

# WORDS OF WELLNESS

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## Scoliosis

A scoliosis is defined by Dorland's Medical Dictionary as an appreciable lateral deviation in the normal straight vertical line of the spine. In other words, your back is curved. A scoliosis is found in females over males in a ratio of 8:1. Only 10% are genetic, the other 90% are described as idiopathic. This means there is no known cause. Contrary to some beliefs, a scoliosis is not a benign finding. People with a moderate scoliosis >30 degrees have a life expectancy fourteen years less than the norm. There is generally no pain with a scoliosis but over time the pressure on the nerves and organs takes its toll. This is why it is so important to

have your children's posture checked out regularly by the chiropractor. Posture checks used to be done by the public health nurse in the school. Twenty or so years ago this was cut back. As with most health conditions, if the scoliosis is found early it is easily corrected. The problem is that once the person has stopped growing the ability to correct the curve is lost. This is when the orthopedic surgeons would break the spine and insert steel rods to correct the curve.

New research being done in Minnesota has completely overhauled the previous theories on scoliosis. They have found that everyone with a scoliosis has an anterior head posture with a slight tilt. Your eyes are your dominant balance sense, so it will raise up a shoulder to level out your eyes and this creates a tilt in your spine. This creates the scoliosis. They also found that the upper 2-3 Cervical vertebrae have become fixed and do not flex or extend very well.

Pressure is put on the spinal cord at this area and affects the nerves that go to the postural muscles of the body. They have found that if they correct the head posture, adjust the fixed areas in the Cervical spine and use vibration to override the body's postural muscles nerve sensation ability, they can correct the scoliosis. In their studies it does not matter if you are five years old or fifty years old the same treatment works. In five years of research they have only had one scoliosis not corrected. This is absolutely amazing!

For more information, please check out their website at [www.clear-institute.com](http://www.clear-institute.com).

### 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

### CALLING ALL FATHERS!

Visit our office from June 5th to June 16th and enter your name into our Father's Day Draw. We will be drawing the names of two fathers to receive a \$30.00 gift certificate from Canadian Tire.

Congratulations to Pam McCulligh and Julie Stricker for winning our Mother's Day draw. They each won a gift basket from The Muskoka Soap Company. We hope you both enjoy the wonderful products ladies.

### THANKS FOR THE REFERRALS!

Minda Ahuja	Melissa Bruce
Christine Burns	Rish Mehta
Val Butler	Kathryn Cress
Paula Snow	Arlene Davidson
Dino Costabile	Bill Loban
Barb Hasselman	Matt Williams
Sue Shierholtz	Michaela Bielik
Karl Rueb	Ruth Ann McBride
Judy Nielsen	Mira Vujovic
Louise Raymond	Jonathan Romyn
Kathy Fowler	Janet Owens
Frank Niereisel	Janet Fisher
Pierre Deslauriers	Chandra Rozema
Don Hardcastle	Jill Callaghan
Chico Silvestri	Jeff Bumstead
John Norlock	Ryan Lehner
Pam Krokosynski	George Corrin
Brendan Glass	Ani Montgomery
Ken Flynn	Martha Boug
Sabrina Bainwohl	Deb Wells
Richard Burrows	Andrew Blair
Kevin Lewis	Tasha Richardson
Doug Ellacott	Jean Williams
Ashley Fitzgerald	Mark Bleskie
Chris Edwards	Dan Snider
David Reinhardt	Kelly Smith
Mike Laurie	Joe Brown
William Zettel	Angie Murray
Jamie Jewer	Jim Curtis
Barry Hosea	Kathryn Lambert
Greg Dalton	Geoff Ireland
Leeann Lodsinger	Kevin Reid
Mike Waechter	Betty Anne Schnurr
Karen Larocque	Mai Mua

## Congratulations to:

John, Karen and Tyler Marton on the arrival of Kaitlyn born February 21st, weighing 8lbs. 6ozs.

### ASK A PRACTITIONER

Q: "I'm aware of baby or infant massage and that it has widespread benefits for parents and child. What about older children? I have three children eight, six and four and they all love to be massaged, especially before bed. Besides the obvious, are there many other benefits for kids?"

A: You must be busy at bedtime if all three kids want attention. There actually has been quite a bit of research for children and the benefits they receive from massage therapy. This research shows that when we get massaged/touched, levels of a hormone called oxytocin rise in our bodies. This hormone has a calming and relaxing effect. (Mothers may be familiar with it from childbirth.) It is the mirror image of the stress hormone adrenaline - which triggers the flight or fright mechanism in our body. So you can easily understand why your kids enjoy a rub before bed as it floods their system with oxytocin and aids them in drifting off to sleep.

Study groups done in school settings showed children of preschool age receiving massage have lowered levels of aggression, anxiety and stress; they function better in groups and develop a sense of empathy towards one another.

In our society, stress has become a serious problem. Everything in our life moves at light speed. We communicate more and more using technology and machines (sorry RIM people!). But we must not forget that everyone (especially our children) needs physical and psychological contact with people. This touch will benefit both you and your child and be a nice end to their day (as I'm sure they'll tell you).

## WELLNESS NOTES

I didn't know what it was - so on my last visit I asked Dr. Chris. It began as a small bump one month ago and now it's pea sized—right on the palm of my hand near a finger. Doesn't hurt and not really causing me a problem. Dr. Chris took one look, pressed on it while moving my hand and fingers and told me it was a ganglion cyst. This thing is common and not serious - Whew! Apparently it will form over busy tendons - especially about the wrist and fingers and aside from being unsightly, doesn't need much attention unless it bothers me. Dr. Chris said in the past a bible or phonebook whack to the area was the treatment - but he cautioned that some have broken bones doing this. For now I decided to undergo some Active Release Therapy to shrink the cyst. Options like surgery and drainage by a specialist are also done and may be considered later on. Can you identify with this? Ask Drs Chris and Jeff for more information on ganglion cysts.

### 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 Therapist

Tara Blain, CST

#### Naturopathic Doctor

Robin Walsh, N.D.

#### Kinesiologist

Betty Ann Schnurr

**519-886-4814**