

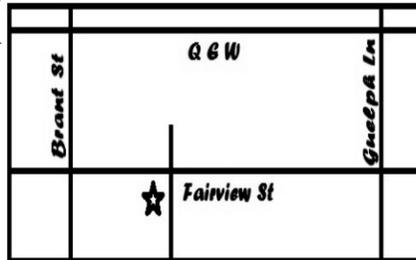
Know Someone Who Could Use Our Help?

WEDNESDAY, NOV. 28th
7pm—8pm

GOODNESS
Me! natural food market

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

"Crohn's and the Spine"



2300 Fairview St, Burlington, ON. Register online at www.goodnessme.ca/calendar



Christmas Open House!

Wednesday, December 5th...

...is the date of our **Christmas Open House**.

Please join us for healthy snacks, juice, and extra-special, patient-appreciation surprises courtesy of Dr. Brad and Dr. Milen!

Mark your calendars! Plan to be here!

LIFE CHIROPRACTIC HOLIDAY HOURS

December 2012—January 2013

S	M	T	W	Th	F	S
2 CLOSED	3	4 CLOSED	LIFE's 5 <i>Christmas Open House</i>	6	7 CLOSED	8
9 CLOSED	10	11 CLOSED	12	13	14 CLOSED	15
16 CLOSED	17	18 CLOSED	19	20	21 CLOSED	22 OPEN
23 CLOSED	24 CLOSED	25 <i>Merry Christmas!</i>	26 CLOSED	27 OPEN	28 CLOSED	29 OPEN
30 CLOSED	1 <i>Happy New Year!</i>	2 OPEN				

LIFE Chiropractic Centre

Visit our website:

Living PRINCIPLES

We are the **HEALTH MYTH BUSTERS!**

Learn our secrets for **good health and longevity:**

- How to shop for the right foods, and eat them the right way
- Detoxify your body and your home
- Re-establish the mind/body connection
- The benefits of good spinal hygiene
- How to exercise less, but get more results!

Join us!

SATURDAY, JANUARY 26, 2013

in the **Community Room of**

FORTINOS at
Dundas & Appleby
9 AM—1 PM

ADMISSION (bring a buddy!)

- **\$30 for a single admission**
- **Bring one friend—\$20 each**
- **Bring two friends—\$15 each**
- **Bring three or more friends and everyone gets in **FREE!****

Seating is limited. Register here at **LIFE Chiropractic Centre**, or online at livingprinciplesseminar.ca

905-335-LIFE (5433)

www.lifechiropracticcentre.ca



LifeLine Newsletter

NOVEMBER/DECEMBER 2012

LIFE CHIROPRACTIC CENTRE

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

SAVE \$\$ AND IMPROVE YOUR CHILD'S HEALTH

Here is some very important information for all parents regarding snacks for their children. The other day I was waiting for one of my kids to finish their extra-curricular activity and I noticed a bunch of parents bringing in snacks for their kids who were on a break. What alarmed me was that all the kids were brought either donuts, muffins, cookies, french fries, fast-food hamburgers, coffee, or a huge container of pop. Except for one who was already snacking on celery sticks, carrots and drinking a bottle of water. Despite all the information available regarding nutrition and what is good to eat and what is not, it seems that a lot of parents still do not know. So, for the sake of the health and well being of our children, let us review the importance of good nutrition.

All the doughy foods (donuts, cookies, etc.) are high in fat and calories and provide very little nutritional value. These types of foods are quickly converted into sugar once they enter the body which shocks the pancreas into pouring out insulin. Insulin is required to regulate your blood sugar levels and soft drinks which can contain up to 40 mg of sugar will have the same effect. If the pancreas is secreting high levels of insu-

lin on a regular basis, the body can eventually become insulin resistant. Insulin resistance can then lead to obesity, diabetes and heart disease. The french fries and fast-food hamburger are also high in fat and calories, so they too pose the risk of obesity, but another danger of these types of foods is the trans-fatty acids. There have been several nutritional studies that show time and time again that trans-fatty acids increase your risk of developing heart disease. And, I would almost guarantee that the fast-food hamburger meat is not organic, which means it is full of filler, growth hormones and antibiotics. These things are not good for anyone's health. And feeding your children coffee or caffeine in any form is not a good idea. It is a drug which means that it is addictive and it is a stimulant, which means that it is dangerous to give to kids, especially if they are participating in sports. The danger lies in the increased

stress caffeine places upon the heart.

So, the best choice by far was the child eating the celery sticks, carrots and water. These cost way less to purchase, they are nutritious, safe and they have no future consequences. Always consider the future consequences when planning food for your family. That way you will automatically make better choices.

Parents, remember this: for the first time in modern history, the life expectancy of the current generation of kids is **LESS THAN THEIR PARENTS!** And this is due in a large part, to the foods that they eat.

For more information regarding this topic, attend our next *Living Principles* seminar at the new FORTINOS at Dundas and Appleby on January 26, from 9 am – 1 pm. Seating is limited. Visit our website, livingprinciplesseminar.ca, or call 905-335-5433 to register.

~Dr Brad Ivanchuk

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INSIDE THIS ISSUE:

- Solution to Shortness of Breath in Children
- History of Medicine
- Boost Your Immunity This Cold/Flu Season
- Computer Neck...and why Parents Should be Concerned
- Upcoming Events at Life Chiropractic

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

NATURAL SOLUTION TO SHORTNESS OF BREATH IN CHILDREN

If you have noticed that your child is short of breath following exercise or playing sports such as soccer or hockey, here is some very valuable information for you.

Often times this condition can be misdiagnosed as a mild form of asthma but I would like to explain to you what the most likely cause is because I am sure you would rather not have your child puffing on medication.

When you refer to *The Chart of Effects of Spinal Misalignments* (below), you will see that the nerves from the T1 level and the T3 level go directly to the trachea (which is your windpipe), your bronchial tubes and your lungs.

If these nerves become compromised due to spinal misalignments (subluxations), breathing difficulties includ-

ing shortness of breath are sure to result.

Also, if your child has even the slightest degree of spinal curve or scoliosis in the thoracic region of the spine, this will restrict normal motion of the rib cage which will in turn impair the function of the lungs.

It has been my personal hands-on experience that chiropractic care can be of a huge benefit for children who suffer from shortness of breath.

Our treatments will correct any spinal misalignments which will restore normal breathing capacity and another thing that you will really appreciate as a parent is that there are no harmful or toxic side effects. So, if you are concerned about your child's shortness of breath, please call us right away. I know we can help.

~Dr Brad Ivanchuk

The History of Medicine

(unknown author)



"Doctor, I have an earache."

- 2000 BC • "Here, eat this root."
- 1000 AD • "That root is heathen. Here, say this prayer."
- 1850 AD • "That prayer is superstition. Here, drink this potion."
- 1940 AD • "That potion is snake oil. Here, swallow this pill."
- 1985 AD • "That pill is ineffective. Here, take this antibiotic."
- 2000 AD • "That antibiotic doesn't work any more. Here, eat this root."

BOOST YOUR IMMUNITY FOR COLD/FLU SEASON

Are you an allergy and/or asthma sufferer? I have been all my life. I remember the fear of a public asthma attack inhibiting my activities as a child and young adult. I remember my quality of life as an allergy sufferer. Folks would treat me like I had the plague. In a time after SARS, nobody wanted to be around the sneezing person! Increasing the frequency of my adjustments to boost my immune system sounded like another stress on my pocketbook to me as a patient of chiropractic.

What I discovered as staff of a chiropractic clinic, is that it's true! As a staff member of Dr Brad and Dr Milen, my only

"benefit" is weekly (or more as necessary) chiropractic adjustments. My maintenance schedule before I started working here was once every three weeks. I've been an asthma sufferer since junior high, and I've had allergies for as long as I can remember. To treat these conditions I tried a multitude of antihistamines and puffers with all their associated side effects. All the drugs were ever good for was masking my symptoms. The root cause was never addressed.

As a staff member at Life Chiropractic, I get adjusted once a week. What I never expected was that this new schedule

would leave me free of the chronic issues that have plagued me all my life! Unless I am near one of my allergens for a number of consecutive hours, I simply don't suffer from allergies and asthma anymore. No more antihistamines. No more puffers. No more feeling like a plague carrier. No more time lost from work. I am drug free and loving it!

Improve your quality of life by increasing the frequency of your adjustments BEFORE the cold and flu season hits. IT WORKS!

~Tina McConnell

COMPUTER NECK IN KIDS ... and why parents should be concerned

Here is some very important information for parents whose kids sit a lot at computers. There is an ever growing problem that I'm seeing in kids these days called *computer neck*. Computer neck is a condition where one's neck is aligned out in front of their shoulders instead of directly on top of their shoulders, which is the norm. How you check for it? Stand your child comfortably in his or her bare feet (this is best done while they are in their underwear, by the way), and observe posture from the side. Now, look at the opening of the ear canal and see if it is aligned with the mid point of their shoulder. If you notice that the opening of the ear canal is aligned anywhere in front of the mid point of their shoulder, then your child has

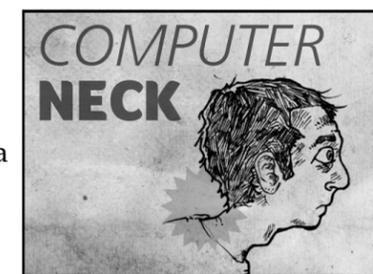
computer neck. Now, you may be saying or thinking to yourself, 'So what? My kid spends a lot of time sitting at the computer or playing video games or both.' But as a parent, you need to know that computer neck is *never* good for your child's health for a number of reasons.

Number 1 – Computer necks will become arthritic in a rapid fashion, causing a great deal of unnecessary pain and stiffness.

Number 2 – Computer necks will lead to a very unsightly posture commonly known as *hump back*.

Number 3 – Computer necks put an incredible amount of

stress and tension on the spinal cord and the nerves in the neck and upper back area, which will cause a wide variety of health problems. This is by far the greatest danger with computer necks and to understand why, please refer to *The Chart of Effects of Spinal Misalignments* found on page 2 of this newsletter. Review



for yourself all the possible health problems that can result from spinal misalignments caused by computer neck.

An even more important thing that every patient must know is that chiropractic care can help to correct this serious problem.

~by Dr Brad Ivanchuk

CHART OF EFFECTS OF SPINAL MISALIGNMENTS

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures, organs, and functions which may result in the conditions shown below.

THORACIC		
3C	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
4C	Nose, lips, mouth, eustachian tube.	Hay fever, catarrh, hearing loss, adenoids.
5C	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy.
6C	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup.
7C	Thyroid gland, bursae in the shoulders, elbows.	Bursitis, colds, thyroid conditions.
1T	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands.
2T	Heart, including its valves and covering; coronary arteries.	Functional heart conditions and certain chest conditions.
3T	Lungs, bronchial tubes, pleura, chest, breast.	Bronchitis, pleurisy, pneumonia, congestion, influenza.