

WELCOME DR. NATHALIE TARABIN-LAGOIS!

Dr. Nathalie Tarabin-Lagois is excited to be joining Life Chiropractic Centre! She looks forward to meeting new people in the Burlington community and to empower each individual she meets to make whole health lifestyle choices through chiropractic. Look for her community talks and outreaches or better yet, **come meet her at the clinic!**

EASTER FOOD DRIVE

April 4 – 9, 2011



Feeding the
Community

LIFE CHIROPRACTIC is hosting a community food drive. Bring a **non-perishable food** item the week of April 4-9 and receive **one ballot for each item donated to enter into our draw to WIN 3 FREE ADJUSTMENTS!!**

Items will be donated to the “Market” at Compass Point Bible Church for circulation to those in need in our community.

KNOW SOMEONE WHO COULD USE OUR HELP?

WEDNESDAY, MAY 11th, 7pm–8pm

Recommend your friends and family mark their calendars to attend Dr. Brad’s **FREE HEALTH SEMINAR** at Goodness Me® Natural Food Market at 3455 Fairview Street.

The topic of discussion will be: “**Low-Back Pain.**”



FREE GOLF CLINIC

SATURDAY, APRIL 16th FROM 9:30-11:30 AM

FREE GOLF SWING ANALYSIS WITH MIKE HEANEY

at Life Chiropractic Centre. Mike is from **Turtle Creek Golf Course** on Guelph Line in Campbellville, Ontario.

LIFE Chiropractic Centre
8–2501 Guelph Line N, Burlington, ON
905-335-LIFE (5433)

Visit our website:

www.lifechiropracticcentre.ca



We help families build vibrant, healthy, drug-free lives



LifeLine Newsletter A P R I L 2 0 1 1 Life Chiropractic Centre

We help families build healthy, vibrant, drug-free lives!

THE PREVENTION RATHER THAN THE TREATMENT OF ILLNESS AND DISEASE!

Ever since the mid-nineteenth century, the medical profession has maintained that most illness is caused by germs, harmful bacteria, and viruses transmitted to people through food, breath, and touch.

So entrenched is that position that even our language reflects this idea: we talk about “*catching*” a cold or “*coming down*” with the flu! It is true that many of us are susceptible to various strains of bacteria and virus.

But in the majority of cases, **germs do not open the door to disease or ill health ...disease and ill health open the door to germs.** If germs, bacteria and viruses affected people equally, everyone would “*catch*” everything that was “*going around*”, since everyone is constantly breathing, eating, drinking and touching germs. If it were true that being in contact with germs was the cause of illness, doctors and nurses would be constantly sick. **The truth is, some of us are more resistant to germs than others: healthy people are far less susceptible to disease than unhealthy people.**

Much of the public support and acceptance of modern-day medical care is based on the “*pill for every ill*” and “*a potion for every emotion*” approach to healthcare. There is a perception that good health is achieved and maintained by successfully *fighting disease*. The prescription of a wide variety of drugs to inhibit or stimulate normal body functions seems to achieve the desired results: that of alleviating or eliminating the symptoms of certain illnesses or disease. **However, the cause of the problem has not been corrected, but simply covered up!** Medical doctors have become *doctors of therapy*, devoting most of their attention to treating the symptoms of disease. **The fact is that 80% of all disease is self-limiting.**

The introduction of a foreign substance (ie, a drug) in the body may bring some temporary relief, but it **can also alter the normal functioning of the body’s vital organs and tissues, and often results in serious side effects.**

The
body
has the
innate
ability
to heal
itself

Continued on page 2

Although chiropractors relieve pain and other disease symptoms in the course of their practice, they are *doctors of cause*, working to identify and correct the *cause* of the symptoms. The body has the innate ability to heal itself. **The role of the chiropractor is merely to help the body stay healthy by removing any interference to the natural healing process.**

A chiropractor will “adjust” the spine to remove subluxations, enabling the body to resume proper flow of nerve energy to all parts of the body. The focus becomes the prevention rather than the treatment of disease.

Chiropractic care is holistic: it goes beyond the correction of a specific problem to the total management of a person’s health.

Chiropractic care is conservative: Chiropractors use low-risk procedures aimed at conserving health and avoid any form of treatment which may have negative side effects.

Chiropractic care is available: chiropractors’ offices are spread throughout large urban centres and small rural communities, and are often open early in the morning or late at night.

Chiropractic care is immediate: weeks of diagnostic tests are not necessary, and treatment usually begins on the first or second visit.

Chiropractic care is personal: chiropractors approach the patient as a **person**, not as a “**problem**”, and they try to provide their patients with an understanding of their injury or illness.

These are some of the reasons why chiropractic has become a firmly entrenched part of the healthcare system. **It is from individual patients that chiropractic has found its greatest support.** In fact, much of its acceptance in other areas is the result of the loyalty of patients who have been willing to defend, and fight for, chiropractic healthcare. **Patients share the responsibility for the success of chiropractic today!**

FOR YOUR INFORMATION

Tips to Ease the Pain of Working Nine to Five

- *Elevate feet* on a 3-4” platform while sitting at a desk (this relieves low back pressure).
- *Avoid "crooking" your neck* while on the phone. Use a headset or speaker phone when possible.



Please visit our website at
www.lifechiropracticcentre.ca

- When using a typewriter or computer, *avoid keeping your head turned to one side for long periods.* Try to position your monitor and what you’re typing *in front* of you, rather than to one side.
- *Take breaks to stretch.* Don’t be shy about doing a few simple stretching exercises at your desk. Ask your chiropractor which exercises you can do to most benefit your condition.

EXTEND, FLEX, ROTATE AND TILT...

Your chiropractor can recommend exercises designed to overcome muscular weaknesses and help avoid further strain on the cervical spine. The following exercises were specially designed to help restore normal motion to the joints of the cervical spine and strengthen the muscles of the neck. They are not to be done while in acute pain and should be performed only on the advice of your chiropractor, preferably in a sitting position.



EXTENSION: Slowly drop your head backward. Hold for 3-5 seconds, then slowly bring your head back to an erect position. Repeat 5 times.

FLEXION: Gently nod your head forward. Hold this position for 3-5 seconds then slowly bring your head erect. Repeat 5 times.

ROTATION: Turn your head slowly to the left (without straining) until your chin is resting on your left shoulder. Hold this position for 3-5 seconds. Repeat by turning your head to the right. Alternate each side 5 times.

TILT: First tilt your head slowly to the left until you feel the muscles on the right side your head tighten. Hold for 3-5 seconds. Repeat by tilting your head gradually to the right. Alternate each side 5 times.

These exercises are meant to be supportive and strengthening in nature and are designed to help your neck maintain its proper alignment. Before starting any exercise program, speak to your chiropractor about any limitations you may have. None of these exercises should cause any pain. If you experience pain while performing one of the above exercises, discontinue immediately and consult your chiropractor.

Pass this newsletter on to a friend. It could change his or her life!