

# WORDS OF WELLNESS

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SUMMER 2008

VOLUME 12 NUMBER 2

## The Reality of Bill C-51

There has been a lot of uproar in the last couple of weeks about this new proposed bill. We all know that everything that we read on the internet may not be entirely factual, so I felt that it was important to let you know the real concerns about this bill. Bill C-51 has been presented as a means of increasing the safety of drugs. However, the legislation as currently drafted, presents many risks to the Naturopathic Doctor profession and to our naturopathic patients.

This is a government bill introduced by the Conservative Party. Proposals to amend the Food and Drugs Act have been brought before the House of Commons frequently over the past twenty years. One of the concerns is that people are self prescribing supplements that could be harmful to certain health conditions or that may negatively interact with certain prescription medications. Bill C-51 moves natural health products even more into the same regulatory framework as pharmaceuticals. At this point, it does not change how the natural health care products are regulated, but changes which products require prescription and which do not. It is expected that if the bill passes how it stands, anywhere from 60-75% of the current natural products will require a prescription. This may well contribute to an acceleration of natural health products disappearing from the Canadian market.

The second concern is what "professional" they are going to give prescription rights to. Currently, the bill defines a practitioner in such a manner that NDs will be denied access to natural health products deemed prescription therapeutic products. With more and more natural health products becoming re-classified as prescription substances, this new federal restriction adds a new challenge to NDs maintaining access to all the natural substances they need to offer for optimal patient care. This basically means that 75% of the natural health care products are going to be under prescription rights and very few practitioners will be able to access them, and even fewer will actually use them.

It also proposes sweeping new powers of enforcement with increased penalties including the ability to enter business establishments and households without a warrant. They can also impose steep fines for using or having possession of these "illegal" substances.

The bill was first introduced by Tony Clement, the Minister of Health on April 8, 2008. It proposes significant amendments to the Food and Drugs Act. The bill received second reading on April 30, 2008 and debate continues. The concern here is how fast the bill is moving through. Most bills will take months if not years to reach this stage, and this bill has passed its second reading in two weeks. Once debate is concluded there will be a vote on the motion to move the bill to the Standing Committee on Health. It is expected that all parties will support the motion. During the hearings before the Standing Committee on Health, stakeholders and MPs on the committee will have the opportunity to express their concerns and propose amendments to Bill C-51.

At this point, I would encourage everyone to take a couple of minutes and write a letter to their local MP to express concerns. I have attached a letter template that our association, the CAND has formulated.

The MP for Kitchener-Waterloo is Andrew Telegdi  
<http://www.telegdi.org>  
22 King Street South, Waterloo, Ontario  
N2J 1N8  
Tel: (519) 746-1573  
Fax: (519) 746-6436  
E-mail: [andrew@kw.igs.net](mailto:andrew@kw.igs.net)  
or [Telegdi.A@parl.gc.ca](mailto:Telegdi.A@parl.gc.ca)

The MP for Kitchener-Centre is Karen Redman  
105 King Street East, Suite 2,  
Kitchener, Ontario N2G 2K8  
Tel: (519) 741-2001  
Fax: (519) 579-2404  
E-mail: [Redma.K@parl.gc.ca](mailto:Redma.K@parl.gc.ca)

You can also contact Tony Clement (who introduced the Bill) and our Prime Minister Stephen Harper to tell them how you feel.

Tony Clement, Minister of Health  
House of Commons  
Ottawa, Ontario K1A 0A6  
Tel: (613) 944-7740  
Fax: (613) 992-5092  
E-mail: [Clement.T@parl.gc.ca](mailto:Clement.T@parl.gc.ca)

Prime Minister Stephen Harper  
House of Commons  
Ottawa, Ontario K1A 0A6  
Tel: (613) 992-4211  
Fax: (613) 941-6900  
E-mail: [Harper.S@parl.gc.ca](mailto:Harper.S@parl.gc.ca)

\*You do not need a stamp for your envelope if you are sending a letter to the House of Commons\*

If you would like to read Bill C-51 please click the following link if you have received the newsletter via email .

[http://www2.parl.gc.ca/HousePublications/Publication.aspx?Language=E&Parl=39&Ses=2&Mode=1&Pub=Bill&Doc=C-51\\_1](http://www2.parl.gc.ca/HousePublications/Publication.aspx?Language=E&Parl=39&Ses=2&Mode=1&Pub=Bill&Doc=C-51_1)

Thank you for your attention and support in this matter,  
Robin Walsh BASc, ND

For additional information please see:  
Canadian Association of Naturopathic Doctors  
[www.cand.ca](http://www.cand.ca)  
Ontario Association of Naturopathic Doctors  
[www.oand.org](http://www.oand.org)  
[www.stopc51.com](http://www.stopc51.com)

### 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

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.**

## MONTHLY FEATURES

Come into our office during the month of **June** to be involved in our **sun awareness month**. The clinic is also celebrating the **half way to Christmas** mark that month. We will be accepting **non-perishable food donations** for the month to be **donated to the local food bank**.

**July is Massage Therapy month.** Visit our office during the month to **enter your name** into our draw for a **free half hour massage** with Kyle Devitt, R.M.T. Come into our office on Wednesday, July 9th, for **National Blonde Day**. Receive a **discount off your visit with Dr. Jeff** if you can make one of his **blonde assistants laugh** by telling her a "blond joke". (OK, if you make any of the staff laugh at your joke, you will receive a discount off your visit).

During the month of **August we will be running a school supply drive** for children in our area. All items are needed for the new school year, so please help us fill up our supply box. **August is also First Aid Month.** Enter your name into our draw to **win a homeopathic first aid kit** for your family.

## THANKS FOR THE REFERRALS!

Janet Neill	Richard Burrows
Tim Voisin	Mike Parthe
Les Leck	Lynn Kratz
Joe Pozeg	Chris Edwards
Johnny Forte	Becky Feagan
Todd Lachine	Lianne Poloz
Ann Eby	Jeff Klink
Audrey Jamison	Diane Lammert
Pam Krokoszynski	Cathy Burton
Andrew Blair	Bruce Simmons
Greg Schierholtz	Brad Marsh
JD Marchand	Cam Vannatter
Dustin Urschel	Patti McDonald
Murray Mathieson	Sandi Martindale
Nicole Cornfield	Michaela Bielik
Jill Densmore	Andrew Butler
Anna Klimbovskaic	Cheryl Carter
Vivian Miles	Priya Mehta

## Congratulations to:

Jamie Jewer on winning the garden tool draw in April. We just wanted to let you know that all the staff at Goldsworthy is still waiting for you to drop by and do our gardens!

## The Stork Has Landed!

Congratulations to:

Aimee and Paul Leveck, Gramma Mary and Aunt Jennifer on the arrival of Alicia Rose, born April 8th weighing 5lbs 12ozs.

Lisa and Steve McEwan on the arrival of Brooklyn on April 2nd weighing 7lbs 15ozs.

Kinga and Jeremy Cormier (Julia, Mackenzie, Rylin and Jace) on finally welcoming a long awaited son to their household. Roghan arrived April 17th weighing 7lbs 6ozs.

Jessa and Mike Cobean on the arrival of Evelyn on February 21st weighing 8lbs. 3 oz.

## WELLNESS NOTES

This is a story of hope, for people who have experienced back pain and/or weakness for a prolonged period of time.

The newer buzzword in fitness, "core stability", takes on new meaning with this story.

Gary, my client suffered a back injury and had been unable to work for 6 years. He was unable to walk farther than his backyard or to his car on his driveway. He had previously spent a year in a wheelchair. He used a cane, could stand for about 2 minutes, and was uncomfortable sitting for any length of time. He was taking narcotic pain medication, plus Tylenol 3's.

He had injured his back by bending forward and twisting to one side, to lower a rolled up carpet he had carried on one shoulder. (Bending and twisting is a prevalent cause of back injury.) He had been a very successful home builder with his own business, building upper scale homes. He had surgery and then re-aggravated his back seriously shortly after when doing a leg press exercise in physiotherapy (inappropriate exercise to give a back rehab patient).

Gary and I had the incredible privilege of receiving guidance in his therapy program by Dr. Stuart McGill, Chair of the Kinesiology program and spine biomechanics professor and researcher at the University of Waterloo. Dr. McGill is one of about 3 renowned researchers on back injury and rehabilitation in the world, and he speaks world-wide on his research findings to health professionals. He has rehabilitated many professional athletes and others, preventing them from further harm such as surgery or other inappropriate measures.

Dr. McGill guided us through a rehab program designed to teach proper muscle control and movement patterns, to build stability in the muscles of the torso and pelvis, to support the spine. It took 4 months for Gary to reach a turning point when he gained hope for recovery, after doing the exercises daily. He then developed a more positive attitude towards the program.

In less than one year, he was able to walk for 2-3 km or more if he felt like it. He bought a bicycle and started riding again. He weaned himself off the medication. He took courses for Real Estate sales, and he became a successful Realtor. He bought a new motorbike to replace the one that he had sold after his injury. Gary was featured on a TV show with Dr. McGill the following year.

My back rehabilitation and exercise approach is based on the latest research in spine biomechanics and core stabilization. It includes teaching people how to protect their backs from future injury or aggravation. (We focus on core stability, muscle recruitment, and motor patterning, not stretching for the muscles of the back.)

For anyone who wants to recover from recurring or ongoing back pain, or to ensure they are protecting their back from injury while embarking in physical activity or an exercise program, I would love to assist you in achieving those goals.

## ASK A PRACTITIONER

**Q:** I try to get a massage treatment every 3-4 weeks. Recently, a family member of mine had a stroke and I started worrying if there is any correlation between massage and strokes. Is there any risks?

**A:** As you may have guessed, there's not very much scientific data on the subject. There are a few things to know first. Most atherosclerotic plaques are firmly bonded to the artery wall. It's rare for plaques to just suddenly break free, travel through circulation and block an artery in the brain. It's much more common for small breaks in the surface of a plaque to cause fragile blood clots that can easily break free.

It's not likely that massage would open a plaque leading to a blood clot. The force of a vigorous massage doesn't really compare with the constant pounding that plaque face with each individual heart beat, or with the increase in blood pressure that occurs when you first get out of bed in the morning. So, when it comes to stroke, having a deep muscle massage should be just fine. The only thing to be cautious of after a massage is to get up off the table slowly. The carotid arteries running on either side of the neck have nerve endings that respond to changes in blood pressure. Massaging these sensors can decrease heart rate, which can sometimes be enough to cause fainting. So, raising off the table too quickly when your blood pressure decreases can be troublesome for certain people.

## 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.

### Kinesiologist

Betty Ann Schnurr, C.K., RRP

### Ion Cleanse

Christa Hanes

### Health Care Facilitator /Homeopathic Practitioner

Ashley Knight,  
Hon., B.A.Sc. PHCP, MHM