

few weeks versus months or years of life-altering pain. CLT is clean, with no heat or known side-effects and can be used in combination with most other treatments. **Clinical studies show it has an effectiveness rate ranging between 60% and 100%!**

Is CLT safe?

CLT is painless and is well tolerated by patients of all ages and conditions. During more than 35 years of clinical use, **it has never resulted in a serious side effect.** Therapeutic laser systems are athermic (no heat) and, there-

fore, incapable of causing tissue damage. As well, cells have a natural ability to resist over-stimulation, meaning it is not possible to harm tissue by overdosing. Our doctors and staff will always be available to answer any questions and discuss the nature and purpose of CLT.



LifeLine Newsletter
NOVEMBER/DECEMBER 2011

LIFE CHIROPRACTIC CENTRE

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

STRESS!

What is Stress?

Stress. Can you get rid of it? No way! Stress is inescapable. To be alive is to be under stress - but that isn't always bad.

With too little stress we'd be bored to tears; but with too much we'd develop emotional and physical disease. Properly handled, however, stress can mean a life of challenge, excitement and growth. For example, the biographies of famous scientists, explorers, artists, writers, entertainers, businessmen and others reveal that times of intense personal stress are also times of insight, creativity, accomplishment and personal growth. Stress is one of the most destructive elements in people's daily lives, but the way we react to stress appears to be more important than the stress itself. When faced with

personal stress you have two choices: 1) grow, thrive and heal or; 2) be reduced by it to dullness and disease.

What causes stress?

It could be as small as a speck of pollen in your nose, or as complex as a first date.

Chronic Stress

When you have to stay and cope; your muscles are always tense, energy is drained, and your body and mind become fatigued, more susceptible to colds, infection, ulcers, digestive troubles, high blood pressure, asthma, arthritis, heart disease, and premature aging. This unresolved stress slowly robs you of health, vitality, and ultimately life itself.

The Chiropractic Approach

Chiropractors relieve your body from one of the most destructive effects of stress you may experience: the vertebral subluxation complex. This complex can damage your nerves, weaken your health and exhaust your energy. This often painless condition can be present for years without knowing it. Emotional as well as physical weakness may

What happens when you face stress?

1. **Your body prepares itself for confrontation.** Messages of "fight or flight" are sent from your brain to your endocrine (hormonal) system. If the stress stops, you revert to normal.
2. **If the stress continues, you go into a stage of resistance.** Your body adapts by putting up barricades. You tense your muscles, raise your fever, and struggle to prevail. You either run from, or fight the threat.
3. **If the stress still continues, you may pass into the stage of stress exhaustion.** Your body can't stay continually in the fight or flight state, so your system falls prey to anxiety, ill-health and chronic dis-ease (disharmony).



*Wishing you all the best of the Season
with much good health, happiness and
prosperity for the new year!*



LIFE's Christmas Open House!
Wednesday, December 21st

join us for healthy snacks, juice, and extra-special surprises at our **Christmas Open House**, courtesy of Dr. Brad and Dr. Milen!

*Mark your calendars!
Plan to be here!*

LIFE Chiropractic Holiday Hours

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED 11	OPEN 12	CLOSED 13	OPEN 14	OPEN 15	CLOSED 16	OPEN 17
CLOSED 18	OPEN 19	CLOSED 20	CHRISTMAS OPEN HOUSE 21	OPEN 22	CLOSED 23	CLOSED 24
<i>Merry Christmas!</i> 25	Boxing Day CLOSED 26	CLOSED 27	OPEN 28	OPEN 29	CLOSED 30	CLOSED 31
January 2012						
<i>HAPPY NEW YEAR !!</i> 1	OPEN 2	CLOSED 3	OPEN 4	OPEN 5	CLOSED 6	OPEN 7

LIFE Chiropractic Centre

Visit our website:

905-335-LIFE (5433)

www.lifechiropracticcentre.ca

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

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stem from this condition.

Subluxations cause damage to your nervous and skeletal systems, fatiguing and weakening you both physically and emotionally. Your ability to deal with life's stress is thus compromised and this paves the way for dis-ease and sickness.

Studies have shown chiropractic's ability to reduce anxiety levels. Chiropractic care, by removing vertebral subluxation from your body, can improve the function of your nervous system and promote better adaptation to environmental stress, whether physical or psychological.

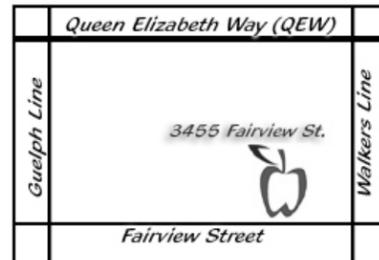
Know Someone Who Could Use Our Help?

WEDNESDAY, NOV. 9th
7pm—8pm

Recommend your friends and family attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me®. *The topic of discussion will be:*

STRESS

GOODNESS
Me! natural food market



Ten tips for maintaining a healthy back

- Exercise regularly
- Follow a healthy diet
- Maintain good posture
- Stretch your spine before and after sports
- Don't overload your backpack or shoulder bag
- Stretch your legs and back after each hour of sitting
- Never cradle the phone between your neck and shoulder
- Sleep on your back or side, not on your stomach
- Invest in a good chair, pillow and mattress
- Have regular spinal check-ups

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even on the spot, should do it), followed by some simple stretching.

Take a break:

If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shovelling immediately if you feel chest pain or back pain. If you have back pain that is severe or that persists for more than a day after shovelling, see a chiropractor. If you have chest pain that is severe, see a medical doctor immediately.

This winter, have fun and stay fit

Dress for the weather.

Layered clothing works better to keep your muscles warm and your skin dry so you don't get chilled. You may want to invest in clothing designed specifically for winter outdoor activity or layer garments made of natural fibres.

Know when to rest.

Rest when you feel tired. Stop your activity immediately if you experience sudden or prolonged pain in any joint or muscle. Cool down by stretching, and change into dry, warm clothes.

Stay hydrated.

Don't be fooled by the temperature! Your active body needs plenty of fluids even though it's cold outside. Be sure to drink lots of water or juice before, during and after winter sports.

Stay safe this season: Lift Light—Shovel Right!

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway — on average, several hundred pounds! These tips will help keep your back in top shape:

Don't let the snow pile up:

If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller amounts of snow at once.

Pick the right shovel:

Use a lightweight pusher-

type shovel. If you are using a metal shovel, spray it with Teflon first, so snow won't stick to it.

Push, don't throw:

Always push the snow to the side rather than throwing it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements.

Bend your knees:

If you find you have to lift a shovelful of snow, use your knees and your leg and arm muscles to do the pushing and lifting, while keeping your back straight.

Warm up:

Before tackling any strenuous activity take the time to warm up with some overall conditioning (a 10- to 15-minute walk,

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Laser Therapy: Healing at the Speed of Light!

Neuromuscular skeletal conditions are common in all of us. We can all experience sprains, strains and pain that just won't go away resulting from repetitive strains in our work place or from trauma in our everyday lives. Pain and inflammation are things many of us have grown to accept as something we probably will just have to live with. However, health practitioners across North America have discovered a modern medical technology that heals injuries safely and effectively on a cellular level. This medical technology is Cold Laser Therapy (CLT).

When tissue injury occurs, the inflammatory process is initiated to immobilize the area to prevent further damage, providing us with an indication that the body is hurt in the form of swelling. This process is usually associated with pain caused by inflammation pressuring nerve endings. In order to reabsorb the fluid from the swelling and decrease inflammation in the region, the body produces nitric oxide (NO), which has been proven to relax the lymphatic system causing it to become more porous allowing the reabsorption process to occur. This process not only reduces inflammation but causes temporary vasodilation (increased diameter of capillaries) bringing much needed oxygen, fuel molecules and other metabolites to the in-

jured tissue aiding in their natural healing. Independent research proves that the proprietary Theralase 905nm super-pulsed laser Technology increases the production of nitric oxide (NO) by over **700%**, increasing vasodilation and decreasing inflammation.

What is Cold Laser Therapy (CLT)?

Therapeutic medical lasers heal tissue ailments by injecting billions of photons of visible and /or invisible laser light deep into tissue structures. The mitochondria of a cell have the unique ability to absorb laser light energy and transform it into chemical energy for the cell, which allows the body to enhance its own repair. This chemical energy is utilized by the tissue to significantly accelerate the healing process and reduce pain in the body naturally. Cells that lack energy are unable to participate in the healing process. Once cells are fully recharged they are able to replicate and divide, and build upon one another to heal the injured area. CLT can penetrate up to four inches into tissue, to promote cellular regeneration at the source of injury. Depending on the severity of the injury, you can return to an active lifestyle pain-free within a

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