

Health & Wellness in Wolfville- Spring 2005



Dr. Jyl Bishop Veale, ND; Dr. Janis Noseworthy, DC; Beth Pond, RMT; Nancy Canning, RMT
Wolfville Naturopathic Clinic Fundy Chiropractic & Wellness Centre Bodyworks Massage Therapy Bodyworks Massage Therapy
542-5560 542-9355 542-4700 542-4700

Wolfville Naturopathic Clinic

Bodyworks Massage Therapy

Fundy Chiropractic & Wellness



Gail Hazel, Pat Bezanson
Reception & Office Management

*"The doctor of the future will give no medicine,
but will interest his patients in the care of the human frame,
in diet, and in the cause and prevention of disease."
-Thomas Edison, Inventor*

Working Together

Since April 2004, Wolfville Naturopathic Clinic, Fundy Chiropractic, and Bodyworks Massage Therapy have all been practicing in the same office. The combination of the three complementary health professions is proving to be a great service for the patients/clients that frequent the clinic. These days people are finding that there is not just one therapy or treatment that is going to fix their problem. Often it is a combination of treatments that helps the situation to improve. On-going conversation about the well-being of our patients (with consent) helps to keep fresh new ideas regarding the course of treatment for the individual.



Chiropractic & Massage

Chiropractic and massage are a great combination for dealing with the musculoskeletal system. Routinely the patient will come for a massage therapy session to loosen up muscle tissue and relieve tension which, in turn, makes the chiropractic adjustment easier for the patient and the practitioner. We find that patients seem to have longer lasting results with the combination of massage therapy-chiropractic combination, and, additionally, problem areas tend to resolve more rapidly.



A Natural Complement

Naturopathic medicine is a complete and coordinated approach to health care. Naturopathic doctors use natural, non-invasive treatments such as: Traditional Chinese Medicine & acupuncture, homeopathy, botanical (herbal) medicine, & clinical nutrition. Naturopathic medicine is holistic, and ND's work to discover the root or underlying cause of illness; an approach that well compliments massage therapy and chiropractic care. No referral is necessary to see any of the practitioners in our office.



Spring & Summer 2005 Focus:

Weight-loss, Detoxification & Disease-prevention

Dr. Jyl Bishop Veale, Bsc, ND

Fair weather is coming!

Although at times it seems winter will never end, March truly does come in like a lion and go out like a lamb.

For many, this season of new growth is synonymous with cleansing. "Spring cleaning" usually involves a thorough top to bottom cleaning of the entire house, in addition to sorting through various items and possessions that have become stockpiled over the course of the year. Our bodies are magnificent, self-regulating entities that work 24 hours a day, even while we are sleeping. It follows, then, that our body also requires an internal cleaning of sorts, and there is no better time than the new season at hand.

Why Detoxify?

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. The Environmental Protection Agency (EPA) estimates that approximately 500,000 chemicals are in use today (many of which we are regularly exposed to), and each year more than 5000 new chemicals are added. The vast majority of these are new to the human race over the

past 50 years. We have, in no way, had time for the body's innate detoxification pathways to adapt or cope to this increasing toxic burden. For many individuals, particularly those who are genetically susceptible, this directly translates into a number of chronic and degenerative diseases, including cancer.

The plan


This Spring I am preparing my most comprehensive detoxification and cleansing protocol ever, which will involve enhancing both Phase I and Phase II Liver detoxification, promoting the elimination of toxins via the skin, lymphatic system, kidneys, and bowel, and encouraging weight loss where appropriate as many toxins reside in fatty tissue causing long-term consequences. Combining massage therapy with naturopathic medicine can help promote detoxification via the lymphatic system as well. If you have not yet booked your appointment to begin your personalized detoxification plan this year I would encourage you to do so soon as my appointment calendar fills quickly this time of year.

Who should sign up?

Everyone should do a yearly cleanse; even those who are in good health and no longer regular clients should book a yearly consult for a health review and a personalized

cleansing plan. New clients are welcome, but a longer appointment is required to accommodate for a detailed health history and physical examination. When you call to book your appointment please tell the receptionist you are booking your yearly *Spring Cleanse* appointment. The more extensive the cleanse you desire, the earlier you should schedule your appointment.

Detox Highlights



Dietary protocols

Cleansing drinks

Supplements,
acupuncture &
nutritional plans for
weight loss

Lymphatic drainage
& Homeopathy

Topical skin preparations

Liver Support

Kidney & Bowel
Cleansing



Detoxification & Massage Therapy

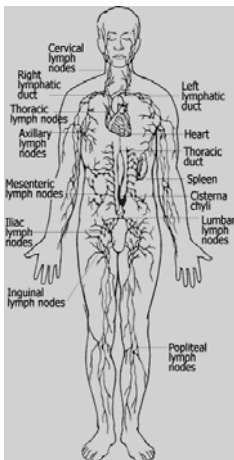
Beth Pond, RMT

To finish off the spring cleanse it is a good idea to go for a massage therapy session. Massage has many effects on the body and its' systems, however, one of the main effects is on the lymphatic system that helps to filter toxins from your body. There are a couple of different massage approaches when dealing with the elimination of toxins. There is Manual Lymphatic Drainage, and well as Swedish massage techniques that are done specifically for the elimination of toxins. Toxins can enter the body through the skin, for example bee stings or through the mouth with the intake of alcohol, foods, drugs, additives, and preservatives etc. Massage therapy is very beneficial in the treatment of toxicity. It can help

relieve symptoms such as headaches, myalgia (muscle pain), and fatigue. Massage has been used for detoxification dating back to the origins of Swedish massage. Toxins can lodge around joints, they can also build up in tissues such as ligaments and tendons, all of this create pain and stiffness. Often during a massage therapy sessions the client will notice that their noses will become stuffed up or they may notice some throat congestion, this is mostly due to the release of toxins from the body. During and after massage, toxins will be excreted through nasal mucous and/or through the digestive system. It is always a good idea to have eaten a small amount before coming for massage, due to the fact that

toxins on an empty stomach may make the client feel nauseated. After massage it is advised that you drink a lot of water to flush those stirred up toxins out of your body.

There are many types of massage and there are many effects that massage has on our bodies. If you have any questions about the effects of massage to your body feel free to ask your massage therapist, you will be surprised what a good massage can do for you.



Love Your Lymphatics!

Dr. Jyl Bishop Veale, ND

Closely connected with the blood and circulatory system, the lymphatic system is an extensive drainage system that returns water and proteins from various tissues back to the bloodstream. It is comprised of a network of ducts, called lymph vessels or lymphatics, and carries lymph, a clear, watery fluid that resembles the plasma of blood. Throughout the body, wherever there are blood vessels, there are lymph vessels, and the two systems work together. If there were no way for excess fluid to return to the blood, our body tissues would become irreversibly swollen! The lymphatic system also helps defend the body against invasion by disease-causing agents such as viruses, bacteria, or fungi. Harmful foreign materials are filtered out by small masses of tissue called lymph nodes that lie along the network of lymphatic vessels.

Dulse anyone?

Every day modern science validates the wisdom of nature. Research scientists have identified many powerful detoxification properties innate in sea vegetables, including Nova Scotia dulse. Alginic acids, which are present in sea plants like dulse, absorb toxins from the digestive tract, thus binding toxic heavy metal ions and converting them to harmless salts which are then excreted from the body. These acids have been found to directly counteract carcinogens (cancer-producing substances) in the body and are believed to have a positive effect on the immune system. Sun-dried, packed dulse retains almost all of its health benefits, and is great for use in dips, sandwiches, soups, salads and stir-frys. Try dry-roasting dulse in a 300 degree oven until it turns greenish and crumble on pizza, popcorn, soups, etc.

Compliments of Dr. Jyl Bishop Veale, ND

Deep Breathing helps detoxify your lymphatic system

Dr. Jyl Bishop Veale, ND



Expanding your breathing capacity is a key to good health. Detoxification and the ability to heal are directly linked to the delivery of oxygen to and removal of carbon dioxide from the body's tissues. As far as detoxification is concerned, restricted breathing causes body fluid and waste products from cellular metabolism to build up in the lymphatic system.

Alternate Nasal Breathing

Originally a Yogic technique, Alternate Nostril Breathing comes from the recognition that the "normal breathing cycle" alternates between the right and left nostrils every two hours. Researchers have discovered that this nasal cycle corresponds with brain function such that the electrical activity of the brain was found to be greater on the side opposite the less congested nostril. Alternate nasal breathing promotes optimum functioning of both sides of the brain, and a balanced body, mind and spirit.

The Technique:

To begin, make yourself comfortable, close your eyes, and tilt your head slightly forward. Close your right nostril with your right thumb and inhale through your left nostril. Do this to the count of four seconds. Immed-

ately close your left nostril with your right ring finger and little finger, and at the same time remove your thumb from the right nostril, and exhale through this nostril. Do this to the count of four seconds. **This completes a half round.** Inhale through the right nostril to the count of four seconds. Close your right nostril with your right thumb and exhale through the left nostril to the count of four seconds. **This completes one full round.** Start by doing three rounds, adding one round per day until you reach a maximum of 7 rounds. If your practice is going well and you feel no discomfort of any kind, the duration of the exhale may be doubled starting with a ratio of 4 on the inhale and 8 on the exhale and moving up from there to a maximum of 6 and 12.



Toxic Emotions

Positive thoughts and emotions contribute to vitality, whereas negative feelings adversely affect every cell and tissue of our body. We can work to improve our diet, increase our exercise and fresh air, and get plenty of shut eye, but, without a positive mental and emotional infrastructure for your life, great health is almost impossible to attain. The stress of toxic emotions directly affects the cardiovascular system, the adrenal glands, and the digestive tract leading to a whole host of potential problems. It takes a lot more energy to see the glass as half empty, and the long-term health implications can be devastating.



" I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have, life itself. "

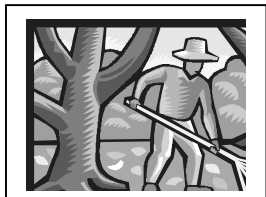
~ Walter Anderson



A Word from Your Chiropractor

Dr. Janis Noseworthy, B.A., B.Sc.(Hons.), D.C.

Chiropractors - helping Nova Scotians lead healthy and pain free lives



When the small but vitally important 24 bones protecting your spinal cord lose their normal position, the delicate nerves around your spine can become pinched, choked or irritated. This often results in back pain, reduced mobility, and in some cases, the inability to perform normal everyday activities. That's where Doctors of Chiropractic come in. In clinical terms, chiropractors are neuromusculoskeletal specialists. In plain language, chiropractors specialize in treating disorders related to muscle imbalance and

bone misalignment that can cause pain and reduced mobility. Your chiropractor will examine your spine to determine if there is any malfunctioning or misalignment. If there is, your chiropractor can adjust your back or neck to help solve the problem which, in turn, will relieve the pain.

Separating fact from fiction

some facts about neck adjustments:

- Your chiropractor has extensive training in neck and spinal realignment.
- Adjustments help improve joint mobility which in turn, helps relieve pain, ease muscle tension and increase your range of motion.
- The risk of an adverse event associated with neck adjustments is lower than the **risks associated with common diagnostic tests or prescription drugs**. In fact, the extremely low risk associated with neck adjustments cannot be matched by any other medical procedure.
- Rate of a serious adverse event with a neck adjustment is estimated at 1 in every one to two million adjustments.
- Chiropractic, like all regulated health professions, is required by legislation to obtain informed consent from patients. This usually includes a discussion with your chiropractor about the benefits vs. risks of a neck adjustment.

What patients think about chiropractic

Thousands of people seek chiropractic care daily and as a result enjoy a better quality of life. Here's what some of those people had to say:

"I operate heavy equipment for a living. That coupled with sustaining a shoulder injury playing hockey prompted me to see a chiropractor. The results have been great. I no longer feel 100 years old."

- Rod Chivers

"If you'd told me on Wednesday that I could swing a golf club by Friday, I wouldn't have believed you, but that was my experience in seeing a chiropractor. I could golf without being in pain and I did really well."

-Gail Barros

"I was in a car accident and suffering from whiplash. I was reluctant to take medication to treat my condition and a friend suggested I see a chiropractor. I found the treatment to be extremely effective. I'm fairly competitive in sports and because I want to remain in top condition, I continue to see a chiropractor on a regular basis."

-BradYoung

Chiropractic makes good sense:

Chiropractors are highly skilled primary health care providers, with extensive education and training similar to that of medical doctors. Chiropractic is a scientific, effective, drug and surgery free health care treatment.

Getting Ready for Spring Activities

Beth Pond RMT



It is spring again, and for most people this time of the year symbolizes one of two hobbies, either gardening or golfing. To really do well at either of these popular spring activities your muscles have to be in good health to avoid injuries that may keep you from your beloved hobby. To get ready for the gardening season lots of planning, dreaming, and thoughtful preparation must go into picking the right plants and making sure the flower beds have the right soil and fertilizer to make the plants flourish, however the one thing that most people don't plan for is the muscle pain that comes at the end of a hard day of gardening. It is very easy to get caught up in the fun of gardening, and to lose perspective of the relationship between lunging and digging movements and the fore-mentioned pain associated with these movements. The best way to avoid this day after gardening pain is to pace yourself, and do lots of stretching in between shoveling and lunging. Your membership dues have been paid at your golf course of choice and you've been waiting for months to get back on the green,

and for most dedicated golfers the determination to complete at least 18 holes on the first day will not be swayed by some nagging back pain. To avoid golfing injuries it may be a good idea to ease into the game, perhaps starting with 9 holes for the first few games. Most golfers will report that their bodies start hurting when they get tired and their form becomes sloppy, this is when you could actually do harm to your muscles while playing golf. A couple of things to keep in mind if you know that you have over worked specific muscle groups; as soon as you get home put an ice pack or a bag of frozen peas on the affected area for at least 10 minutes, and repeat this 2-3 times. Also avoid overuse of the affected muscle groups for a couple of days and incorporate a regular stretching routine that targets the over used muscles. Listed below are 2 stretches that can be used for golfers and gardeners. Whether it is golfing, gardening, or any other spring activity you chose, massage therapy is a great way to relax muscle tissue and provide you with good joint range of motion.

Spring Stretches

Beth Pond, RMT



Guidelines for all stretching:

1. Movements should be done slowly and controlled.
2. You should feel a gentle stretch of the muscle - it should **NOT** be painful.
3. Once you feel a stretch hold for 15-20 seconds
4. Repeat each stretch 2-3 times
5. Repeat on both sides

Neck Stretch



Back Stretch



Research talk

Research shows that chiropractic is significantly safer than comparable pharmaceutical and surgical treatments, and produces far fewer (4,000 times fewer) negative side effects like chronic pain, disability or death.

Recent research conducted at the University of Calgary, demonstrated that neck adjustment is done well within the neck's normal range of motion; that no force is applied to arteries during an adjustment; and that arteries are not stretched during adjustments.

To further understand chiropractic's effectiveness the Canadian chiropractic profession is currently involved in additional research to further examine neck adjustments.

Compliments of Dr. Janis Noseworthy, DC, adapted with permission from the College of Chiropractors of Alberta

Some famous last words... about Chiropractic

"There is really no better profession than chiropractic. You really helped me. I depend on chiropractic and so does my whole family. I found it was better to go to the chiropractor before I got injured. [Chiropractors] take care of people like no other healer." -Arnold Schwarzenegger

"Thank God I have a great chiropractor. I wish I'd never introduced him to Madonna and Janet and Tina (Turner). Now I have to share him." -Cher

"Chiropractic has really helped me. When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine he also gave me strengthening exercises to do. If you are tall and gangly like I am, or play sports, I would recommend chiropractic." -Tiger Woods

Reception and 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.



189 Dykeland Street, Wolfville



Wolfville Naturopathic Clinic

Naturopathic medicine is a complete and coordinated approach to holistic health care that incorporates the mind, body, and spirit of each individual client. With nine years of post-secondary education Dr Jyl Bishop Veale, ND, is trained to diagnose and treat a wide variety of health concerns using Chinese medicine and acupuncture, clinical nutrition and supplementation, botanical medicine, homeopathy, and more.



Bodyworks 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.



Fundy Chiropractic & Wellness Ctr

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.