRP

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