

Depending on the severity of the injury, you can return to an active lifestyle pain-free within a 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%!**

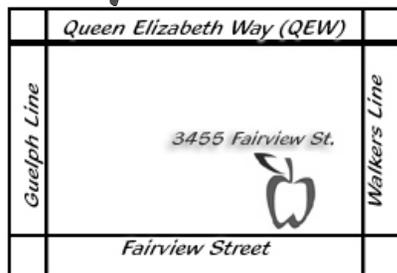
Is CLT safe? CLT is painless and is well tolerated by patients of all ages and conditions. During more than 35 years of clinical use, **it has never resulted in a serious side effect.** Therapeutic laser systems are athermic (no heat) and, therefore, incapable of causing tissue damage. As well, cells 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.

Know Someone Who Could Use Our Help?

**WEDNESDAY, OCT. 12th**  
**7pm—8pm**

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

The topic of discussion will be:  
**Lower Back Pain**



**LIFE Chiropractic Centre**  
8–2501 Guelph Line N, Burlington, ON  
**905-335-LIFE (5433)**



Visit our website:

[www.lifechiropracticcentre.ca](http://www.lifechiropracticcentre.ca)

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



# LifeLine Newsletter

## OCTOBER 2011

### LIFE Chiropractic Centre

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

#### Safety Tips for Raking Leaves

As the calendar turns from September to October, the leaves turn from green to gold, red, brown, orange. The green tree canopy of summer gives way to a rainbow of autumn colours and many of us wistfully watch the leaves fall to the ground. Others of us just think, "Great. Now I have to rake the lawn."

Here are a few safe raking reminders:

- **Wait for the full fall:** Before you reach for your rake, wait for the full fall of leaves. Aside from some spot-clearing on pathways, it's better to plan one big rake job. Quick, small clean-ups may tempt you to take safety shortcuts that could spell trouble in the form of slips, falls, and sore muscles.
- **Choose your tools wisely:** The right rake for you may not be the right rake for someone else. Shop around for one that is a comfortable fit for your height. It may be tempting to buy a cheaper, lightweight rake made from plastic, be warned that the lighter the rake, the more energy you will need to use to move and scoop up piles of leaves. Opt for a rake that has a handle with gripping material. Ergonomic rakes are also available, specially designed for comfort and ease of use and to prevent injury.
- **Dress the part:** Wear lightweight clothes that keep you warm enough without trapping sweat you may build up. Shoes should be supportive and comfortable, and should have slip-proof soles in case you come across a patch of wet leaves. Slip on a pair of sturdy gloves featuring grip material to help keep your hands around

the rake handle and prevent blistering. If you're allergic to mould and mildew, consider wearing a mask to cover your nose and mouth.

- **Do a pre-rake warm-up:** It may not seem like a workout, but you can burn nearly 300 calories during an hour of raking! Walk around a bit before you start so your blood gets flowing. Do a couple of stretches to prevent straining the muscles of your shoulders, neck, and back. Side bends and knee-to-chest lifts help
- open you up and ready you for all of the raking, bending, and lifting you'll do.
- **Practice proper raking posture:** To keep your neck and back happy, stand upright and rake leaves to the side of you, alternating dominant hand now and then. Bend at the knees - not the waist - when picking up piles of gathered leaves. And avoid twisting to toss leaves. Instead, step to the side so your whole body switches position, not just your shoulders and back.
- **Take rake breaks:** The repetitiveness of raking can become painful after a while. Take a rest every 10 to 15 minutes. Sip on water to stay hydrated and stretch to release tension you may have built up.

### 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, medical 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).

Please visit our website at  
[www.lifechiropracticcentre.ca](http://www.lifechiropracticcentre.ca)

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 injured 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. (Lasers in Surgery and Medicine, 2009).

#### 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 ...continued page 4

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

...it has an  
effective-  
ness rate  
ranging  
between  
60% and  
100%!