



LifeLine Newsletter

Life Chiropractic Centre:

We knew it all along!

Have you ever noticed many people have awful posture? Their shoulders are uneven, their head and neck stick way out in front of their shoulders and their upper back is humped. This can be very unsightly for an adult and even worse for children. The unfortunate thing for these people is that not only is this preventable, new scientific research now tells us that changes in your posture will have a dramatic effect on your life expectancy! Chiropractors have been telling people this all along! Especially changes in neck posture (tilting and forward head carriage). With kids using computers and playing video games from very early ages now, the stresses on their growing and developing spines are increasingly more stressful. And the direct effect is this: if you have poor spinal hygiene (posture), you will have poor health. And even more unfortunate, many people think the solution to headaches, neck aches, allergies, frequent colds and ear infections (just to name a few) that result from poor neck posture means they have to take more medication. This is *absurd!* In all my 25 years of practice, I have yet to see someone get sick because they weren't taking enough medication. But I have seen people get sick because they were taking too much medication.

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Now is the time to put all the excuses aside and get real about your health. It is **your** responsibility, not the responsibility of a prescription pad or your over-the-counter drug(s). Yes, you have to exercise, eat right, drink plenty of pure water; but by far the most important thing you can do is to take care of your spine.

FACT: Healthy spine = healthy nerve system = good health

It is as simple as that. When should you start taking care of your spine? Right from day one! Do you think the birth process was easy on you? 60 – 90 lbs of force/torque is required to assist a baby through the birth canal (in an uncomplicated delivery). How would you like it if someone yanked on your neck with 60 – 90 lbs of force as an adult? That is why most adults who have problems with their spine can recall having issues with their spines as a kid. All the while, they were either ignoring the issue or masking the problem with drugs. There is a far better and safer approach, however.



This is why we're holding a **FREE KIDS' CLINIC on SATURDAY, SEPTEMBER 18th from 12-2pm** at Life Chiropractic Centre. **We will assess your kids' posture FOR FREE** and let you know where the danger zones are and what you can do about them now so they do not turn into a serious problem later on.

Call 905-335-LIFE (5433) to find out more.

CHIROPRACTIC MIRACLES

CASE 1: Boy – age 4 years – Downs Syndrome – unable to walk – unable to talk – could not feed himself – with usual Downs Syndrome symptoms. After six months of care, the child began both to walk and gradually to run without assistance. Within 1 ½ years of care, the boy had shown a significant increase in vocabulary and was now able to dress, feed and use the bathroom by himself.

CASE 2: Two boys ages 3 and 9 respectively. Both boys have been suffering from asthma since birth. They have been taking both inhalers and medication which did not help them sleep through the night without coughing or shortness of breath.

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FOR YOUR INFORMATION

Read before buying or using a backpack:

- Choose vinyl or canvas. Leather is too heavy.
- Shoulder straps must be wide and padded.
- It should have a waist strap.
- It should have a pad to cushion the spine.
- Do not snug too tightly around the arms.
- It should be proportionate to the wearer's body in size.
- Distribute the weight evenly.
- Keep heaviest objects close to the body.
- Place it on a table and "back into it" to put it on.
- Do not wear it hanging off the shoulder.
- Total weight should not exceed 15% of the wearer's total body weight.

ANNOUNCEMENTS

To celebrate the new school year for your children, we are offering **FREE SPINAL HEALTH CHECKS** on **SATURDAY, SEPTEMBER 18TH from 12 – 2pm**. This is a great opportunity so you can be sure your children are at their optimal health; physically, mentally and socially. Give us a call to find out more.



Call us today **905-335-LIFE (5433)**

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CHIROPRACTIC MIRACLES

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Their mother brought them in and within two weeks (six adjustments) their breathing was “normal” – meaning no coughing, wheezing, congestion, and both boys could sleep through the night. Both boys had spinal misalignments at T4 – T8 affecting the nerves to the bronchial tubes and lungs.



**LIFE
CHIROPRACTIC
CENTRE**

Where we help families build healthy, vibrant, drug-free lives