

KNOW SOMEONE WHO COULD USE OUR HELP?

**WEDNESDAY, FEB. 2ND
7pm—8pm**

Recommend your friends and family to attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me®. The topic of discussion will be, "How to Build Strong Immunity."



Please call 905-335-5433 to RSVP as seating is limited.

February is "Bring those close to your heart" month

Existing practice members, bring those close to your heart in for a **FREE SPINAL EXAM—an \$85 value!**

Share the gift of good health with those you love!

Enter our draw for prizes at Beacon Hill Plaza

Complete a *Chiropractic Conundrum* puzzle for a chance to win prizes at our plaza!

PRIZES OFFERED ARE:

Family Dinner at **BOSTON FISH & CHIPS**

Mane Attraction



Family Haircuts at **Mane Attraction**

Draw takes place Feb 28th, 2011.

LIFE Chiropractic Centre

2501 Guelph Line N
Burlington, ON L7M 2A3

905-335-LIFE (5433)



Visit our website:

www.lifechiropracticcentre.ca

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



**LifeLine Newsletter
February 2011
Life Chiropractic Centre**

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

A Different Kind of Heart Doctor

Yes, it's that time of year again to think of those you love. But since February is associated with hearts, we want to remind you to take care of yours. Thousands of Canadians die from heart attacks every year because they are not taking care of themselves. Most people wait for symptoms to appear before they do something about their health. That approach can be expensive and dangerous since many symptoms occur after months or years of body malfunction and deterioration.

NOW is the time to ensure your health (and the health of your loved ones) with the following tips:

1. *See your chiropractor regularly*, especially if you are ill, under a lot of stress, pregnant or have had an accident or trauma.
2. *Lose weight if you need to*. Losing one pound takes ten pounds of stress off your heart muscle.
3. *Quit smoking*. Smoking reduces vital oxygen everywhere in your body
4. *Eat organic, unrefined foods and drink at least eight glasses of pure water every day*. Please read on to aide you in heart-healthy cooking.
5. *Take a walk after dinner*. Not only is it good for your heart, but it aids digestion, weight loss and is a nice time to spend with others.
6. *Avoid drugs*: Including recreational, most prescribed drugs, alcohol, and caffeine. Most effect the natural rhythm of your heartbeat.

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7. *Take time to relax, meditate or pray.* Appreciate nature and play every day.
8. *Find fulfilment and creativity in your work;* it will improve your health.
9. *Connect.* The more relationships and love in your life, the healthier, happier and longer you will live. A Happy Heart is a Healthy Heart!

Heart Healthy Cooking

No matter how much time you have, or don't have for cooking; you can make quick and easy heart-healthy meals by following these simple suggestions. Heart-healthy cooking focuses on lowering your intake of fat, especially saturated and trans fats. It also includes limiting salt while upping fibre and making sure you eat 5-10 servings of vegetables and fruit per day. Change proportions so that protein such as meat and fish are no longer the main attractions. Instead, fill about 3/4 of your plate with whole grains such as brown rice and 100% whole wheat bread. Poultry, fish, lean meat or legumes (chickpeas, lentils, tofu) should make up the other 1/4 of your plate. Trim all visible fat, and skin your poultry and fish. Instead of pan frying, try baking, broiling, grilling or roasting (on a rack so fat can drip away).

Fish can be poached in water, tomato juice or lower-fat milk. To sauté, use a non-stick pan or a small amount of heart-healthy olive or canola oil. If you are sautéing, steaming or boiling a vegetable, it's just as easy to cook two or more in the same pot or pan. If you're making brown rice, cook twice the amount you need so you'll have enough for another meal. Substituting healthy ingredients for less healthy ones won't take any more time and may even save you money. Use plain, low-fat yogurt instead of sour cream; lower-fat cheese and evaporated skim milk instead of cream. Cook whole wheat pasta instead of white. Replace some of the white flour with 100% whole-wheat flour. Instead of salt, spice things up with fresh or dried herbs. Try dill with fish, paprika with chicken, or ginger with beef. Lightly sautéed garlic, onions and sweet red peppers add flavour as well as assorted nutrients that promote good health for your heart.

DID YOU KNOW?



The nerves from your neck (cervical vertebra #2) and your upper back (thoracic vertebrae #1,2,3,4,& 5) control your heart. How many times have you had a *headache, neck ache, or pain and stiffness across your upper back?* Did you know that each time you experience any of the above *symptoms* your heart health is being compromised as well? It involves all the same nerves! If you want your heart to beat comfortably and regularly, if you want your heart to maintain a normal pressure, and if you want your heart to cleanse itself properly from plaque and cholesterol, *get your chiropractic adjustments!*

Healthy heart nerves = a healthy heart!

CHIROPRACTIC – the best thing you can do to add years to your life and life to your years!

WELCOME THE NEW KID!

We'd like to introduce our newest staff member, Cheryl Yule! Cheryl comes with lots of previous chiropractic experience. She believes *chiropractic works* and we should have all our family members coming in to reap the benefits. In Cheryl's own words, "There would be a whole lot fewer sick people if we all got our adjustments!"

"There would be a whole lot fewer sick people if we all got our adjustments!"

We hope you'll welcome Cheryl to our practice!

Please visit our website at
www.lifechiropracticcentre.ca

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