

# WORDS OF WELLNESS

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## WHAT IS A HEALTH CARE FACILITATOR

Have you, or has someone close to you, been faced with a serious health challenge and been left swimming through a sea of confusing health care information? Ever wondered how it might be easier to get clear about your diagnosis and suggested treatment options? Ever wondered if there was a better way to navigate the complex health care system, or how it is possible to safely merge natural health care and mainstream medicine to best achieve your restorative health goals?

It is no longer necessary to feel afraid, confused or overwhelmed when you become faced with a chronic illness or a serious health diagnosis. It is no longer necessary for you, or the people you love to simply await standard treatment as it is assigned. It is possible to end the frustration of assuming a passive role in the health care system by choosing Health Care Facilitation. A Health Care Facilitator is now available at Goldsworthy Chiropractic and Wellness Centre to support you throughout your health care process and her name is Ashley Knight.

A Health Care Facilitator is a specially-trained individual who is able to review your diagnosis, medical reports and suggested treatment options to help you create an integrative health experience that feels right for you. Ashley is able to formulate ideal questions to be clearly answered by your physician(s) and is able to accompany a patient to key health care appointment(s) to ensure both respectful communication and efficient use of short appointment times. She helps patients reduce potential for error within their treatment plans and assure a more comprehensive and highly coordinated patient-care experience. She will document each detail of your appointment(s) for your records and helps you further consider the risks and benefits of all your treatment options. Ashley is able to network you with the most appropriate care providers for your individual goals and health circumstances and enables you to safely merge different forms of available health care.

Benefits of Facilitation:

- relieves the stress of decision-making
- eliminates time-consuming research and science-skills required to become fully informed about your diagnosis and range of treatment options
- provides simple, step-by-step restorative care and emotional support that is often missing in treatment plans provided within today's health care system
- connects you with missing information about functional food,

lifestyle and integrative health-building approaches

- helps family members feel reassured, engaged and united in the healing process

Facilitation is most often used by individuals or families affected by chronic illness or a cancer diagnosis to achieve the best possible treatment processes and outcomes. That said, the resolution of simple or acute health conditions can also be expedited with the help of Ashley, so call to arrange a time to discuss your case. The Goldsworthy Wellness Centre now has an even broader range of health assessment and treatment services including: 'MAP' – Meridian Assessment Process, Bio Resonance and Infrared Treatments, Homeopathic Medicine, Naturopathic and Nutritional Medicine, Registered Massage Therapy, Ion-Cleanse, Chiropractic, etc., etc... We are all working together to ensure you have access to all of the best health information and healing power right here at Goldsworthy Wellness Centre.

### 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**

## WELLNESS CENTRE NEWS

Goldsworthy Wellness Centre wishes to congratulate Dr. Chris Reinhardt on moving to his new office. His move will be effective as of June 1<sup>st</sup>, 2007.

We want to thank everyone who participated in our **Kids Clinic** on **April 28<sup>th</sup>**. It was a huge success and we were able to collect a lot of food items for the K-W Food Bank. We appreciate your donations.

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.

Welcome to our newest clinic practitioner, Ashley Knight, Hon. B.A.Sc, PHCP, MHM. Ashley practices homeopathy according to both classical and the Dr. Ron Harris constitutional methods where her practice specialization is safely merging medicine and natural health care.

Find out what the buzz is about at the clinic. Speak to Sandy or Sarah about the **NEW Chiroflow pillow** and put your name on our waiting list to give it a try. Your neck will thank you!

Beginning **July 1<sup>st</sup>, 2007**, Dr. Robin Walsh will be **increasing** her follow-up visit fee by **\$5.00**. Each follow-up visit will be **\$60.00 plus GST** as of this date.

## MONTHLY FEATURES

**Congratulations to Dr. Jeff on June being his 20<sup>th</sup> anniversary of being a Doctor of Chiropractic.**

For all fathers visiting our office from June 4<sup>th</sup> to June 15<sup>th</sup>, please put your names into our Father's Day draw. Two lucky fathers will each win a gift certificate for \$25.00 to Canadian Tire.

### *Congratulations to:*

Congratulations to Jane Alexander and Roxanne Demmans on each winning a prize in our Mother's Day draw.

### *The Stork Has Landed!*

Congratulations to:  
Deb Bergey and family on the arrival of Nicholas Grant weighing 8lbs 2ozs.  
Lisa Cashmore and family on the arrival of their first child, a boy, on April 30th.  
Julie and Corey George on the arrival of Ian Charles on February 17th weighing 7lb 11oz.  
Brenda, Robbie and Gibson Saunders on the arrival of Deslynn Viola May on May 7th weighing 6lb 6oz.

## THANKS FOR THE REFERRALS!

Nicole McDougall	Rui Pinheiro
Rish Mehta	Priya Mehta
Caroline Seifried	Scott MacKay
Pat Allen	Colleen Pearce
Bill Freeman	Hilda McIntyre
Emily Voisin	Alina Greavu
Grant Snyder	Jerry Morrison
Joyce Stirling	Andrea Kenny
Dave Reinhardt	Matt Ruhnke
Yvonne King	Stefany Kraft
Jim Curtis	Amy Knechtel
Sandi Martindale	Elie Nafekh
Linda Snider	Venetta Witt
Larry Devitt	Karen Milla
Bill Klos	Paul Jones
Jeff Hartleib	Rod Roth
Joan Sutherland	Ken Mielke
Peter Schwartz	L.T. Sharma
Julie Striker	Jim Orsan
Bob Kerr	Peter Hartley
Betty Ann Hunt	Holly Kassik
Mark Parsons	Marcie Fewster
Vicky McFarlane	Scott and Barb Crockard
Susan Seibel	Kelly Wheldon
Pam McCulligh	Melissa Bruce

## ASK A PRACTITIONER

Q: "What does NSAIDS stand for?"

A: NSAIDS stands for non-steroidal anti-inflammatory. It covers things like Advil, Aleve, Ibuprophen, Naproxin, Celebrex and Vioxx among others. Their general purpose is to relieve pain and reduce inflammation. General use is treating sprains and strains and arthritis. The downfall to these medications is that they cause gastrointestinal bleeding. They are the leading cause of stomach ulcers. Vioxx and Celebrex were taken off the market a couple of years ago because they were found to increase the risk of heart attack and stroke. They have been re-introduced with the warning that they are for short term use only. Over 10,000 Americans die every year from overuse of NSAIDS. They also double the risk of erectile dysfunction. How much is too much? No one knows for sure but their best guess is 365 pills a year or 1000 pills in a lifetime. If you are looking for natural alternatives to these types of medications, try our Inflanoid or Kaprex, they provide the same anti-inflammatory properties as the NSAIDS without the side effects. Ask Dr. Jeff or Dr. Robin what else you can do to reduce pain and inflammation.

## WELLNESS NOTES

I had been attending Dr. Jeff's for a number of years. I left his care to receive treatment from my wife's chiropractor. Dr. Jeff was more difficult to get into and my wife's chiropractor was closer to home. After a couple of years of visiting my wife's chiropractor my arm, shoulder and neck problems were becoming worse again. I decided to go back to see Dr. Jeff. After a re-evaluation, Dr. Jeff reviewed my problem with me. He informed me that he was going to do some active release therapy. Dr. Jeff said it would be like a massage treatment, and would hurt a lot, but would be better shortly after. He was right. WOW it was painful. In three weeks my arm, shoulder and neck were feeling much better. Dr. Jeff knows his stuff. Thanks Dr. Jeff.

### **CENTRE PRACTITIONERS**

#### **Chiropractor**

Dr. Jeff Goldsworthy, HBSc. D.C.

#### **Massage Therapy**

Kyle Devitt, R.M.T.

Pam Gingrich, 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

#### **Ion Cleanse**

Christa Hanes

#### **Health Care Facilitator /Homeopathic Practitioner**

Ashley Knight,

Hon. B.A.Sc. PHCP, MHM