



Health & Wellness in Wolfville

Spring & Summer 2006 Newsletter

*"March bustles in on windy feet, and sweeps my doorstep and my street.
She washes and cleans with pounding rains, scrubbing the earth of winter stains.
She shakes the grime from carpet green, till naught but fresh new blades are seen.
Then, house in order, all neat as a pin, she ushers gentle springtime in."*

Susan Reiner, Spring Cleaning

A Complete & Coordinated Approach to Health Care...

Chiropractic Care

Chiropractic is a drug-free, manual approach to health care that includes patient assessment, diagnosis and treatment. In particular, chiropractors assess patients for disorders related to the spine, pelvis, extremity joints, and their effect on the nervous system. Chiropractic adjustment is the most common form of treatment utilized and is a non-invasive, manual procedure that utilizes highly refined skills and techniques.

Naturopathic Medicine

Naturopathic medicine is a holistic approach to health care that is based in both medical science and the traditional healing arts. It incorporates the mind, body, and spirit of each individual client. Naturopathic doctors have at least eight years of post-secondary education and are trained to diagnose and treat a wide variety of health concerns using Chinese medicine and acupuncture, clinical nutrition, supplementation, botanical medicine and homeopathy.

Massage Therapy

Medical Massage Therapy involves manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, stress and to promote overall health and wellness. Massage therapy improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems and is beneficial for stress, muscle pain, accident and injury rehabilitation, pregnancy discomfort and more.

Your Holistic Health Team



Dr. Janis Noseworthy, DC
Fundy Chiropractic & Wellness
542-9355

Dr. Jyl Bishop Veale, ND
Wolfville Naturopathic Clinic
542-5560

Beth Pond, RMT
Bodyworks Massage Therapy
542-4700

Elizabeth Pullin, RMT
Bodyworks Massage Therapy
542-4700

What to Expect...

...During A First Massage Therapy Session

Beth Pond RMT

During your first massage therapy appointment, you will be asked to fill out a detailed health history form that asks questions about all of the systems of the body. You will go over the health history form with your therapist, and then the therapist will come up with a treatment plan and talk about the type of massage you would like to have. Generally, for all first time massage appointments the therapist should use light to moderate pressure to see how your body responds to massage. Your first appointment should last about one hour. Your body is covered at all times except for the area that the therapist is working on. If you are ever uncomfortable please let the therapist know. If the therapist feels that you should be doing some stretching or hydrotherapy at home, she will demonstrate a program she thinks would help you out. After every massage, be sure to drink plenty of water to help flush the toxins out of your body. You should leave the clinic feeling relaxed and rejuvenated. We hope you enjoy your first massage appointment.

What to Expect...

...During A First Chiropractic Appointment

Dr. Janis Noseworthy, DC & Dr. Vance Kruszewski, DC



Welcome! Upon arrival at our office, you will be greeted by our friendly receptionist, who will give you some forms to fill out. The first form will enable the chiropractor to better understand relevant health issues that may be affecting your current health status. The second form is a Consent to Treatment form. No treatment will be given unless this form is signed. However, assessments do not require a signature.

After your forms are completed, the doctor will sit down with you and ask you more specific questions about your present and past health concerns. Next, the doctor will do a thorough physical examination, including posture check, orthopedic and neurological testing, and identification of any joint restrictions. The doctor may then recommend that you be sent for diagnostic imaging such as x-ray, and/or discuss a diagnosis with you. If the chiropractor believes that you should consult another health care provider, it will be

discussed with you at that point. Otherwise, in the majority of cases, the benefits of receiving chiropractic care for your condition will be presented to you.

At the beginning of your treatment, you will usually first receive some therapy to help loosen the soft tissues. The chiropractor may then perform an adjustment to help the restricted joints function properly. Chiropractic treatment should not be painful, and in fact, most patients report relief of symptoms shortly after treatment.

After your treatment and depending on your condition, your chiropractor may recommend that you return for further treatment within a few days, and may give you some home care suggestions, such as exercises. Remember that how long you choose to receive chiropractic care is up to you. However, most patients who receive regular care report that they are generally healthier and, if a problem does arise, it resolves a lot faster.

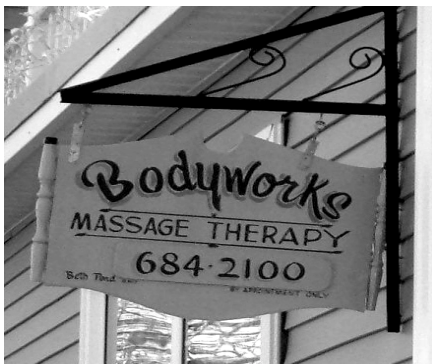


What to Expect... ...During A First Naturopathic Consult Dr. Jyl Bishop Veale, ND

Upon booking your appointment at the Wolfville Naturopathic Clinic you will be mailed a set of detailed Intake (Health History) forms and a 7-Day Health/Diet Diary to fill out. Although we will review this information together during the appointment, it is helpful for me to take a few minutes once you've arrived to read the forms and obtain your overall health picture. Typically a first appointment is 60-90 minutes in duration and involves a thorough history taking and naturopathic physical examination, the results of which are used to develop a holistic health plan for you to follow. It is not uncommon for a follow up appointment to be booked within three to six weeks of the initial consult, and we may continue to see each other every 2-6 months depending on the nature of your health concerns and the treatment protocol prescribed. For clients who are generally healthy and are interested in further modes of health promotion, including cleansing, we will often book evaluations and cleanse appointments every six months. Traditional Chinese medicine and acupuncture is a significant part of Naturopathic education, and this clinic is experienced and equipped at delivering regular acupuncture for those who are interested or request it. This clinic is also equipped with a Dispensary for the purchase of prescription remedies which may not be easily found locally. Naturopathic philosophy teaches that the body has powerful, innate self-healing capabilities and the goal of naturopathic medicine is to use gentle, non-toxic substances and therapies to help the body to heal itself. Naturopathic doctors act as teachers and facilitators, with the overall goal of empowering their clients to understand the dynamics of his or her own body, mind and spirit, and to help find balance in life. Visit www.geocities.com/wolfvillenuroopath for more details.

Bodworks Massage Therapy Opens Its Hansport Location

Beth Pond is pleased to announce the official opening of her second clinic location, 35 Willow St, Hansport.



Bodyworks Massage Therapy

Hantsport Clinic (684-2100)

- Mon 10am-6pm • Wed 3pm-6pm
- Every other Saturday 9am-12pm

Wolfville Clinic (542-4700)

- Mon 9am-6pm • Tues 9am-8pm
- Wed 9am-6pm • Thurs 9am-7pm
- Fri 9am-6pm • Every other Saturday 9am-12pm

By Appointment Only





In the News...Maternity Announcement

Dr. Jyl Bishop Veale, ND

Jyl is pleased to announce that she and husband, Brian, are expecting the birth of their second child mid-June 2006. As with the birth of her first daughter, Jyl plans to take a couple of weeks to rest and recuperate, and will return to the clinic early-mid July at reduced hours for the remainder of the summer. Reception and Dispensary Services will continue at regular hours, with the exception of summer vacation between August 28 and September 4, 2006.

Jyl plans to return to work at near-regular hours in the Fall, and will sustain her current work schedule until her baby arrives. If you haven't booked your "Spring Cleanse" appointment please do so soon as spaces are filling up rapidly for April, May and June.

Thirsty for Knowledge: How Much Water Should I Drink?

To determine how much water you need on a daily basis divide your body weight (in pounds) by 2. This equals the number of ounces of water you need daily (a normal glass is approximately 8 ounces). For example, if you weigh 128 lbs, divide this by 2, which equals 64 (64 divided by 8 oz per glass equals 8). Therefore, an average 128 lb person requires about 8 ounces of water a day. It is important to note that exercise, higher altitude, heat, low humidity, pregnancy, breastfeeding, coffee, tea, pop and alcohol, as well as diarrhea or fever all increase the amount of needed water. Water is best consumed between meals, not while you are eating as it can dilute the digestive juices needed to adequately breakdown food. Drink additional water during and after any activity that depletes water or if you have been sweating or exercising. Reach for water at the first sign of stress, pain, headache, anxiety or discomfort to assist the body in adapting more readily.

Compliments of Dr Jyl Bishop Veale, ND and The Canadian Association of Naturopathic Doctors

Avocados to H2O...Foods that Boost your Metabolism

Compliments of Melissa (Steele) Bishop, BRec, Manager, Wolfville Take Thirty, wolfville@takethirty.com

While all foods trigger thermogenesis, certain food can accentuate its effects by causing chemical changes in the body that raise metabolism, thus further triggering the body's fat-release mechanism. I am going to speak of two beginner items to incorporate into your diet- Take Thirty believes in progressive lifestyle changes, and I hope you are able to incorporate these into your lifestyle:

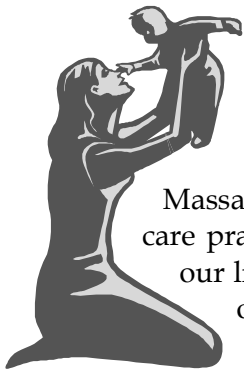
Avocados

The essential fats that are found in avocados actually rev up our metabolic rate, thus speeding fat burning. Avocados are also the primary food source of a vital liver-boosting antioxidant called glutathione, and it's the liver that controls how fast fat is burned in your body.

Water

According to recent German trials in Berlin's Humboldt University,

within forty minutes of drinking a glass of water, the rate at which the average person burns calories increases by 30 percent- and stays this way for more than an hour. In fact, every glass of water you drinks actually burns 25 calories because of this metabolic boost. Although people are commonly concerned about spending all day in the bathroom, this effect is short-lived: your body will adjust to its new-found hydration status before you even know it.



Positive Touch & Your Child

Elizabeth Pullin, RMT

Massage Therapy is a growing health care practice that we have welcomed into our lives with open arms. Today, many of us can share an experience of how Massage Therapy has helped us to decrease stress, assist in the healing of injuries, and provide us with a sense of comfort that can only come from positive touch. With all of the worldly stresses we experience every day, whether at home or work, massage therapy can be one of the best ways to help us take care of ourselves. Now, take some time to consider our children and the stress they face each day. How can we help our children wind down? Consider the newborn baby in a brand new world with new sounds (that she can't discern), new images (that he can't focus on), and a new positive touch (that calms her down). From day one infants figure out that positive touch is a good thing. They associate positive touch with their mother when she plays with their hands and feet, rubs their back, and holds them close to her for feeding. It is this positive touch that reassures babies in their new environment, and encourages bonding with mom and other family members. The positive touch received by baby not only helps to relieve the stress of a new environment but can help to relieve the stress placed on his or her body during development. While in their mother's womb, infants received nourishment directly from their mother's body via the placenta. Once they enter the real world, they have to eat for themselves, including milk and, later, baby food. These new materials that are introduced into the body can be hard to digest and can cause symptoms of distress, including constipation.

This is where the positive touch can come back into play. Properly performed belly massage can help to release a blockage, whether solid or gas, and increase motility through the intestine. The release of the blockage understandably makes for a much happier infant. As children get older they have to face the realities of the world. School, for instance, can cause a lot of stress as it is a new place and the child doesn't have the security of their parents or familiar objects. Some children have difficulty adjusting to this new, fast-paced world, and stress can result from a variety of things, including being picked on, forgetting things at home, a poor mark, and other challenges. Sometimes we forget that children are much like their parents, just smaller versions. They can become stressed, get sick, have a fall and hurt themselves, or even be in an accident. Their bodies respond to the effects placed on them just the same as an adult's does, we just tend to brush it off as they are quicker to get up and resume their activities than we adults are (this doesn't mean that their body will not be sore the next day)! If you, as an adult, turn to Massage Therapy for relaxation, positive touch, and healing, why not offer the same to your children? Continue to give your children the positive touch you've been giving them from day one. If you do not wish to bring your child to a Massage Therapist, there are other options: consider a course in Infant/Child Massage so that you can administer a proper massage at home.

Infant Massage Courses are available with Elizabeth A. Pullin, RMT, through Bodyworks Massage Therapy (542-4700). Course dates and times are yet to be determined.



"Earth laughs in flower" Ralph Waldo Emerson

"One who plants a garden plants happiness" Chinese Proverb

"Growth is the only evidence of life..." John Henry Cardinal Newman



Spa or Massage Clinic?

Beth Pond, RMT

Five or ten years ago it was difficult to find a place to go for a massage around here, and now there are plenty of options. You could go to a number of spas, therapy clinics, or fitness centers etc. Massage therapy at a spa is usually part of a wonderful pampering session that may also include such treatments as manicures, pedicures, mud wraps and facials. Spa massage is generally a light relaxation massage, designed for all over body relaxation.

Massage therapy at a clinic, either on it's own or in conjunction with other health professions, such as chiropractic or physio, is usually more therapeutic and specific.

For example, you would want to go to a clinic for a

massage as opposed to a spa if you were having a persistent problem with shoulder pain, back, and neck pain etc. During a clinical massage you would be given a treatment plan that would include the duration and frequency of massage as well as home care exercises and hydrotherapy suggestions. At Bodyworks we offer, a relaxing environment and let the client choose what type of massage they wish to receive. Not everyone is looking for a deep massage every time, however on the other hand, there are people that feel as though they haven't been massaged at all, unless there is some deep therapeutic work done. If you have any questions about different types of massage and what will work the best for you please give us a call.



Massage Therapy Can Help Prevent Repetitive Strain Injuries

Beth Pond, RMT

Repetitive Strain injuries are a relatively new diagnosis by doctors. These include injuries to muscle tendon or ligament that is caused by doing the same actions repetitively for a long period of time. Some examples include, sitting at a computer typing, standing on your feet, loading and unloading trucks, carpentry and electrical work, waitressing etc. This can also include recreational and or competitive sports. To understand how to prevent repetitive strain you must first understand what is physiologically happening in your body while you are sitting all day at your desk typing, for example. It may start out as a typical day, you wake and do your usual morning routine. While you are at work, papers start piling up on your desk, the phone won't stop ringing, and your co-workers are constantly interrupting your work. Needless

to say there is stress involved in the equation. When these workplace demands are being placed on you the last thing you think about is stretching and keeping your muscles relaxed. Before you realize it hours have gone by and you have barely moved from your desk. This is setting the perfect stage for repetitive strain injury. Your day continues at the same high pace stress and before you know it, it's time to go home. By the time you leave the office all you are thinking of is a nice relaxing evening at home, if only your arm would stop aching. Off to bed you go to discover that your right forearm is really hurting now. You go to sleep hoping that the pain will resolve itself, because tomorrow is going to be a very busy day! So now your muscles are feeling the symptoms of inflammation that's has been created from your activities of the

day. While you are sleeping your body is working very hard to repair the damage by the time you awake. The next morning there may be new stiffness which will cause the inflammatory symptoms to appear sooner the next day. The problem may be worsening into constant or chronic pain. To help combat this first thing in the morning, when your injury is very stiff, a hot shower followed by stretching to elongate those over used muscles is in order. Your massage therapist will give you specific stretches for your particular problem area. Another helpful hint is the application of ice to the injured area multiple times a day for 5-10 minutes at a time. Most importantly, massage therapy will help to relieve pain and realign muscle fibers so you can have full range of motion again.





Spring Cleansing for Detoxification & Overall Health

Dr Jyl Bishop Veale, ND

Everyone recognizes that our planet is increasingly polluted, but few recognize that humans are the final resting place for many of the toxic substances and materials we are exposed to. Just like you can purchase commercial cleaning products for around the home, supplement companies are now marketing cleansing kits geared towards renewing and rebalancing the human body. These vary in composition and strength, but generally contain herbs that help drain and detoxify impurities from the body via the skin, kidneys, and bowels. *Arcticum lappa* helps detoxify skin tissues and improve nutrition to skin cells by increasing blood flow to the area. It is also used to help remove toxins from the body via the kidneys. *Taraxacum officinalis* improves overall digestion, assimilation, and functioning of the body by stimulating liver secretions and acting as a natural potassium-sparing diuretic. *Silybum marianus* has been documented in various scientific studies to help prevent damage to the liver due to the toxic effects of pollutants, chemicals, drugs, and alcohol, and has even been found to stimulate the growth of new liver cells. A Naturopathic doctor can compound a specific

botanical formula geared towards your own needs and requirements. Although herbs are an integral part of a cleansing protocol, I believe that short-term dietary changes should provide the underlying groundwork. There are several different dietary protocols that may be employed, ranging from fruit and vegetable based diets to juice fasts and intensive vitamin supplementation protocols. However, if you're not at a place in your life where you wish to do an organized cleanse, consider making a "spring resolution" to give your body a well-deserved refresher week. Pick a week in the near future when your workload is less demanding and make provisions so that your own health is your first priority. Concentrate on eating lightly to give your digestive system a break from the heavier foods it is accustomed to, and dramatically increase your intake of fruits and vegetables. Drink at least eight full glasses of pure water each day, and add a small amount of juice from a *fresh* lemon to help stimulate your liver and gallbladder. Certainly, a spring cleanse, just like spring cleaning, requires effort and determination, but the end result definitely justifies the means.



Allergy Alert: How to Reduce the Reaction...Naturally

Dr Jyl Bishop Veale, ND

The immune system is designed to help protect us from dangerous invaders in the outside world. In the allergy sufferer, however, this same immune system becomes over-responsive to normally harmless environmental triggers such as pollens, weeds, grasses, and the like. This inappropriate reaction triggers the release of histamine and other biochemicals from the body's cells which, in turn, promotes the development of allergies and asthma. From a Naturopathic doctor's perspective, there are several things one can do to help support his or her immune system and decrease its overall reactivity. The fewer immune triggers present in the allergy-sufferer's environment the better, and good prevention for springtime allergies involves year-long preparation. This includes eliminating problematic foods from the diet, in addition to removing other potential sources of indoor allergens like dust, mould, and animal dander. As an additional measure, there are several natural supplements on the market that work by supporting the immune system and stabilizing the mast cell so that there is not as much histamine released in response to the various triggers. *Vitamin C* and the bioflavonoid, *quercetin*, are two such examples, and the latter has also been found to decrease the formation of inflammatory leukotrienes, a major factor in conditions like asthma, psoriasis, and ulcerative colitis. Homeopathic medicines are often used by Naturopathic doctors to help alleviate seasonal allergies and are one of the few options safe for use by children and pregnant women. Unlike over the counter allergy medications that treat all allergies with the same medication, homeopathic remedies are prescribed on the basis of individual reactions. Homeopathic preparations of specific allergens, including grass, tree, and weed pollens, are also available and can be used to help decrease the body's sensitivity to these substances throughout the allergy season. Lastly, traditional Chinese medicine and acupuncture continues to be one of the most successful modalities I use in everyday practice to prevent and eliminate allergy symptoms.

Your Wellness Team at 189 Dykeland Street, Wolfville



Gail Hazel Pat Bezanson
Reception & Office Management



Janis, Jyl, Beth & Liz- Hard at work!



Linda Fanning
"Fill-in" Reception

Reception/Dispensary Hours

Monday	Closed
Tuesday	10 am- 8 pm
Wednesday	10 am- 4 pm
Thursday	10 am- 4 pm
Friday	10 am- 4 pm

*Hours are subject to change without notice

**Please call in advance to arrange dispensary pick-ups.

***Daytime and evening appointments are available Monday through Saturday for some services.

Summer Vacation Hours

Reception and Dispensary Services will be closed:

Monday August 28, 2006

through

Monday September 4, 2006

Some services may remain open. Please call in advance to check.

Vacation times for various health care practitioners may vary throughout the summer.

Our Location



189 Dykeland St, Wolfville, NS

(Across from Rafuse Home Hardware Building Ctr)

