



TALKING BACK



FEATURING

- **Fitness: How Chiropractic Can Help**
- **Chiropractic Advice For Moms To Be**
- **Watch Out For "Charley"**

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CLINIC HOURS

Monday 8:40 - 7

Tuesday closed

Wednesday 8:40 - 7

Thursday 2:00 - 7

Friday 8:40 - 5:30

Saturday 9-12

CLINIC NEWS

HAPPY FALL EVERYBODY!

I hope that this newsletter finds all of you happy and well and if life is proving to be challenging right now, I wish you strength to deal with the hard times you are facing. With Thanksgiving just past us, I want to share my thanks to all of you regarding a few different matters. The first thank you is for being so understanding at the beginning of October with the rescheduling of your appointments due to a couple of funerals that I had to attend. I also want to thank you for putting up with the ongoing Duke Street construction.

The good news is that the road is open, the sidewalks are in and all is well.

As many of you know, I will be marking my second anniversary practicing here in Kitchener. I am very appreciative to all of you, who have referred my name to your family, friends, colleagues, neighbors, and to strangers on the street. As my practice continues to grow, I ask that you do not keep my office a secret. I am still growing and accepting new patients.

My last thank you goes to the individuals who gave me a testimonial about how much they have benefited from being

my patient and receiving Chiropractic care. If you still wish to write a testimonial, you can email me at drheaman@rogers.com

In the New Year, I will be changing my business name and logo as well as launching my new website that I am currently working on. This website will be full of health information, patient testimonials as well as my newsletters. I will provide more information about this in my winter newsletter.

Some of you have been asking me if you can book appointments via email. Absolutely! If you cannot get a hold of me on the phone, email me anytime as I do check it frequently.

FITNESS: HOW CHIROPRACTIC CAN HELP

Efficiency is a priority in our minds when we are shopping for home appliances or a car. We question, "How much will it cost to run? Are there any parts that need attention? We want to know that all parts have been built and properly cared for. We know that if one part is out of balance, then the system as a whole is not as efficient. The same theory

applies to our bodies. The truth is that regular maintenance (getting that tune-up, having that spine adjusted) can play a significant role in overall "fitness." When all of our systems are functioning properly, we run, work and play better. Physical fitness is a hard term to define. Think of it as a state of overall health that includes the ability to perform a range of

activities, from a hard workout to working comfortably at a job, with ease and efficiency. According to the American College of Sports Medicine, there are four interrelated types of fitness that contribute to complete health: **muscular fitness**, which includes muscle strength and endurance; **flexibility**, includes muscle/tendon

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The weight gain, the bloating, the nausea... Most new mothers will tell you that the aches and pains of pregnancy are a small price to pay for the beautiful bundle of joy they are rewarded with nine months later. But as many new mothers can attest, the muscle strains of pregnancy are very real and can be more than just a nuisance. The average weight gain of 25 to 35 pounds, combined with the increased stress placed on the body by the baby, can sometimes result in severe discomfort. In fact, studies have found that about half of all expectant mothers will develop low back pain at some point during their pregnancy. This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs and buttocks, putting pressure on her sciatic nerve. And for those who already suffer from low back pain, the problem can become even worse. During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis. As the baby grows in size, the

woman's weight is projected even farther forward, and the curvature of her lower back is increased, placing extra stress on her spinal disks in that area. As a result, the spine in the upper back area must compensate—and the normal curvature of her upper spine increases as well."

What Can You Do?

The following tips are recommended for pregnant women looking for relief from the discomforts of pregnancy:

1. Safe exercise during pregnancy can help strengthen your muscles and prevent discomfort. Whatever exercise routine you choose, be sure that your heart rate does not exceed 140 beats per minute during exercise, and that strenuous activity lasts no more than 15 minutes. Try exercising at least three times a week—preceded and followed up by a gentle stretching routine. Walking, swimming and stationary cycling are relatively safe cardiovascular exercises because they do not require jerking or bouncing movements. Even jogging, however, can be safe for women who were avid runners

before becoming pregnant—if done carefully and under the supervision of a doctor. Stop your exercise routine immediately if you notice any vaginal bleeding, dizziness, nausea, weakness, blurred vision, increased swelling or heart palpitations.

2. Wear flat, sensible shoes. Not only can high or chunky heels be uncomfortable, they can also exacerbate postural imbalances and cause you to be less steady on your feet than you already are.

3. When picking up older children—or any other object for that matter—bend from the knees, not the waist. Never turn your head when you lift. Just to be on the safe side, avoid picking up heavy objects altogether, if possible.

4. When sleeping, lie on your side with a pillow between your knees to take pressure off your lower back. Many women find that full-length "body pillows" are especially helpful during pregnancy. Lying on your left side is ideal. This position allows unobstructed blood flow, and helps your kidneys flush waste from your body.

Visit the Chiropractor

Before you become pregnant, visit a Chiropractor so they can detect any pre-existing imbalances in the pelvis or elsewhere in your body that could make pregnancy discomfort even worse. Many pregnant women have found that chiropractic adjustments provide relief from the increased low back pain brought on by pregnancy. Also, scientific studies have found that spinal manipulation carries no increased risk to the pregnant woman or her baby. Chiropractic care can also be helpful after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state. In addition, as the upper and lower spine return to normal, muscle tension, headaches, rib discomfort and shoulder problems can result. Your doctor of chiropractic can help.

WATCH OUT FOR "CHARLEY"!

Avoiding Painful Leg Cramps

Your mind has finally stopped racing and you've just nodded off, entering the earliest stages of restful slumber, only to be rudely awakened by a deep knot of sudden pain in your thigh, calf or in the arch of your foot. Athletes and high heel wearers alike are often awakened from sleep by the infamous nocturnal leg cramp or "charley horse." And though these occasional cramps usually are not serious, they are undeniably painful and downright annoying.

Check your H2O levels

The exact cause of leg cramps is not known, however, they are most often associated with dehydration and electrolyte imbalance. That said, and you've heard it before, drinking the optimal amount of water – 7 to 8 eight-ounce glasses of water per day – is the first line of defense against "charley." Staying hydrated is also important for overall health, so the water speech bears repeating!

Stretch those stems

Also, simple stretches before bed can stave off cramps. Try this classical runner's.

stretch where you extend the leg straight behind you and lean forward with your palms braced against a wall can help prevent calf cramps. After stretching for a good 20 to 30 seconds in this position, bend your knee far enough so that your heel lifts slightly off the ground. This will stretch a deeper muscle in the calf and the arch of your foot at the same time. For a foot cramp, the simple motion of extending the foot forward can usually solve the problem.

Supplement your regimen

If you're still bothered



by occasional cramping, your diet may need slight supplementation. Most muscle cramps are just a result of working your muscles hard. But occasionally, muscle cramps are caused by temporary imbalances of calcium, potassium, or magnesium. "Sports drinks" may help stave off this type of cramp.

Bottom Line.....

**GET STRETCHING
AND STRETCH
OFTEN!**

FITNESS: HOW CHIROPRACTIC CAN HELP Cont'd.....

elasticity and range of motion; **cardio-respiratory fitness**, which includes the heart, lungs, and blood vessels; and **body composition**, or the percentage of body fat to nonfat tissues (bones, organs, etc.). Because no one system functions by itself, the fitness of each affects the health of the other.

While it's important to get adequate exercise, eat right and treat our bodies kindly to maximize health in all of the above categories, regular alignment or

"maintenance" through chiropractic adjustments can be the first step to improving overall fitness. Because chiropractic works at balancing the body's systems—bones, muscles, nerves, and organs—through proper posture and alignment, it allows your entire body to perform at its best, increasing energy reserves as it reduces the stress and fatigue that can result from improper alignment. By eliminating the headaches, muscle tightness, low back

pain, and nerve interference that result from spinal misalignments, chiropractic helps the body become less limited in the types of and amount of activities that it is capable of doing. Though it may feel like a miracle, the principle of chiropractic is simple. When the body is well aligned, muscles, joints and ligaments function together with greater ease. Internal organs aren't hindered—the lungs and heart are better able to do their

jobs. Perhaps even more importantly, chiropractic care help prevent injuries that can result from overtaxing a part of the body that may be compensating for those that aren't functioning as well.



**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.**

**NEED A
GIFT IDEA?**

**WHAT ABOUT
A CHIROFLOW
WATER
PILLOW?**

**THEY ARE
AMAZING!**

SLOW DANCE

Have you ever watched kids on a merry-go-round?
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You'd better slow down,
don't dance so fast.
Time is short.
The music won't last.

Do you run through each day on the fly?
When you ask "How are you?", do you hear the reply?
When the day is done,
do you lie in your bed
with the next hundred chores
running through your head?
You'd better slow down
don't dance so fast.
Time is short.
The music won't last.

Ever told your child,
we'll do it tomorrow?
And in your haste,
not see his sorrow?
Ever lost touch,
let a good friendship die
cause you never had time
to call and say "Hi"?
You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

When you run so fast to get somewhere,
you miss half the fun of getting there.
When you worry and hurry through your day,
it is like an unopened gift....
thrown away.
Life is not a race.
Do take it slower.
Hear the music,
before the song is over.

DID YOU KNOW ?

DR. HEAMAN MAKES CUSTOM FOOT ORTHOTICS?

**AND THAT CUSTOM FOOT ORTHOTICS ARE OFTEN
COVERED BY YOUR EMPLOYER BENEFITS?**