

Health Matters Chiropractic Centre presents:

The Spinal Column

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Dr. Michael Lehr D.C.

Elisabeth Berggren R.M.T

Carl Pinter R.M.T.

Health quote of the month:

- To keep the body in good health is a duty.....otherwise we shall not be able to keep our mind strong and clear.

Buddha (563-483 BC)

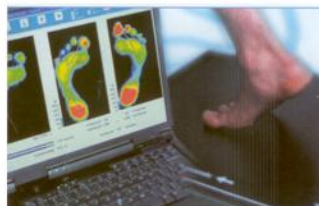
Orthotics— Are you Balanced?

Your feet are the foundation for your entire body. Supporting all our weight with every step our foot and ankle is comprised of 28 bones. Even the smallest misalignments of muscles and joints can cause a variety of symptoms such as:

1. Localized foot pain
2. Bunions, hammer toes
3. Arch/heel pain
4. Leg/knee pain
5. Hip or back pain— even neck pain.

Custom made orthotics help to restore the normal balance and support to our feet, correct foot abnormalities and therefore reduce pain and discomfort.

At Health Matters our Chiropractors will conduct a full biomechanical exam and Gait scan Analysis to develop a



clear picture of your gait mechanics. These tools allow us to better develop effective treatment and rehab strategies that may include a custom made orthotic appliance.



*Are your feet really balanced?
Come in and let us find out.*

Your Health Matters

Are You Active Enough?

New research has shown that physical activity is effective in the prevention of several chronic diseases including heart disease, diabetes, cancer, and osteoporosis. It has also been shown to help you live longer. Being fit or active has been associated with a greater than 50% reduction in dying prematurely. But, there's a catch – you must have a certain level of physical activity to reap these benefits. So, how do you know if you are doing enough?

The good news is that the current Health Canada physical activity guidelines are sufficient to reap some health benefits especially if you are sedentary. AND we now know that the

more you exercise the more benefit you will receive.

A combination of frequency (how often you exercise), intensity (how hard you exercise), and duration (the length of time you exercise) can be used as a guide to monitor levels of physical activity. Current recommendations state that adults should strive for at least 60 minutes of moderate intensity physical activity five days a week (this equals an energy expenditure of 1000 kcal/week). It is important to note that for each additional 1000 kcal you burn per week, your chances of dying prematurely are decreased by 20%.

Moderate intensity activity means putting in enough effort for your breathing to become

faster than normal, but not so fast that you're gasping for breath. If you start to gasp for breath then slow down, you've moved into the maximum intensity zone. You should always be able to talk easily during activity. Activity should also make you feel good.

Exercising can take many different forms – as long as your body is moving, your heart rate elevates, and your breathing rate increases, it counts. So jump on a bike, sign up for a fitness class, go for a walk after dinner, or just get in the backyard and play with the kids – your body will thank you for it for years to come.

Your Health Matters is a monthly column of health tips from doctors of chiropractic across the country.

Hours of Operation:

Monday to Thursday	9:00 am - 7:00 pm
Friday	9:30 am - 5:30 pm
Saturday	9:00 am - 3:00 pm
Sunday	Closed

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Clinic Update/Upcoming Events:

SANTA'S COMING TO HEALTH MATTERS



WEDNESDAY DECEMBER 5TH, 2007

6:00 PM TO 8:00 PM

Bring a non-perishable food item for the local food bank.

Take a picture with Santa

Enjoy some light refreshments, make some crafts and share in some health and cheer!

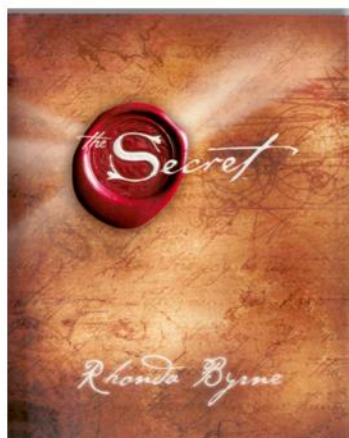
As of November 1st the Clinic will have a Chiropractor on staff daily.

Currently Accepting New Patients

Walk-ins Welcome 

Referrals are always appreciated

We're on the web @ www.healthmatterschiropractic.com



The book, "The Secret", written by Rhonda Byrne, has been met with wide acclaim all over North America. The Secret, based on a one hundred year old book, uses knowledge imparted by the most influential individuals through time.

What is the Secret of Health?

The basic philosophy of "The Secret" centers around the law of attraction. In most simplistic terms, we attract that which is in our conscious thought. The Law of attraction can be applied to many different aspects of our lives. Specifically, our innate ability to influence our overall state of health.

The Secret reveals so much about unlocking our body's natural healing ability. Chiropractic fosters this belief and acknowledges that our body can be helped to heal itself.

As it is stated in The Secret (Dr. Ben Johnson) "We all come with a built-in basic program.

It's called "self healing". You get a wound, it grows back together. You get a bacterial infection, the immune system comes and takes care of those bacteria, and heals it up. The immune system is made to heal itself"

We help our bodies with regular care in addition to positive thoughts. When we nurture ourselves and attend to our physiological wellness as well as psychological wellness our bodies respond and become healthier. As is stated in the Secret, "Illness cannot exist in a body that has harmonious thoughts". Therefore if we believe in our

good health and nurture our bodies through preventative means, our bodies will respond accordingly and we will know optimum health.

Conversely, if we focus only on the "disease" our body responds accordingly and we will focus our physical and psychological energy on pathology and we will feel and be more unhealthy. Chiropractic, Acupuncture and massage all focus on supporting our bodies natural ability and desire to heal. With belief, positive thoughts and prevention the law of attraction will bring optimal health.



Defining health to enhance life.