

# WORDS OF WELLNESS

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## PLASTIC WATER BOTTLES AND YOUR HEALTH

Polycarbonate is a durable and heat resistant plastic, making it a popular material for food storage and laboratory equipment, including baby bottles, the lining on packaged food, water bottles, petri dishes and animal cages. Under certain conditions, these plastics can leach a harmful chemical called bisphenol A into the food or water that you are consuming.

Leaching of the bisphenol A is more likely to occur when:

- 1) Polycarbonates are exposed to harsh detergent
- 2) The older the polycarbonate, the more it leaches
- 3) High temperatures cause higher rates of leaching

BPA has been identified as an endocrine disrupting chemical, or a chemical that easily mimics hormones when absorbed by the human body. In the case of BPA, the hormone being mimicked is estrogen. Exposure to this compound at the wrong time can cause a cell division problem,

### How to Limit your Exposure to Bisphenol A

Check the recycle number on the bottom of the plastic bottles you are using

Plastics to Avoid	Plastics/Materials to use
<p><b>#3 Polyvinyl Chloride (PVC)</b> commonly contains di-2-ethylhexyl phthalate (DEHP), an endocrine disruptor and probable human carcinogen</p> <p><b>#6 Polystyrene (PS)</b> may leach styrene, a possible endocrine disruptor and human carcinogen, into water and food.</p> <p><b>#7 Polycarbonate</b> contains the hormone disruptor bisphenol-A, which can leach out as bottles age, are heated or exposed to acidic solutions. Unfortunately, #7 is used in most baby bottles and five-gallon water jugs and in many reusable sports bottles.</p>	<p><b>#1 polyethylene terephthalate (PET or PETE)</b>, the most common and easily recycled plastic for bottled water and soft drinks, has also been considered the most safe.</p> <p><b>#2 High Density Polyethylene – Nalgene makes a bottle made from plastic</b></p> <p><b>#4 Low Density Polyethylene</b></p> <p><b>Use Stainless Steel Bottles such as Kleen Kanteen</b></p> <p><a href="http://emagazine.greenhome.com">emagazine.greenhome.com</a></p>

leaving the two resulting cells with more or fewer chromosomes than normal. This uneven distribution of genetic material can in turn lead to cancer, miscarriage, and birth defects that include Down's syndrome

### What Can I Do

It is important not to microwave in plastic containers, heat instant foods or TV dinners in their plastic containers, or use plastic wrap over foods that are either hot or are being microwaved. When you purchase oils, such as olive oil make sure that they are in glass bottles as the combination of fats, dioxins and heat leaches plastics in the food. It is also important not to reuse plastic water bottles, or keep them baking in the heat all day and then consuming the water.

### Water Bottles

While many people realize that plastics aren't the best for their health, most people are not aware that even some Nalgene bottles, made from polycarbonate plastics and may be leaching bisphenol A.

If you choose to still use Polycarbonate Plastics... take these precautions

1. Do not place the plastic bottle in the dishwasher – wash in luke warm water by hand
2. Do not wash with harsh soaps, use natural cleansers like Seventh Generation from the health food section of the grocery store.
3. Dispose of the bottle if it looks cracked, scratched or very old
4. Do not leave your plastic bottles in direct sunlight
5. Only use your bottles to carry cold water
6. Replace your bottle every 6 months

### Interesting Fact

Ninety-five percent of Americans were found to have the chemical in their urine in a 2004 biomonitoring study by the Centres for Disease Control and Prevention (CDC)

### Another Reason to Avoid Plastics

Phthalates are a family of industrial chemicals that are used as plastic softeners or solvents in many different consumer products. They can be absorbed through the skin, inhaled as fumes, ingested when they contaminate food or when children bite or suck on toys. They mainly contaminate foods when plastics are heated, however they are also found in many leading beauty care products, including hair spray, deodorant, nail polish and perfume. When urine samples from 1451 men were analyzed for phthalates, men with the highest levels had 3 extra inches of waistline. Phthalates may disrupt hormone function causing weight gain.

*Men's Health Magazine, 2007*

## WELLNESS CENTRE NEWS

We are very happy to be able to introduce **Facial Acupuncture** in our clinic. Our Acupuncturist, Tara Blain is now accepting patients for this scalpel free face lift. Be one of the first in the region to try this procedure. Contact the front desk to book your appointment.

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.**

Find out what the buzz is about! 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!

Everyone at our office would like to congratulate our colleague Kyle Devitt and his team members on helping Blue vale to raise **\$123,000 for cancer research**. They participated in the Walk for a Cure at Bluevale Collegiate along with 82 other teams. Kyle would like to thank everyone who made a donation to this important cause.

## MONTHLY FEATURES

**Saturday, October 20th**, we will once again be having our semi-annual **Kids Clinic**. Let your friends and family know that on this day, Dr. Goldsworthy will be performing complimentary spinal examinations for children. All are welcome to call our office and make an appointment to ensure their kids are growing to their fullest potential. Gift bags will be given to all who attend. Parents, please bring one non perishable food item to be donated to the food bank for each child attending.

## THANKS FOR THE REFERRALS!

Sue Lott  
Priya Mehta  
Pam McCulligh  
Jackie Roy  
Daniel Kirschke  
Susan Schierholtz  
Jocelyn Wilson  
Heather Baxter  
Tom Turner  
Norm Finkleberg  
Zygmund Orzechowshi  
Gustavo Posada  
Chris Kraemer  
Sandy Ziegler  
Brad Hergott  
Ken Mielke  
Zoran Slatinowski  
Ken Noland

Cathy Burns  
Rick Boyd  
Paul Masters  
Amy Knechtel  
Jim Gemmell  
Linda Elgabacka  
Carol Hammer  
Kathy Billings  
Rachel Goldsworthy  
Ron Taylor  
Nicole McDougall  
Jen Tallman  
Jerry Hicks  
Rehman Baig  
Jamie Pipe  
Deanna Kroeker  
Kinga Cormier  
Jeff Schultz

## Congratulations to:

Robbie Saunders on winning our Father's Day draw. He won a \$25.00 gift certificate to Canadian Tire.

Pam Krokoszynski, Denise Guth, Heli Wilson, Jill Callaghan and Dawn Baxter on each winning a \$10.00 HMV gift certificate in our Elvis Trivia Contest.

## The Stork Has Landed!

Congratulations to:

Geoff and Charlotte Hopkins on the arrival of their daughter, Megan Charlotte on July 31st. Grandparents, Judy and Brian Leib are also thrilled to be able to hold their 1st granddaughter.

Matt and Eileen Caccavelli on being grandparents again to little Benjamin Neil, born on July 29th weighing 8lbs 4oz.

## ASK A PRACTITIONER

Q: Should I Get the Flu Shot?

A: This is a very common question at this time of year, and the answer is that it is a personal decision. However, before making this decision it is important that the individual is informed about the positive and negative aspects of the flu shot.

The influenza vaccination is a vaccine created to treat specific strains of the influenza virus. There are over 500 different viruses that can cause flu-like symptoms, which typically cause symptoms such as; respiratory infection which produces fevers, chills, sore throat, muscle aches and coughs lasting one week or more. The flu can be deadly for the elderly, immunocompromised or those suffering from diabetes, kidney dysfunction or heart disease. For these groups, the flu shot may be indicated – however for everyone else there are many other healthy alternatives.

The flu shot is prepared from the fluids of chick embryos inoculated with specific types of influenza virus. The strains of flu virus are inactivated with formaldehyde and preserved with thimerosal (a mercury derivative). Each year health officials attempt to determine which 3 flu strains will be the most prevalent in the upcoming year. They produce a vaccine to protect you from those strains, however, if one of the other 497 stains of the flu appears instead, you have no protection against it. But the main concern with the shot that still remains, is the mercury currently used as a preservative agent. It has been identified as a neurotoxin and has been linked to ADD, autism, speech delays and tics to name a few.

It is important to understand that the flu shot only protects you against the 3 specific viral strains. Therefore throat, respiratory, GI and ear infections caused by bacteria or other viruses are not prevented by the annual flu shot. The results of 20 randomized trials were compiled on the effects of vaccine in healthy adults. It was found that ¼ of the vaccinated adults will acquire protection against clinical illness. Also the shots only provide temporary immunity to virus strains, at a length of approximately 2 months. A natural recovery to the flu produces natural antibodies that provide permanent immunity against that strain.

There are many alternatives to the flu shot, the most important of which is creating a strong immune system through healthy lifestyle habits like diet and exercise. There is also a healthy alternative the flu shot which is a homeopathic immune booster, plus a homeopathic version of the flu shot using the same viral strains. The advantage to doing this is that there is an immune boosting component and there is no mercury derivative. They are called Thymuline and Influenzinum and will be available at the clinic in the beginning of November.

## WELLNESS NOTES

Our son had a neck injury acquired from a difficult birth (vacuum assisted). At around eight weeks of age he began receiving chiropractic adjustments and physiotherapy to correct it.

When he had reached the six month mark, we started to notice that he was not meeting some of the development milestones we were seeing in other children and his eyes did not seem to be able to focus on stationary items. We contacted our Pediatrician and he referred us to an Ophthalmologist whom then referred us to a Pediatric Neurologist. The Doctor was able to determine that his eyes were healthy, he sent our son for a CT scan to rule out lesions or tumours of the brain. Thank goodness that was clear!

Looking for answers, we visited a Pediatric Ophthalmologist. He provided no conclusions and I had become frustrated about the lack of knowledge of my son's condition.

Still looking for answers, I talked to Dr. Jeff about my concerns. He immediately referred us to an upper cervical (neck) specialist and from there they referred us to a Pediatric Chiropractor.

After only seven weeks of care, we have seen him reach the milestones we had been waiting for things he could not do weeks earlier.

My sincerest thanks Dr. Jeff for all your help and concern.

## 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