



# LifeLine Newsletter

## SPRING 2010

### Life Chiropractic Centre

*Your most valuable three minutes of reading today*

## **Yes, you can be better!**

For you to be healthy, your body must be balanced, aligned and free of structural stress. Unfortunately, many people are unbalanced, misaligned and full of structural stress. The result is a lack of energy, chronic fatigue, dis-ease, physical and mental illness and a reduced ability to grow and enjoy life. Chiropractors have a special name for structural stress: *subluxation*. A subluxation is a structural distortion in your body that, among other things, results in a weakened spine, body imbalance and a poor relationship with gravity. Your muscles, discs, ligaments, organs, bones and joints will prematurely age and deteriorate as a consequence. But there's more. Imbalance causes lack of energy and vitality, chronic fatigue and irritation to your brain, spinal cord and nerves. It also causes dis-eases or lack of wholeness resulting in overall weakened physical and mental functioning. Dis-ease sets the stage for disease. Chiropractic spinal care balances your body structure, relieves deep stress from your spine and nervous system and gives your body greater harmony, resistance to disease and improved function. That's why so many millions of people visit chiropractors each year. Nearly every disease and condition responds to a healthier body – a body functioning with a stronger immune system, a body with less stress, a body with more energy. No matter what the disease everyone needs to be free of subluxations. **WHY WAIT?!**

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Chiropractors are trained to locate subluxations years before serious symptoms appear. Remember, there wouldn't be any major health problems if we paid attention to the minor ones. Why wait until you have a health problem to see a chiropractor? Why not practice preventive health maintenance by having your spinal column checked for spinal nerve stress before you get sick? If you or your family aren't getting adjusted, May is a good time to start. Consultation and Spinal Check-ups are our gift to you and your kids for the entire month.

**Yes, you can all be better!**

## **FOR YOUR INFORMATION**

### **Are tanning beds really as dangerous as arsenic and mustard gas?**

*(The above has been a result of media hype and scare tactics - mainly by manufacturers of sun block and other skin products.)*

Vitamin D has been actively researched lately. As a result, we now know that it is very important to have adequate amounts of vitamin D in your body. Studies show that, for every person who dies of skin cancer from UVB overexposure, more than 200 will die from cancers such as liver, lung, breast, prostate and colon; as a result of low vitamin D levels. Moderate exposure to ultraviolet radiation is the only way to prompt your body to manufacture the vitamin D it needs to keep you healthy. Vitamin D deficiency is quite common, especially in northern climates; and a growing list of diseases and deficiencies are being linked to it. In theory a tanning bed can be safe, unfortunately most (not all) commercial tanning beds are a cause of concern for: a) X-rays - are emitted by bulb ends. This occurs with any fluorescent bulb. Wrapping ends with lead tape reduces it. b) Magnetic ballasts - produce electromagnetic radiation (EMR). Replacing them with electronic ballasts reduces EMR. c) UVA/UVB light - UVB helps your body produce vitamin D. UVA tans your skin, reduces wrinkles but can also burn it if exposure is prolonged, thus making skin cancer possible.

UVA light has a longer wavelength so it will pass through glass while UVB does not. So if you are in the car or near a window you get UVA but UVB will be blocked.

Infrared red light soothes your muscles. Red light at 633 mw rouge renews your skin, reduces wrinkles, giving you younger-looking skin.

The most dangerous of all skin concerns is melanoma. However, there is no established connection between ultraviolet radiation and melanoma from tanning beds. Why?

1. Melanoma is more common in people working indoors than in those working outdoors.
2. Melanoma most commonly appears on parts of your body that do not receive regular exposure to sunlight - and rarely occurs on the face.

Because people who receive regular exposure to outdoor sunlight get fewer melanomas, it makes no sense to say ultraviolet radiation causes melanoma. There are other contributing factors such as: overall exposure, childhood sunburns, type of tanning equipment, duration and quantity of exposure.

**Next Issue:** *How to suntan properly* (don't laugh - the answer will surprise you!)

## DID YOU KNOW?

Keeping your spine balanced and free from spinal nerve stress (vertebral subluxations) will help your natural defences guard against dis-ease. If you or your children have one or more of these conditions, a spinal check-up should be scheduled for further investigation:

- |  |  |
|--|--|
| <input type="checkbox"/> Fever               | <input type="checkbox"/> Eye problems            |
| <input type="checkbox"/> Colic               | <input type="checkbox"/> Cough                   |
| <input type="checkbox"/> Croup               | <input type="checkbox"/> Skin disorders          |
| <input type="checkbox"/> Learning disorders  | <input type="checkbox"/> Asthma                  |
| <input type="checkbox"/> Poor posture        | <input type="checkbox"/> Wheezing                |
| <input type="checkbox"/> Nervousness         | <input type="checkbox"/> Scoliosis or curvature  |
| <input type="checkbox"/> Constipation        | <input type="checkbox"/> Neurological conditions |
| <input type="checkbox"/> Bed wetting         | <input type="checkbox"/> Bronchitis              |
| <input type="checkbox"/> Weakness or fatigue | <input type="checkbox"/> Frequent colds          |
| <input type="checkbox"/> Allergies           | <input type="checkbox"/> Muscular dystrophy      |
| <input type="checkbox"/> Sinus trouble       | <input type="checkbox"/> Cerebral palsy          |
| <input type="checkbox"/> Stomach aches       | <input type="checkbox"/> Poor concentration      |
| <input type="checkbox"/> Loss of hearing     | <input type="checkbox"/> Arm and hand pain       |
| <input type="checkbox"/> Ear infections      | <input type="checkbox"/> Painful joints          |
| <input type="checkbox"/> Arthritis           | <input type="checkbox"/> Hip, leg and foot pain  |
| <input type="checkbox"/> Numbness            | <input type="checkbox"/> Shoulder pain           |
| <input type="checkbox"/> Irritability        | <input type="checkbox"/> Clumsiness              |
| <input type="checkbox"/> Headaches           | <input type="checkbox"/> A foot turned in or out |
| <input type="checkbox"/> Neck aches          | <input type="checkbox"/> One leg shorter         |
| <input type="checkbox"/> Back aches          | <input type="checkbox"/> Unusual behaviour       |
| <input type="checkbox"/> Sore throat         |  |

## ANNOUNCEMENTS

### May is **SPINAL HEALTH MONTH** at

Life Chiropractic Centre. All consultations, posture checks & physical exams to determine any spinal nerve stress are

**COMPLIMENTARY.** This is a great opportunity to have your children checked out, or any other important person in your life. Suggesting they take advantage of this opportunity may be the biggest favour you will ever do for them.



Keep this in mind as you age; your spine will be either one of two things: your greatest strength, or your greatest weakness. It all depends on what you do **today**.

Call us today **905-335-LIFE (5433)**  
Dr Brad Ivanchuk / Dr Branko Milen  
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### Your “Better You” Gift Certificate

The bearer of this certificate is entitled to the following any time during the month of May:

- A complete consultation to discuss your or your children’s real level of health
- An initial examination with our doctor – posture and nerve tests
- A full report of your examination findings all at NO COST to you\*! (\*reading fees of about \$25 apply if x-rays are required)

Call today to schedule an appointment and please bring this coupon in with you

**905-335-5433**