



But I don't WANT to look like a senior citizen!!

Special points of interest:

- Julie Wise is holding an introductory talk on Karmic Regression on Oct 1. Call the clinic to book in , as space is limited!
- We are now on YouTube, please Check us out!
- We are holding a Fix-it Day on Oct 15 from 10 am to 2pm. For more information call the clinic.

Inside this issue:

- But I don` t want to look like a senior Citizen!! 1
- A little bit about Karmic Regression 1
- Don` t be a slouch get off the couch! 2

I remember it perfectly – I was shopping for a new pair of work pants in one of those stores with the bay-style mirrors. Those ones you look in and suddenly you can see all those angles you wish you never saw? I looked at myself from a perfect side view and saw something I definitely wasn't ready for... I looked like I was developing a hunch back! Of course, I have known for a while that I had less than ideal posture. I frequently catch myself rolling my shoulders forward, slouching, or jutting my chin out. But, because this never caused me any pain aside from that nagging ache across my shoulders now and then, it was something easy to ignore – until that mirror ruined everything for me!



I decided I needed to start taking steps to fix this, and now. Fortunately, after spending many years in post-secondary education and being well on my way to becoming a Chiropractor, I was well equipped with the tools I needed to get started. With the help of the faculty at my school and my knowledge so

far, I was able to both seek chiropractic care within the school clinic, as well as design myself a rehabilitation program to strengthen my postural muscles, and stretch out the muscle groups that were tight, causing my body to sit in this unbalanced posi-

tion. Correcting poor posture doesn't happen overnight, but with a few months of care and dedication to the task, I can now say that I no longer fear looking like I belong in a clock tower.

It is often difficult to motivate ourselves to get on the ball with our personal well-being. Too often, we wait until pain strikes with a vengeance before we decide to take that hobble into the chiropractor's office. Unfortunately, by the time we are actually *in* pain, a considerable amount of bio-mechanical *dysfunction* has built up slowly until that final

straw breaks the camel's back... or our own for that matter. However, posture and biomechanics are something to be taken seriously. We are only given one body, and despite amazing technology with knee and hip replacements, spinal fusions, and many other restorative surgeries, there is a lot we can do in the *preventative* domain to optimize our youth and our function. In this busy world we live in, it is important to be proactive about our health rather than let it sit on the back burner until its too late.

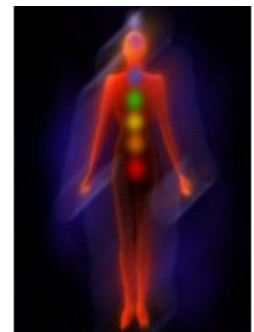
Give it a thought. Dedicate some time to *yourself*. Look deeper than the surface and give your body the care it deserves. We all hold stress in different areas – find out what yours are and take the steps you need to in order to relax, and stand tall. Literally.

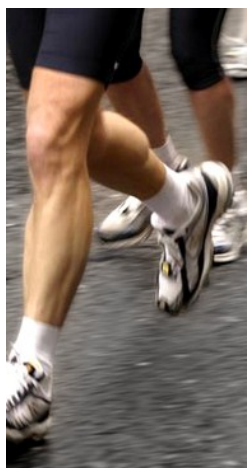
Dr. Katie Sellars B. Sc, DC

Karmic Regression Therapy

Julie Wise, one of our practitioners, is now qualified in Karmic Regression Therapy. She'll be giving an introductory talk on **October 1, from 10 a.m. to 11:30 a.m.** at Vyana Wellness Centre, 124 Weber St. S., Waterloo. Julie will give a brief overview of KRT and provide individual sample treatments to participants. Call 519 772 1099 to reserve your treatment time.

Karmic Regression Therapy is a form of energy work that helps you discover the issues from the past that may have created unconscious patterns or beliefs that affect your current life. If you feel stuck, unable to move forward, if you're dealing with a recurring health challenge or want to make a clear change in direction, KRT may be for you.





The question that I have for you is, why do so many of us have poor posture?

Don't Be A SLOUCH, Get off the COUCH!!!

"Sit up straight!" "Don't slouch in that chair!" "Walk tall!" Remember these things our grandparents used to say? Remember all those lectures that we would get about our posture? Well now those lectures have come back to haunt us.

As we age, all of those years of slouching and slumping present themselves as pain. We then realize the reason behind all of those lectures on posture, and the pain just screams, "I told you so".

As we slouch, the muscles in our back that we need to help maintain balance and stability in the spine are working harder. As a result, they fatigue which causes sore muscles. Sore muscles are the least

of our problems, however, as poor posture in the long term can lead to changes in spinal curvature, subluxations, nerve compression and can also affect the position and function of our major organs.

The question that I have for you is, why do so many of us have poor posture? Do we not know the benefits of having good posture? Here are some of the reasons to "straighten up":

1) Maintaining good posture combats against aging by utilizing gravity and nature to give us stability. Having naturally balanced muscles can help us with aligning and maintaining the stability of the spine without much effort. As we use

those muscles in sitting and standing tall, we can prevent losing height as we age.

2) It helps with all the aches and pains we endure on our feet, knees, hips, back, shoulders and neck.

Simply put: Good posture maintains good health, strong muscles and joints.

How do we achieve good posture, you may ask:

Get up and move around

Take a break every hour! Get up and move around so your muscles don't get a chance to get tired and your body doesn't have a chance to slouch and get you in the bad habit of poor posture.

Wear supportive footwear

Ladies need to avoid high heeled shoes as these can alter the body's centre of gravity. This causes changes in alignment of the spine, thus causing a negative affect on the postural muscles. High heels look sexy, yes I know, but in order to wear them we need good spinal and pelvic stability. As we age, a natural decline in this stability occurs causing increased risk of injury

Proper Sleeping

A firm mattress is just as important as the way you sleep in correcting poor

posture. Always remember to sleep on your side or back and never on your stomach as this can lead to back and neck pain as well as other gastroenterological problems.

When lying on your back placing a pillow under the knees will ease the tension in the back muscles à any pillow will do so at no extra cost!

When lying on your side placing a pillow between the knees will help with spinal alignment. à once again free!

Get treatment

If you have always had poor posture then correcting it will take some time. Treatment modalities such as Osteopathy, Massage and Chiropractic can all help in decreasing tension in the muscles, ligaments and joints. This will make it easier to get into a cycle of better posture.

Avoid carrying heavy items

Don't be heroes ladies and gentlemen! Carrying heavy items is bad for our shoulders, back and neck and eventually leads to hunching. Carrying items on one side of our shoulders is definitely a no-no! A backpack with two shoulder straps is a better option as the equal distribution of weight and balance leads to protected spinal curves. I know this isn't trendy but think about how good you will look in that suit or dress "standing tall".

Ladies and gents, I look forward in seeing you in the office soon to correct that posture and get you on your way to holding your head up high and radiating confidence knowing that you are prevent aging of the spine. So don't be a slouch and get off the couch!!!

Vaishally Thaker B.Ost.Med, D.O.M.P.
Osteopathic Practitioner

Health & Wellness “Fix-it Day”

Saturday October 15th, 10:00a.m. - 2:00 p.m.

Our team of skilled practitioners is looking for your health challenges

Spend 10-20 minutes with the practitioners of your choice:

Contact: 519.772.1099

Naturopathic Medicine (Maya Jobanputra)

Registered Massage Therapy (Christy Mathers)

Osteopathy (Vaishally Thaker)

Acupuncture and Body Talk (Michael Cruickshanks)

Motivational Coaching and Celtic Reiki (Julie Wise)

Chiropractic (Katie Sellars)



We now sell all natural products in the office. If you don't see something you are looking for, let us know and we can order it for you!

Check us out on YouTube!!
<http://youtu.be/R5dPzvCV8uU>