

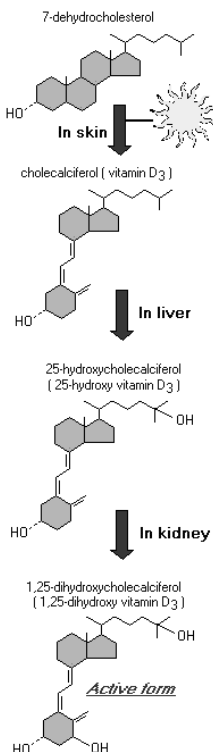
Health & Wellness in Wolfville Fall & Winter 2007-2008



Back: Dr Jyl Bishop Veale, ND, Beth Pond, RMT, Janet Devidal, Martha Paul, Dr Janis Noseworthy, DC, Pat Bezanson, Gail Hazel
Front: Lee-Ann Cudmore, D.Ac, Cinda Kalkman, RMT, Dr Vance Kruzewski, DC, Monique Harvie, RMT

Shining Reports for the Sunshine Vitamin: “D Gets an A+”

Dr. Jyl Bishop Veale, BSc, ND, Wolfville Naturopathic Clinic



Over the past year, vitamin D has been in the news like never before- and rightly so. Research is finally supporting the fact that the prevention of Rickets and Osteomalacia, two bone-softening diseases seen in D-deficient children and adults respectively, is just the tip of the iceberg. Breast, colorectal and prostate cancer, in addition to diabetes, multiple sclerosis, immune disorders and osteoporosis are just a few of the serious health conditions showing a strong association with low vitamin D levels commonly found in Northern Latitudes like Nova Scotia where sun exposure is compromised nearly 50% of the year. The most natural way to attain optimal vitamin D levels is through sun exposure. Ultraviolet (UV) light is divided into

three bands or wavelength ranges, which are referred to as UV-A, UV-B and UV-C. UV-A, known as the "tanning ray," is primarily responsible for darkening the pigment in our skin, and is the predominant ray that indoor tanning beds use to promote that golden glow. These same UVA rays are also associated with sun damage, wrinkling, and premature aging but don't however, promote vitamin D formation in the body. UVB, also known as "the burning ray" is the primary cause of sunburn, yet is also the same precious ray that converts 7-dehydrocholesterol into active vitamin D in the body via the skin, liver and kidneys. For many reasons, UVB exposure might not be as easy to obtain as one would expect. UV-A is present throughout most of the day, year round, however, the amount of

...continued next page

Vitamin D continued...

UV-B present has to do with the angle of the sun's rays. Essentially, enough UV-B is present only during midday hours at more northern latitudes like ours on clear days in Spring and Summer. Only about five percent of the UV-B light range goes through glass and it does not penetrate clouds, smog or fog. Studies looking at worldwide latitudes, sun exposure, and vitamin D levels have shown that children from Spain across to New York are approximately 50% deficit in vitamin D in the winter months. In Edmonton, which is 52N, vitamin D synthesis is impaired from October through to March.



Everything in moderation might not be the prescription in this case. In the Fall and Winter, moderate or even high-level outdoor exposure, in Nova Scotia, without sunscreen, at lunchtime, for a full hour, in as little as your underclothes, might not even do it. You may achieve D levels high enough to prevent osteomalacia, but nowhere near the amount researchers are saying will drastically reduce your risk of serious diseases like breast cancer. The other side of the coin is that it is also impossible to attain levels this high from diet alone.

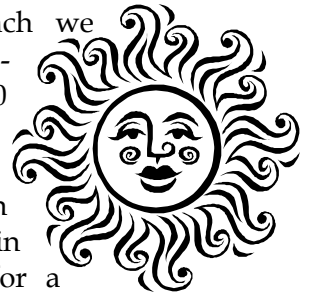


You aren't always what you eat... Vitamin D really isn't a true vitamin, rather, it is a hormone, and dietary sources are rather scarce truth be told. It is available in fortified foods (where vitamin D has been added) such as

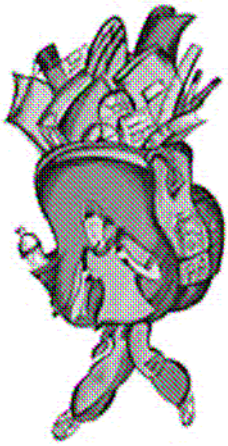
cow's milk, soy milk and rice milk, cereals, margarine, and some brands of orange juice. Vitamin D is found naturally in a few foods including fatty fishes & fish oils (salmon, mackerel, sardines, herring, cod liver oil), liver and egg yolk. Dietary Vitamin D exists in two major forms: ergocalciferol (Vitamin D2- made from the irradiation of yeast and a plant sterol) and cholecalciferol (Vitamin D3 - extracted from oily fish, cod liver oil, or derived from sheepskin oil.) Vitamin D3 (cholecalciferol) is far more biologically active and is by far the best form for dietary supplementation. For many years it has been primarily the lesser active Vitamin D2 that has been used to fortify foods, so please check your food labels to ensure you are getting the complete picture.

To supplement or not to supplement... this is the big question. For most Nova Scotians, the answer will be yes for at least half of the year. We can store vitamin D levels from the summer, if adequate, for about 6 weeks, so certainly by October most people should consider stocking their medicine cabinet. The next question, which is a little trickier, involves dosages and formulations. Unless you are following a strict vegan diet where absolutely no animal-derived products are consumed, the unequivocal form to use is *vitamin D3*. We are stocking vitamin D3 in our dispensary this year in dosages of 1000 IU and 5000 IU, and are using a source derived from sheepskin oil collected during shearing. In addition to this, we are also using fish oil and cod liver oil as a multi-purpose supplement with a relatively high vitamin D content. On a sunny, mid-summer day trip

to the beach we easily produce 10,000 IU of vitamin D, which can be stored in the body for a short period of time and is never present in toxic levels. Too much vitamin D from food or supplements can be toxic, however, the dose required for toxicity is quite high, with published reports of toxicity having never occurred in dosages below 10,000 IU per day. Until recently, however, health care practitioners have been cautioned not to prescribe above 800 IU per day, so it is taking a little time for people to feel comfortable with higher recommendations.



In general, for the average person in the winter it probably makes sense to take 1000-2000 IU of supplemental vitamin D3 per day given the myriad health benefits and disease-preventive qualities. However, I can most-appropriately guide a client only after sitting down in-office and fully assessing their lifestyle, diet, and family disease-history. Recommended daily levels of vitamin D are being assessed across the board, with concerns over low vitamin D levels in pregnant and nursing moms on the forefront as well. There is still some debate over whether or not breastfed infants really need supplemental vitamin D or not as adequately-supplemented moms probably supply their infants with enough during the first 6 months, but the jury is still out. If you have specific concerns relating to vitamin D dosage and your health, please contact my office or your own Naturopathic doctor for a personal consultation.



Backpacks: A pain in the neck...and back

Compliments of Fundy Chiropractic Wellness Centre

Pack it Light, Wear it Right!

School kids today not only have a lot on their minds. Statistics show that they are also carrying a heavy load on their backs. You need only watch how students struggle while they walk with their overloaded backpacks to understand the potential health risks to the back and spine. Continually hauling heavy backpacks can cause stress to the developing spinal column, neck, arms, joints, and muscles of growing children. To prevent pain and injury from an overloaded backpack it is important to recognize the correct way to choose, pack, lift, and carry a backpack. For more information, talk to your Chiropractor.

4 Steps to Safe Backpack Use

Step 1: Choose Right.

Choosing the right size backpack is the most important step to safe backpack use. It should fit between your shoulders and hips.

Step 2: Pack Right.

The maximum weight of the loaded backpack should not exceed 15 % of your body weight, so pack only what is needed.

Step 3: Lift Right.

Face the Pack - Bend at the Knees - Use both hands and check the weight of the pack. - Lift with the legs - Apply one shoulder strap and then the other.

Step 4: Wear Right.

Use both shoulder straps - snug, but not too tight. When the backpack has a waist strap - use it.

Source: Ontario Chiropractic Association

ORTHOTICS: HELPING YOU PUT YOUR BEST FOOT FORWARD!

Compliments of Fundy Chiropractic Wellness Centre

Did you know the human foot has over 50 individual bones? With this in mind, it is no wonder that the slightest misalignment of muscles and bones in the feet can cause many different problems. Faulty foot mechanics may cause any of the following: **Localized foot pain, Bunions, Arch or heel pain, Leg, knee, hip, back, or neck pain.**



One way to address these symptoms is by correcting specific foot movements with prescription orthotics. Orthotics

are worn in your shoes. They work by placing gentle yet comfortable corrective pressure on targeted areas of the feet, bringing foot muscles and bones into proper alignment. Once imbalances are corrected, your body can restore its normal balance and bring relief from aches and pains. Orthotics can also be a good preventative measure. If abnormal foot mechanics are detected early, orthotics can help stop painful conditions in their tracks! ☺ For more information on how prescription orthotics may benefit you, talk to a health care professional such as a Doctor of Chiropractic.



What a Pain in the Butt !

By Cinda Kalkman RMT

Piriformis Syndrome involves both the piriformis muscle and the sciatic nerve. The piriformis muscle is a small, flat muscle located deep in the buttocks under gluteus maximus. The sciatic nerve, the longest and largest nerve in the body, begins in the lower back, runs through the buttock and down the back of the leg. When the piriformis muscle becomes tight or is in spasm, it places pressure on the sciatic nerve. Piriformis Syndrome occurs as a result of this irritation or compression.

Symptoms of Piriformis Syndrome include low back pain, pain in the buttock, and/or pain radiating down the back of the leg. It can also cause numbness and tingling in the buttock, leg or foot.

The pain associated with Piriformis Syndrome may be stronger when sitting for prolonged periods, climbing stairs, running or walking.

Piriformis Syndrome is often misdiagnosed as Sciatica, as the symptoms are very similar. True Sciatica involves compression of the nerve root as it exits the spine.

Piriformis Syndrome can occur from such things as overuse, heavy work, prolonged sitting, trauma or leg length discrepancy. It is sometimes known as "wallet sciatica" or "fat wallet syndrome" as it can be caused from sitting on a large wallet in the back pocket.

Treatment for Piriformis Syndrome includes rest, massage, stretching of the affected muscles, avoiding contributing activities, strengthening core muscles and/or orthotics.

PIRIFORMIS STRETCH

Cross right leg over left at knee.

Clasp hands behind bottom leg. Pull both legs toward chest.



Repeat with opposite leg.
(Stretch should be felt in buttocks of crossed leg).



WHAT DOES LASER THERAPY HELP HEAL?

TENDONITIS

BURSITIS

HERNIATED DISC

WHIPLASH

OSTEOARTHRITIS

DIABETIC ULCERS

CARPAL TUNNEL SYNDROME

FIBROMYALGIA

POST OPERATIVE SCARS

ROTATOR CUFF INJURIES

LIGAMENT & TENDON TEARS

PLANTAR FASCIITIS

AND MORE.....

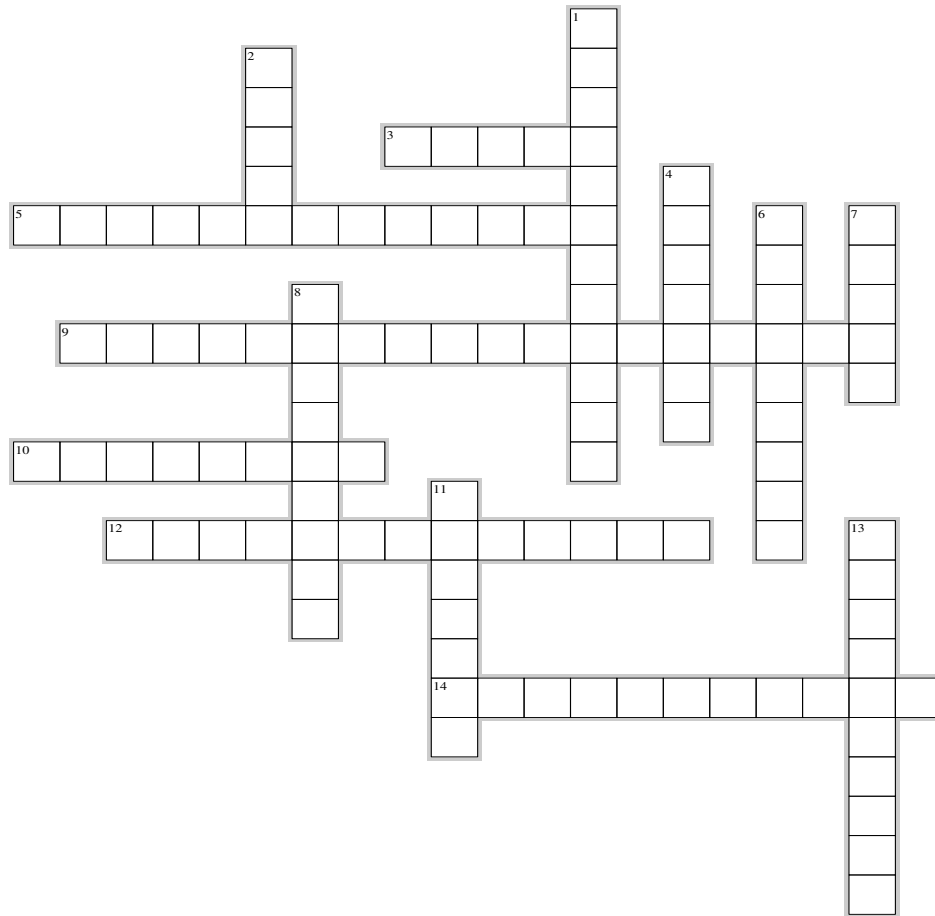
DAY, EVENING AND WEEKEND APPOINTMENTS AVAILABLE

ATTENTION ALL TEACHERS



The NSTU has a wonderful health plan that provides 20 sessions of Massage/Laser Therapy for each teacher (and their family members). We provide direct billing for Medavie Blue Cross, therefore, you pay 20% of the cost of a regular therapy session. To book an appointment please call 542-4700.

BODYWORKS CROSSWORD PUZZLE



EclipseCrossword.com

ACROSS

3. Largest and longest bone
5. Area of muscle that has concentrated pain
9. Light touch that helps drain fluid.
10. Fluid filled sac that causes pain when aggravated.
12. Causes numbness and tingling into the hands
14. Downward pressure against muscle tissue

DOWN

1. The use of heat/ice to relieve pain
2. Joint that connects the foot and the leg
4. The type of massage used in our clinic.
6. Helps you relax, also helps relieve trigger points
7. What to drink after massage
8. Cushion between joints
11. Lengthen muscle tissue
13. Inflammation of the tendon

WORD BANK

ANKLE
BREATHING
BURSITIS
CARPAL TUNNEL
CARTILAGE
COMPRESSION
FEMUR
HYDROTHERAPY
LYMPH
STRETCH
SWEDISH
TENDONITIS
TRIGGER POINT
WATER
DRAINAGE

What is This Acupuncture I Keep Hearing About?

Lee-Ann Cudmore D.Ac, R.Ac, Wolfoille Naturopathic Clinic



It seems as though acupuncture is starting to catch on. Recently featured on Oprah, and praised by Dr. Mehmet Oz MD. and renowned author, now, more and more people are asking... What is this Acupuncture really all about?

Approximately 5,000 years ago, Traditional Chinese Medicine (TCM), a holistic medical system was developed. It is a system based on the cycles and patterns that the Chinese observed within nature, within their communities and also in their bodies. They used the five elements (Wood, Fire, Earth, Metal and Water) to describe the dynamics of the world and of healthy living. They used methods like acupuncture: inserting fine disposable needles into specific points in the body, to create balance within the elements, organs, emotions, and the body.

Today modern science explains how acupuncture works based on many reactions in the body:

1. The release of hormones (Endorphins, which act as natural pain killers, and put the body into balance).
2. Gate Theory of Pain - stimulates Group A fiber nerves and changes the way the body perceives pain.
3. Conducts weak electrical currents - acupuncture points have a different electrical resistance compared to non-acupuncture points.
4. Parasympathetic Response - puts the body into a state of "rest and digest", a state of natural healing.

Before MRI's, microscopes and other important medical equipment, Chinese Practitioners knew that Qi, a vital force, circulates in the body through 14 main channels. Today, infra-red and thermal imaging has proven that indeed these channels exist. Because Qi is something you normally can't see, people are always asking me "How is my Qi?" Well, this is a complex question... but for a simplified answer see for yourself. Check all that applies to you to see how your Qi is doing.



Deficient/Weak Qi:

- | | |
|--|---|
| <input type="checkbox"/> Low energy | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Not feeling rested | <input type="checkbox"/> Low immunity |
| <input type="checkbox"/> Slow to heal | <input type="checkbox"/> Poor digestion |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Sweating easily |
| <input type="checkbox"/> Poor memory | <input type="checkbox"/> Weak muscles |
| <input type="checkbox"/> Anxiety/Nervous | <input type="checkbox"/> Depression/Sadness |
| <input type="checkbox"/> Worry/Overthinking | <input type="checkbox"/> Weak voice |

Stagnant/Blocked Qi:

- | | |
|---|--|
| <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Mood Swing |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Sighing a lot |
| <input type="checkbox"/> Belching, gas | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Nausea/vomiting | |
| <input type="checkbox"/> Lump in the throat feeling | |

ACUPUNCTURE CAN

TREAT:

- ADDICTION
- ANXIETY
- ARTHRITIS
- ASTHMA
- BELL'S PALS
- BRONCHITIS
- BURSITIS
- CARPAL TUNNEL
- CHRONIC FATIGUE
- COLITIS
- COMMON COLD
- CONSTIPATION
- DENTAL PAIN
- DEPRESSION
- DIABETES
- DIARRHEA
- DIGESTIVE PROBLEMS
- DIZZINESS
- DYSENTERY
- EMOTIONAL ISSUES
- EYE PROBLEMS
- FACIAL PARALYSIS/TICS
- FATIGUE
- FERTILITY
- FIBROMYALGIA
- FROZEN SHOULDER
- HEADACHE
- HEMORRHOIDS
- HEPATITIS
- HICCOUGH
- HYPOGLYCEMIA
- HYPERTENSION
- INCONTINENCE
- IRRITABLE BOWEL
- LOSS OF HEARING
- LOW BACK PAIN
- MENOPAUSE
- MENSTRUAL ISSUES
- MIGRAINE
- MORNING SICKNESS
- NAUSEA
- OSTEOARTHRITIS
- PAIN
- PMS
- PNEUMONIA
- RHINITIS
- SCIATICA
- SEASONALLY AFFECTED
- SINUSITIS
- SLEEP DISTURBANCES
- SORE THROAT
- STRESS
- TENNIS ELBOW
- ULCERS

Latest & Greatest: New Additions to Our Office



Lee-Ann Cudmore, D.Ac, Registered Acupuncturist of Nova Scotia

Wolfville Naturopathic Clinic would like to welcome Lee-Ann Cudmore to its practice. Jyl continues to recognize the great value in Traditional Chinese Medicine and incorporates it into her practice whenever scheduling permits. We are pleased that Lee-Ann's arrival is making this wonderful therapy increasingly accessible! Lee-Ann commenced practice with us October 1, 2007, and is already receiving rave reviews. She holds a Bachelor of Commerce degree from Saint Mary's University with a double major in Marketing and Management, is a Registered Acupuncturist, and an honors graduate with a diploma in Clinical Acupuncture, a three-year in-class and clinical education from the International Academy of Traditional Chinese Medicine, in Ottawa Ontario. Lee-Ann studied Traditional Chinese Medicine and Acupuncture under Dr. Clara Cohen (D.TCM. R.Ac) who specializes in Gynecology and Obstetrics, and Dr. Blaise Ryan founder of Lumina Anti-aging and Wu Skin Solution, a specialist in Facial Acupuncture and Anti-aging techniques.



Monique Harvie, Registered Massage Therapist, Certified Laser Therapist

Bodyworks Massage Therapy is pleased to welcome Monique Harvie, RMT, CLT, as part of our team. Monique is a recent graduate of the 2200-hour Massage Therapy program from the Canadian College of Massage and Hydrotherapy in Bedford. She is currently our primary laser therapist, and is having great results. Monique also continues to see patients for massage therapy treatments, and we're thrilled to have someone with such a diverse combination of knowledge, experience and training on staff. Monique's past history as a fitness consultant for Take Thirty Wolfville has also been a great asset, and many of you may recognize her friendly face from this locale as well. Monique has wonderful assessment and palpation skills, both of which are necessary in a great therapist.

Wolfville Naturopathic Clinic Bodyworks Massage & Laser Therapy

Reception/Dispensary Hours

| | Hours of Operation | Lunch Break |
|-----------|--------------------|--------------|
| Monday | 11 am-4 pm | 1:00-1:30 pm |
| Tuesday | 10 am-8 pm | 1:00-1:30 pm |
| Wednesday | 10 am-4 pm | 1:00-1:30 pm |
| Thursday | 10 am-4 pm | 1:00-1:30 pm |
| Friday | 10 am-4 pm | 1:00-1:30 pm |



Pat Bezanson, Martha Paul, Gail Hazel
Reception & Office Management

**Wolfville
Naturopathic Clinic**
Dr Jyl Bishop Veale, ND
Lee-Ann Cudmore, D.Ac
(902) 542-5560
www.wolfvillehealth.com

**Bodyworks Massage &
Laser Therapy**
Beth Pond, RMT
Cinda Kalkman, RMT
Monique Harvie, RMT
(902-542-4700)
www.bodyworkslaser.ca

Fundy Chiropractic & Wellness Centre

Dr Vance Kruzewski, DC, Dr Janis Noseworthy, DC

189 Dykeland St, Wolfville, 542-9355

| | Hours of Operation |
|-----------|----------------------------------|
| Monday | Closed (Reception 10am-1pm) |
| Tuesday | 9:30am-7:00pm |
| Wednesday | Closed |
| Thursday | 1pm-7pm (reception open at 10am) |
| Friday | 9:30am-8:30pm |

Accepting new patients/No referral needed



“Open House Celebration”



Meet & greet your local complementary health professionals in a relaxed atmosphere

Saturday Nov 3, 10 am-1 pm

**189 Dykeland St, Wolfville
(across from Rafuse Home Hardware)**

Help Us Celebrate Our New Renovation

7 New Treatment Rooms

Guided Tours

Public Demos & Treatments in Each Room

Therapeutic Massage & Laser Therapy

Naturopathic Medicine

Traditional Chinese Medicine & Acupuncture

Chiropractic

Blood Pressure Checks

Tanita Body Composition

Chinese Medicine/Acupuncture

Tongue & Pulse Assessment

Laser Therapy Demonstrations

Free chair massage

Spinal Checks

Refreshments

Great draw prizes in every room Win free services & products
Please consider a non-perishable food or cash donation for our local food bank

Return Address:

189 Dykeland St, Suite 3
Wolfville, NS
B4P 1A3

*Postage
Stamp*

Mailing Address: