

# WORDS OF WELLNESS

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Any reproduction of this newsletter will result in the Christmas mice picking your house for their winter slumber.  
168 Lexington Court, Unit K, Waterloo, ON N2J 4R9 **519-886-4814**

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## BIA (BIO-IMPEDENCE ANALYSIS)

*Continued from September newsletter...*

It is estimated that over 65% of the North American population is overweight. Almost 75% of people who lose weight will put the weight they lost back on within five years.

The reason for this is because most people choose to do fad diets; the weight they lose is usually water and lean muscle tissue, not the desirable fat loss. When people lose lean muscle tissue they decrease their metabolism. When they resume normal eating, their metabolism is more sluggish

and they find it difficult to maintain their new weight.

With any weight loss program it is important to ensure that the weight you are losing is fat and not lean muscle tissue. The BIA machine has the ability to determine the amount of lean muscle tissue compared to fat mass. This measurement can be used as a tool in conjunction with a weight loss program, to make sure the appropriate weight is being lost. The BIA also measures toxicity, hydration

and cellular health which can help to predict accelerated aging if these levels are abnormal.

The BIA assessment is currently being used to monitor patients on a weight loss program, and to monitor patients on a weight maintenance program. It is also very valuable for athletes as it can help monitor the decline in lean muscle tissue as a result of overtraining. It is useful for patients suffering with chronic disease, as it can detect acceleration in the disease process.

For more information, please email questions to [robin@robinwalshnd.com](mailto:robin@robinwalshnd.com)

### *Yummy Energy Bars:*

#### **Homemade Nut and Honey Energy Bars**

1 cup oatmeal	½ cup bran	½ cup pecans
1 cup granola	½ cup protein powder*	<i>Optional:</i>
¼ cup sesame seeds	½ tsp. cinnamon	¼ to ½ cup coconut,
¼ cup flax seeds	½ cup honey	raisins, or dried fruit
½ cup wheat germ	1 cup peanut butter	

\*Protein powder can be whey or soy based

Grease a 9 x 13 or 10 x 10 in. pan. Mix dry ingredients. Mix peanut butter, honey and maple syrup in a saucepan and stir until very hot, but don't boil! Pour and mix over dry ingredients. Press into pan. Let it sit for 24 hours in fridge. Cut into bars. Wrap individually or store in airtight container in the fridge or freezer.

## New Patients Welcome!

The clinic continues to accept new patients. If you know of anyone who could benefit from one of our many services, do them a favour and refer them to our office.

**519-886-4814**

## Public Speaking Presentations

If you would like any of our practitioners to give a presentation at your workplace, school or group, please contact them through our front office at:

**519-886-4814**

### **CENTRE PRACTITIONERS**

#### **Chiropractors**

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

#### **Massage Therapists**

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

#### **Shiatsu and Acupuncture Therapist**

Tara Blain, CST, Ac.

#### **Naturopathic Doctor**

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

#### **Kinesiologist**

Betty Ann Schnurr, C.K., RRP

**519-886-4814**

## WELLNESS CENTRE NEWS

We want to thank everyone who participated in our Kids Clinic on October 14th. It was a huge success and we were able to collect two large boxes full of food items for the K-W Food Bank. Everyone was very generous in their giving and we appreciate your donations. If you were unable to bring your child(ren) to the clinic for our scoliosis check event, then please contact the front desk to book an appointment or keep reading our newsletters for the date of our next Kids Clinic in May.

We wish to thank NCR for having us participate in their Health Fair on November 8th. We had a great time meeting everyone and answering their questions.

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 let the front desk know and we will provide you with a courtesy reminder call the day before. Missed appointments are subject to a missed visit fee.

During this festive season the office will be displaying a variety of Christmas related items for sale. Some quilted items are available in other patterns and fabrics. If you have any questions or see an item that you would like to purchase, please speak to the front desk.

## MONTHLY FEATURES

On Tuesday, December 5th, 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.

Please mark this date on your calendars: Tuesday, January 2nd. This will be the day that the fee for an adjustment with Dr. Jeff or Dr. Chris will increase 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.

## Did you know?

Pain is the last signal that your body gives you when something is wrong.

Two of every three work-related illnesses or injury claims involve the neuromuscular system. According to the Foundation for Chiropractic Education and Research, chiropractic treatment is 84% less costly than medical care and the duration of disability is 48% shorter for chiropractic patients.

—David Singer Enterprises, February 1999

## THANKS FOR THE REFERRALS!

Kim Barnard  
Gerry Kraft  
Liz and Gillian Wyatt  
Stephen Kraft  
Roxanne & Bruce Demmans  
Anne Kallin  
Dr. David Reinhardt  
Sabrina Bainwohl  
Dennis Cullen  
Erin Penney  
John Storozuk  
Karen Barclay  
Angie Murray

Helen Streicher  
Andrew Butler  
Paul Stefanson  
Steve Lehman  
Nicole Cornfield  
John Griffin  
Chris Straus  
Betina Butler  
David Roth  
Tom George  
John Dietrich  
David Meijer  
Helmut Zgraja

## Congratulations to:

Congratulations to Amanda Burns and Rishee Mehta for each winning a gift certificate from Zehrs and to Ann Smith for winning a hot stone massage with Kathy Schenk, R.M.T. in our Thanksgiving Turkey Draw.

## The Stork Has Landed!

Chris and Nicole Puffer on the arrival of their 3rd child, Austin, on July 28th weighing in at 7lbs. 1oz.

Judy Hutchinson and family on the arrival of Gavin, November 7th, weighing 7lbs. 15ozs.

A BIG Goldsworthy Wellness welcome to the newest member of the Reinhardt family, Wesley David. He is welcomed by Dr. Chris, Coleen and his big sister Elyse.

## ASK A PRACTITIONER

Q: "Why would I get back pain with weight loss?"

A: Any time there is a change in weight – up or down – biomechanical load also changes and the spine must adapt. And sometimes this may cause transitional discomfort. Worse still – rapid and huge weight change (ie. crash dieting) allows less time for the body to adapt and – OUCH! Not to worry – Chiropractic eases these (painful) transitions through adjustments made to the spine and helps the body cope. Losing weight when appropriate demands exercise and the occasional mild injury from this responds well to Chiropractic too. Make weight change smooth, goal-reaching and enjoyable – include Chiropractic – and live healthier. Ask Drs. Chris and Jeff for more information. Consider Dr. Robin – our Naturopath for weight and nutrition advice.

## WELLNESS NOTES

Monday morning of last week I was shampooing my hair in the shower, when all of a sudden, I felt a pop in my neck. This was immediately followed by one of the most intense shooting pains I've ever experienced. I actually felt woozy and faint from the pain. I managed to finish my shower abruptly and got out while staying conscious. Somehow I managed to dress and find my way to work, trying to convince myself the pain wasn't so bad. Wrong! The first time I was working on my computer the phone rang and as I turned to the right to answer it the popping sound and shooting pain happened again. Luckily, after seeing my paleness and obvious discomfort, one of my colleagues is a client of Kyle's as well, and she suggested I call the clinic to see if there were any openings. I tried to shake it off, thinking there's no way he will have an opening on such short notice, and I didn't think I could stand to have anyone touch me when I was in so much pain. I worried he might make it worse, and then I would miss the Backstreet Boys Reunion Concert on Wednesday night in Toronto, and I was driving! Okay, really I just decided to call and as luck would have it, Kyle had a cancellation that afternoon. After making countless traffic violations in my headlong flight to the clinic, I managed to weave my way over to Kyle's clinic, where he awaited.

Before my treatment, I expressed to Kyle that I was in a great deal of pain and I figured that a massage probably wouldn't help at all, but that I was willing to try anything. Come on, Backstreet Boys...need I say more? He did a few gentle tests to see my range of motion and tolerance, and we got started. He began the treatment with very light pressure to get a feel for how my muscles would react. Throughout the massage, he gradually increased the pressure, releasing my spasming muscles and was able to give my neck and shoulder a moderate stretch at the end.

Once the treatment was over, I did have some relief but I was nowhere near perfect. Kyle and I discussed this, and he suggested seeing Dr. Jeff for an adjustment, as well as another treatment the following day. After those subsequent visits, I was feeling more confident about my abilities to not only drive, but to enjoy my concert the next day. It sure was beneficial having both massage and chiropractic available to me within the clinic. Thanks to everyone! Go BSB!