

R³ ...the power of 3 **R³ GIRLS' NIGHT OUT!**

Revitalize
rejuvenate
reNEW

At LIFE
Chiropractic
Centre
Wed. May 30th,
7-8 pm

Join Cheryl and Tina for an evening of computer Q & A, Proper Bra Fitting, a Makeover, and Chiropractic and Women's Health.



LifeLine Newsletter
MAY / JUNE 2012
LIFE CHIROPRACTIC CENTRE
We help families build vibrant, healthy, drug-free lives!

UNLEASH YOUR POWER by Dr Brad Ivanchuk

"Unleash Your Power?" What the heck does that mean? Well, let me tell you it has nothing to do with your hydro bill and *everything* to do with your *life*.

But before I explain, let me ask you this.... did you know that there is 'electricity' inside your body? Moreover, did you know that there is a 'generator' inside your body that manufactures this *electricity* or *power*? Even if you didn't, it's okay because here I am going to teach you all about your *power*, where it comes from, where it goes, what it does, what happens when it gets shut off, how to turn it on again and how to keep it turned on. If you can grasp this understanding for yourself, you will have finally grasped *the truth*, and your life and your kids' life will never be the same again.

First of all, your body requires electricity or a *power* supply to control and co-ordinate all the millions and millions of functions and reactions that take place in your body every day. Your body, your kids' bodies, your dog's body, your cat's body - every living thing requires a power supply to live. Without this power supply nothing would be able to live. This is a scientific fact. In fact, one of the criteria for a medical doctor to pronounce someone as officially 'deceased' is that their brain *no longer registers any electrical activity*.

Now, I have just given you a clue where your power comes from; it comes from your brain. This is what your brain does. It generates the power that is required to run your body. So, the brain is actually the generator that is inside your body. It has a huge responsibility and that is why it is protected by the thickest bone in your body: your skull. We know that the brain generates your power and that this power is required to *run your body*. The next logical question would be, 'How does this power get from the brain to the body?' If you asked this question for yourself, congratulations! You are starting to get it. The power gets from the brain to the body through



the spinal cord and nerves. The brain is attached to the spinal cord and the spinal cord (which lies inside your spine) is a bundle of every nerve fibre in your body. This is why spinal cord injuries can be so devastating. In fact, the brain, spinal cord, and nerves are one complete system. The nerves are really extensions of your brain that go to every, single part of your body to.....? You got it - to connect it to the main power supply.

Now let me ask you this.... what would happen to your heart (for example) if we physically cut the nerves that supply the heart which

would then disconnect it from the main power supply? Would it live or die? Obviously, the heart would die and then you would die. Now follow me here...this is very important. What if we just compressed the nerves that supply the heart and the heart could only receive say, 50% of its normal power supply? Would this be good or bad for your heart? Would this be good or bad for your health? Would this ultimately move you towards health and vitality or would this move you towards sickness and death? If you are not sure, what would the most logical answer to these questions be? The logical answers are the right answers. It does not matter if you answered these right or wrong. The important thing is that you are starting to grasp the truth about health. The truth is that nerves can be compressed. And the truth is that compressed or pinched nerves are horrible for your health.

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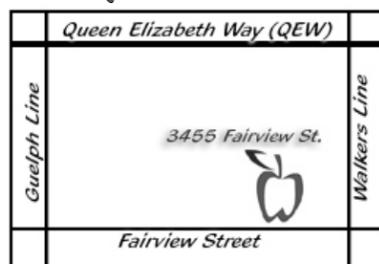
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- Get Walking
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Know Someone Who Could Use Our Help?

WEDNESDAY, MAY 9TH
"Women's Health"
7pm-8pm

GOODNESS
Me! natural food market



Recommend your friends and family attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me!®.

Living PRINCIPLES

Do you know the 5 biggest threats to your health?

Find out with the **Living PRINCIPLES** Program

presented by Brad Ivanchuk BSc DC, Branko Milen DC, and Lori Kay MA RNCP

Saturday, June 23rd
in the Community Room of **Fortinos** at **Dundas & Appleby**

REGISTER NOW!
SEATING IS LIMITED!!



May is "UNLEASH YOUR POWER" Month

What if we could show you a way for you and your kids to be super healthy without using drugs or medications?

Make an appointment at 905-335-LIFE (5433).

LIFE Chiropractic Centre
Visit our website:

905-335-LIFE (5433)
www.lifechiropracticcentre.ca

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

These are what chiropractors refer to as *subluxations*. Subluxations are when one or more of your spinal vertebrae (your spine is made up of 24 vertebrae) are misaligned and compressing upon a nerve and the most dangerous thing about them is that you can have them and not know about it until it's too late. It may be the nerve to your heart or right leg or stomach or liver or uterus or gallbladder or left arm or sinuses or ears or eyes etc, depending upon where the spinal misalignments (subluxations) are in your spine.... it doesn't matter. Compressed nerves are horrible for your health -- bottom line. And do not think that you or your kids do not have any subluxations. If you have a spine, you have subluxations. We all do. It is a fact of life. What is important is this... 'what are you doing to manage these dangerous entities caused subluxations?'

If you are doing nothing, then your health and your family's health is at risk. But this may not be your fault. Maybe you just did not know. But here is the most important *truth* that you will ever need to know for yourself and your family. Chiropractors are the only doctors that are trained in detecting and correcting subluxations. Chiropractic care keeps you connected to your main power supply so that your body can function, re-create itself and heal itself everyday of your life the way it was designed to. This is an absolute truth! Imagine what your health would be like if your body was bathed in a full and proper power supply every day of your life? Really think about this. If you and your family had exceptional health, what

would your quality of life be like? Did you know that the human body can heal itself from any disease known to mankind? And this fact has been scientifically documented time and time again. Do you think that this could happen in someone whose body is partially disconnected from its power supply? If you don't know, what would the logical answer be? Why wait? Would you not want to live every day fully connected to your power supply?

Chiropractic care turns on your power and will keep your power turned on with regular treatments. Just imagine feeling well all the time, having a super-charged immune system, lots of energy, getting a good night's sleep every night, little or no need whatsoever for drugs or medications, being in a good mood most of the time, having a mind that is as sharp as a tack and having abundant self-confidence and self-esteem. Just think what impact this would have on your life, your children's lives and your family. This can easily happen but only if.....? Right! ONLY if your body is fully connected to its power supply.

Now you know the *truth* about health. It does not come in the form of a powder, pill, prescription, lotion or potion. Health is not an 'outside-in' thing. It is an 'inside-out' thing. Health comes from within you and chiropractic care is the only thing that will truly add years to your life and life to your years.

Unleash your POWER!

Get Walking

"Walking is man's best medicine." - Hippocrates

Many health practitioners would agree with Hippocrates that walking is a great way to lose weight, trim your body, and improve your overall health, fitness, and energy.

Here are some tips to help make your walk routine more enjoyable and productive:

- Wear comfortable shoes
- Incorporate walking into your daily activities (ie, walk to stores, park away from destination)
- Maintain good posture – head up, stomach in, shoulders back, heel-to-toe steps (heel touches ground first)
- Stretch before and after you walk
- Start off slowly, increase pace, and cool down during the last five minutes
- Don't try to walk five miles when you're just starting out. Start with 15 minutes and gradually increase to 30-60 minutes, five days a week
- Drink plenty of water

Added benefits? It helps to improve your mood. Lowers bad cholesterol (LDL) and raises good cholesterol (HDL). Reduces risk for Type 2 diabetes. Lowers blood pressure.

And it's **FREE!**



NOW IS THE TIME TO FIX YOUR SPINE

Normal Curved Shape:

Can you see the wide disc spaces between the bones? A curved shape in the neck and back allows weight to be evenly distributed on the joints. This allows for full expression of LIFE.



Normal Cervical Curve

Abnormal Shape:

Note that the curve is missing! Can you see how thin the disc spaces become when the curve is lost? As weight bears forward, compressing the joints, soft discs between the bones dry out and die. This is when sickness and dis-ease begin.



Reversed Cervical Curve

As you age, your spine can either be your greatest asset or your biggest liability.

SPRING CLEANING

Nothing like spring cleaning after the winter is over to rid your home of dust and cobwebs. Many people engage in this annual ritual – it signals the start of warmer weather and makes people feel renewed.

But what about a different kind of cleaning – cleansing our bodies internally? Body cleansing relieves the buildup of toxins that occurs in the body, especially as a result of processed foods. Many people find cleansing helpful to lose weight, increase energy, boost the immune system, achieve a healthier glow, and relieve common sinus and digestive problems.

Although there are numerous cleanses available online and in health food stores, one of the easiest ways to cleanse

your body is to drink plenty of water - at least two litres per day. Other suggestions include:

- Eat plenty of fibre, found in brown rice and organic fruits and vegetables.
- Think positive thoughts and express gratitude to drive away toxic stress.
- Sweat through high impact aerobic exercise or



by sitting in a sauna to open pores and release toxins.

- Cleanse the liver with herbs, including dandelion root, burdock and milk thistle; and drink green tea.
- Add "superfoods" to your diet, including apples, dark chocolate, cinnamon, wild salmon, and broccoli. Superfoods are full of nutrients that help to eliminate toxins from the body.

Some proponents of detoxification suggest doing it once a quarter to keep your body in optimal health. Many who do it regularly report feeling healthier, with increased vitality and energy.