



AUTUMN 2008

TALKING BACK



CLINIC NEWS

First comes autumn and then out comes the shovel!

The busy days of autumn are in full swing and winter is fast approaching. I don't know about you but I feel like I just got over last winter and I now have to psyche myself up for this one. I hope everyone is enjoying the beautiful colours of fall and if you haven't, pay attention to the colours on your way home. We often walk around with our blinders on and forget to enjoy the sights around us. How often have you driven by something to have an "AH HA" moment. You realize that you have never seen that house before, even though you have driven by it so many times.

While I have your attention, I would like to address an issue I have been having lately with patients cancelling their appointment with very little notice (at their appointment time or an hour before). I understand that emergencies happen but please try to give at least 5 hours notice so that I have the opportunity to offer that time slot to someone else who really could benefit from a treatment. I would also like to remind patients that if you cancel your appointment, you are not responsible for the fees. However, if you MISS your appointment because you forgot, you will be still responsible for the fees associated with that appointment.

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LOOKING FOR A GREAT GIFT IDEA?

FEATURING

- ARE YOU HAPPY WITH THE RESULTS OF YOUR CHIROPRACTIC CARE
 - IF YOU WANT TO BE HAPPY, MOVE YOUR BODY
 - I LOVE COLD CALLS
-AND MORE!

Holiday season is upon us and many people struggle each year with gift ideas. Why not visit my office and pick them up a Chiroflow water pillow. A Chiroflow water pillow has been shown to reduce morning pain intensity, increase pain relief and improve the quality of sleep. A water pillow is a pillow with a bladder inside it. Regular tap water is added to the bladder to produce a pillow with the amount of resistance that feels comfortable. During sleep, the body is supposed to rest, recover, recuperate and prepare for the next day. For many people, that never happens and they awaken tired, irritated, on edge and in worse shape than the day before. Often, a restless night of sleep is the result of an unsupportive pillow. I highly recommend the water pillow because it is a pillow that you can accommodate to your comfort level. A travel water pillow is also now available at my office.

CHIROFLOW WATER PILLOW ONLY \$69.99+PST

A Small Price To Pay For A Good Night's Sleep!

Do you already have a water pillow or has it been a couple of years since you bought yours? It is recommended that you replace your pillow every couple of years because your hair and body oils will have penetrated into the pillow's fabric and stuffing after a year of nightly use. These oils make a wonderful breeding ground for odor-causing bacteria and allergy-triggering dust mites.

ARE YOU HAPPY WITH THE RESULTS OF YOUR CHIROPRACTIC CARE?

Help tell the world about how well chiropractic care has worked for you. I am always looking to update the testimonials on my website in order to attract new patients to my practice. If you have been happy with the treatment that you have received at my office and would be willing to put a testimonial on my website, I would really appreciate it. Please be assured that your privacy will be maintained. You can email your testimonial to me – drheaman@handsonhealthcare.ca.

IF YOU WANT TO BE HAPPY, MOVE YOUR BODY.

Physical activity is a great way to have fun and stay healthy. Exercise can help to prevent many common illnesses by strengthening your body, allowing you to stay independent throughout your life. It is never too late to start exercising and incorporating aerobic, resistance training and flexibility exercises can have many advantages.

Before you start:

- Consult a health care professional to ensure that you are able to begin exercising.
- Think about the types of exercises you like; the more you enjoy what you're doing, the more motivated you will be to continue.
- Encourage friends and family to get active too. Exercising as a family is a great way to help children develop healthy habits for life.

While you exercise:

- Warm up for 10 minutes and stretch gently.
- Make sure you are exercising at the right level: exercise should be challenging, but NOT painful.
- Proper technique is essential to improve fitness and prevent injury.
- Use the correct equipment and wear the right shoes for your activity.
- Stay hydrated, especially if you are doing a high-intensity exercise or the weather is warm or humid.

After you exercise:

- Cool down gradually and stretch thoroughly.
- Continue to drink water and remain hydrated.
- Give your body time to rest: add variety and incorporate other activities into your routine.
- Remember that there are other ways to keep active in your life – try taking the stairs or walking when you are travelling short distances.
 - Simple changes can make a big difference for a healthy lifestyle.

IT IS GOOD TO HAVE AN END TO JOURNEY TOWARD;
BUT IT IS THE JOURNEY THAT MATTERS, IN THE END.

MISSED APPOINTMENT POLICY

FOR THOSE OF YOU WHO ARE NOT AWARE, THERE IS A \$ 33.00 FEE IF YOU MISS YOUR APPOINTMENT.

I DO NOT LIKE HAVING TO CHARGE PATIENTS. HOWEVER, I FEEL MY TIME IS VALUABLE AND IT IS NOT FAIR TO OTHER PATIENTS WHO COULD HAVE BENEFITED FROM HAVING YOUR APPOINTMENT TIME.

CLINIC HOURS

Monday 8:30 - 7:00

Tuesday closed

Wednesday 8:30 - 7:00

Thursday 2:00 - 7:00

Friday 8:30 - 5:30

Saturday 9:00-12:00

DO YOU HAVE AN IDEA FOR THE NEXT NEWSLETTER?

PLEASE LET ME KNOW!

I LOVE COLD CALLS!

Most people don't like cold calls from people. I am very happy when I get a cold call because I know I can help. Next time you want to cancel your appointment because you are fighting a cold, think again as this is the time you should be getting adjusted to help your body fight back. Having a Chiropractic adjustment will help boost your immune system. This is because Chiropractic care corrects spinal misalignments that result in interference of the nervous system by placing pressure on nerves. Since the nervous system controls all functions of the body -- including the immune system -- chiropractic care can have a positive effect on immune function. Common colds, flu's and most coughs are caused by viruses. The bodies' natural immune system can heal these on its own.

When people say that they don't want to catch a cold. You can't "catch" a cold from someone or from being out in the cold. You get a cold when your immune system is down. A cold is a virus which your body may be exposed to but may not cause you to feel symptoms if your immune system is strong. Antibiotics will not help a cold get better faster, stop a cold from getting worse, or stop the cold spreading to other people. Taking antibiotics for colds which is caused by a virus is worthless because antibiotics work only on bacteria. The problem with antibiotics is that they kill the "good" bacteria in your body as well. Colds are infections of the respiratory tract. Symptoms can include sneezing, coughing, a sore throat and a blocked or runny nose. Fever is generally mild when it does occur. Green or yellow mucus may come from the nose. It is a sign that the immune system is fighting the infection and does not mean the cold is getting worse.

PREGNANCY AND CHIROPRACTIC

Are you or someone you know of expecting a baby in their life? Chiropractic care has shown to be very beneficial for both the mother and unborn baby. If someone you know is pregnant do them a favour and suggest that they go to a Chiropractor as part of their healthcare plan during pregnancy.

Possible Benefits of Chiropractic Care for the Pregnant Mother:

- Prepares the pelvis for an easier pregnancy and birth by creating a state of balance in pelvic bony structures, muscles and ligaments.
- Relieves back and neck discomfort during pregnancy by eliminating stresses in the spine and restoring balance to the pelvis.
- Removes tension on the ligaments that support the uterus thus reducing torsion (intrauterine constraint) to the women's uterus.
- Reduces interference to the mother's vital nervous system which controls and coordinates all of her systems and functions.
- Allows for a safer, easier labor and delivery for the mother and child.
- Decreases the need for medical intervention during childbirth.
- Reduces the length of labor.



DO YOU HAVE PICTURE PERFECT POSTURE?

Good posture contributes to increased energy, better breathing, improved circulation and can even make you look better. People with proper posture seem to move with greater confidence and grace than those who slouch. Good posture will also make you look taller and slimmer, and when your body is aligned, it contributes to good health. The secret to good posture is understanding and maintaining the balance among the spine's four natural curves - two forward curves (neck and lower back), and two backward curves (middle back and base of the spine). The curves of the spine give it resilience and absorb impact. If the curves are too flat, our ligaments and muscles have to take the extra load and this may result in strain and pain. If the curves are too accentuated, your spine cannot distribute the body's weight effectively. Either way, movement becomes more difficult, draining our energy.

Tips for Standing Tall

1. When standing, your head, shoulders, hips and ankles should line-up, one comfortably above the other. Your knees should be slightly bent and your feet should be shoulder-width apart or more.
2. Most of us have a variety of bad habits that get in the way of good posture such as carrying a heavy bag or purse on one shoulder, cradling the phone between the shoulder and ear, and falling asleep on the sofa with your head on the armrest. Any of these activities may give you a stiff neck and also distort those important spinal curves.
3. If you must use a bag or briefcase with a single strap, make sure the strap is padded and wide. Try to choose a strap that is long enough to place over the head to rest on the side opposite the bag or briefcase. This can help to distribute the weight more evenly.
4. High heels also throw the spine out of alignment making good posture difficult and often leading to lower back pain. A low, sturdy, comfortable shoe is best. People underestimate the impact that heels can contribute to low back and knee pain.
5. Good posture is just as important when you are sitting as when you are standing. When sitting at work for a prolonged period of time, position your lower back against the back of the chair to obtain the greatest amount of support for your spine. A roll can also be used for added support. Avoid leaning your backrest too far back and adjust the height of the chair so that your knees are flexed at approximately a 90 degree angle when your feet are flat on the floor.
6. Most importantly, try not to sit in any one position for a long period of time. Take a quick stretch break or change positions every 30-45min. For a quick and easy stretch, stand up and raise your arms above your head.
7. Exercise can help prevent injury. Regular exercise such as running, walking, swimming, or bicycling will help the body stay aerobically conditioned. Specific strengthening exercises for the back and abdominal or core area will help promote good posture, which will, in turn, further help to condition muscles and prevent injury.

As a Chiropractor, I can help you prevent slouching by assessing your posture and providing corrective therapy. Should you suffer from sore muscles or a neck or back ache, Chiropractic treatment can also provide treatment for your pain.

DO YOUR PART!



I am always trying to cut down on the amount of waste produced by my office.

1. If this newsletter was mailed to you and you would prefer an electronic copy to help save paper and postage, please email me your email address (drheaman@handsonhealthcare.ca) and I will email your next one to you instead of mailing it.
2. Please try to reuse your appointment cards.
3. Don't take a receipt each time. When you are ready to submit your claim, ask to get a statement with all of your treatments on it. Every little bit helps!