

Wolfville Integrated Health Care

Spring Newsletter 2010

Wolfville Naturopathic

Clinic

Dr. Jyl Bishop Veale ND
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Bodyworks Massage & Laser Therapy Inc.

Heather Connell B.Kin, RMT
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Fundy Chiropractic

Dr. Vance Kruszewski
Dr. Janis Noseworthy
Barb Cain RN
902-542-9355

BUSINESSES COME TOGETHER UNDER ONE NAME

After much thought and planning, Wolfville Naturopathic Clinic, Bodyworks Massage & Laser Therapy Inc. and Fundy Chiropractic have joined forces and are now advertising under one common name : Wolfville Integrated Health Care. Our philosophy has always been focused on an integrated approach allowing us to provide care in many different areas that best suit our clients' needs. For new and existing clientele we have developed an easy way to contact any of the three businesses in our office. You can now dial 542-2000 and connect with whichever office you choose!



CANCELLATION POLICY

Missed appointments without 24 hours notice are subject to a fee. Depending upon the service, this could be a flat rate or a percentage of the cost of the scheduled appointment.

A portion of the missed appointment fee goes to support business costs, and the rest goes to the practitioner.

ONYCHOMYCOSIS or FUNGAL NAIL

Certified Foot Care Specialist

Barbara Cain RN

902-698-1027

Definition: A fungal spore infection of the toenail often associated with athlete's foot.

Facts: The most common nail disease

Cause – fungal spores

20% of general population and 15% of people over 60 have this disorder

Diagnosis: Culture of the nail for definitive diagnosis

Prevention: Good foot health

Treatments:

- 1) Oral meds are an option, but do have side effects.
- 2) Grinding and debridement, trimming back the nail
- 3) Topical treatments are less invasive than oral meds.

Assessment and regular foot care by a Certified Foot Care Specialist can lead to prevention, early diagnosis, and possible treatment of this disorder.

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Mailing Address:

CHOOSING THE RIGHT FOOTWEAR

Fundy Chiropractic

Dr. Vance Kruzewski and Dr. Janis Noseworthy

902-542-9355

Did you know a foot has 26 bones, 33 joints and more than 100 tendons, ligaments and muscles? With all those moving pieces, your feet need special attention!

Your feet are to the body what a foundation is to a house. Therefore, you should choose a shoe that supports the natural alignment of the foot and does not stress the joints or deform the foot. Shoes that do not fit correctly can result in blisters, hammertoes, corns, fallen arches, and callouses. A worldwide survey by the American Podiatric Association in 2004 found that Canadians had the third highest rate of foot problems (52%), after the Americans (54%) and British (53%).

So how do you know what makes a good shoe for you? The following tips can help you choose wisely:

SHOE CONSTRUCTION

- Leather is best because it breathes like skin and molds to your foot.
- Soles should be strong and flexible with a good gripping surface.
- Insoles should be cushioned to absorb the jolts of walking on hard surfaces.
- Arch supports and rigid shanks distribute weight over a wider area.
- High heels are fun and look good, but they should not be worn too long at a stretch or for much walking. Besides cramping the toes, they change body posture, making backaches more likely.

THE RIGHT FIT

- Only you can tell if shoes fit. If they aren't comfortable, don't buy them!
- Don't plan on shoes stretching with wear. If you already own shoes that are too tight, ask your shoe repair shop if they can be stretched.
- Feet spread with age, so have your feet measured every time you buy shoes. Both feet should be measured as they are often different sizes. Always buy shoes for the BIGGEST foot.
- Because feet swell during the day, go shoe shopping late in the afternoon.
- Size depends on shoe make and style, too. Don't insist you always wear one size if the next feels better.
- The toe box should be roomy enough so you can wiggle all your toes. Allow approximately a thumb's width of space between the end of your longest toe and the end of your shoe.
- Your forefoot should NOT be wider than your shoe.
- The heel should fit snugly and the instep should not gape open.

Don't forget that children need properly fitted shoes, too! Good shoes are especially important to avoid problems in developing feet.

- Because shoes serve only to protect children's feet from injury, none are needed before a child walks.
- High-topped infant shoes do not support ankles - oxfords and tennis shoes are equally good.
- Check OFTEN to be sure shoes aren't too small. Children's feet are so flexible they can be crammed into shoes two sizes too small - and the child may not complain.
- Don't have children wear hand-me-down shoes. They are permanently molded to the original owner's foot.

The average person takes about 5,000 steps a day, so take care of your feet before problems arise! If you can't find shoes that fit, or if you have any questions about footwear, ask your Chiropractor for advice.

ACUPUNCTURE FOR DEEP RELAXATION

Wolfville Naturopathic Clinic

Lee-Ann Cudmore

Registered Acupuncturist of NS

People are always surprised at how relaxed they feel during and after an acupuncture treatment. Many people feel it is the most relaxed they've felt in a long time. Acupuncture isn't just for people who are feeling unwell; in fact, there is a Chinese saying that explains that waiting for treatment until you are sick, is like waiting until you are thirsty before digging a well. Acupuncture is often used, just to keep things in balance, to minimize stress, and relax. When treating chronic conditions, acupuncture is often done in a series of sessions, however there is also great benefit in coming in as needed for relaxation.

So let me walk you through a treatment session. As a new client or returning client, let the receptionist know when you book the session that you want to focus on relaxation. This means we will do a slightly different consultation and health history, and focus more on the treatment aspect. We will spend a few minutes discussing any areas of tension or places that you would like to focus on. From there we will do some Chinese bodywork called Tui Na. Most people prefer to have Tui Na on their back (including neck and shoulders), although it is just a delightful on the head and face, hands or feet. It starts with gentle rocking and stretching of the back, a light-to-medium pressure placed down the back, on either side of the spine, followed by acupressure along the back shoulders and neck. This is finished up with some medium pressure on the bottoms of the feet. After you are nice and relaxed we place a few needles in particular spots of tension, or areas designed to relax. Then you have 20-30 minutes, in a warm, dim, quiet and private room.

TUI NA-PEOPLE SAY THIS IS THEIR FAVORITE PART OF ACUPUNCTURE

Lee-Ann Cudmore - Registered Acupuncturist of Nova Scotia

After a treatment I often hear, "I never thought I would feel so relaxed during acupuncture". Tui Na is an important part of that equation, in both therapeutic and relaxation treatments. Tui Na is an ancient form of Chinese bodywork that can be a combination of stretching, pressing, acupressure, tapping, and massage. I often incorporate Tui Na into a treatment protocol, because it makes the treatment more effective and efficient. People feel more relaxed and prepared for treatment, and it is especially beneficial for people with issues with stress, anxiety, sleep, fatigue, or depression.

Tui Na is a great alternative for people who shy away from needles. Done before a session of acupuncture, people often find they are more relaxed and they feel the needles much less. For those people who want to feel some of the benefits of acupuncture, without the needles, we are now offering Tui Na treatments.

Tui Na Treatments:

30 minutes	\$45 (average session: back, neck, shoulders, hands, feet)
45 minutes	\$58 (average session: above treatment plus either leg and arms or face)
60 minutes	\$70 (back, neck, shoulders, arms, hands, legs, feet, head and face)

LOW BACK PAIN AND ADOLESCENCE

Fundy Chiropractic

Dr. Vance Kruzewski and Dr. Janis Noseworthy

902-542-9355

Does your teen (or a teen you know) complain about low back pain? If so, he or she is not alone. Studies have shown there is a high incidence of low back pain in children and it most commonly begins in the early teen years.

If your child suffers from low back pain, chiropractic care may be an excellent treatment option. A recent study in the Journal of Manipulative Therapeutics noted the children aged 4 to 18 years (average age of 13) who presented for chiropractic care of low back pain reported significant improvement in their condition.

Of course, preventing low back pain should be the first step! Prevention in childhood may also have benefit in the adult years, since adults are about 4 times more likely to suffer from low back pain if they experienced it as a teen.

Here are some back care tips for kids:

- Make sure your child stays active!
- Be aware of ways to protect the back, especially when playing sports, as approximately 50% of pediatric low back pain occurs as a result of a sports-related trauma.
- Keep backpacks under 20% of the child's weight.
- Adjust backpack straps so the bottom of the pack is level with the top of the hips.
- Teach your child some anxiety-relieving techniques. Some studies indicate psychological stress can be a cause of low back pain.

For more information, contact your Chiropractor.

Congratulations, Dr. Janis Noseworthy!



On October 18, 2009, Dr. Janis Noseworthy completed the Nike Women's Marathon in San Francisco – her first marathon! Although a torn calf muscle in July hampered her training, she worked with her Chiropractor and Massage Therapist, and was able to resume running within 4 weeks. She finished the marathon in 3325th place out of a field of 4679 runners.

When asked what it was like to run a marathon for the first time, Dr. Janis said, “Never say never! I certainly never thought could I run that far. But I discovered a power within myself I didn't know existed. So I encourage everyone to set a goal that excites them and go for it!”

Dr. Janis would like to express her heartfelt gratitude to everyone for their support!

VITAMIN D AND COLON CANCER

Wolfville Naturopathic Clinic

Dr Jyl Bishop Veale, ND

902-542-5560

In our next newsletter I will include a more detailed article about the importance and best ways to obtain vitamin D in the fall and winter. However, I would like to highlight research published earlier this year in the British Medical Journal that found that risk of colon cancer strongly correlated with vitamin D levels. The lower one's history of vitamin D levels, the higher the consequent risk of colorectal cancer. Those study participants with high vitamin D levels had a 40% reduction in their risk of this particular cancer.

The chromosomes of our body carry about 30,000 genes, and vitamin D has been shown to affect over 2000 of them! As a molecular genetics major I can attest to the importance of this. A gene is a portion of DNA, found in every cell of our body, that contains coding sequences that determine a gene's precise function in the body. When that gene is expressed (active) it directs the production of molecules that are responsible for the development and function of your body. Your genes interact with each other and with your environment to produce YOU- a human being. You are born with your own set of genes, and these are yours, alone, for the rest of your life. However, the degree that particular genes are expressed is also dependent on a multitude of outside factors (your "environment"), including your nutritional status.

Vitamin D has been shown to have an impact on at least 7% of your genes, which translates to many of your body's processes. This impact is likely very complicated. In the BMJ study, higher circulating blood levels of alcohol were not an independent risk factor for colorectal cancer, however, high circulating alcohol levels together with low vitamin D levels was the highest risk factor! In this study dietary calcium intake also offered protection, whereas excessive retinol intake (vitamin A) inhibited the protective effects of the vitamin D! Other studies have also shown that a high intake of red and processed meats, smoking, obesity and diabetes are all linked to a 20 percent increase in the risk of colorectal cancer so we know that vitamin D isn't the only factor!

The best source of vitamin D is through exposure of our skin to ultraviolet B rays from the sun. These rays cannot be obtained from tanning beds, nor from late fall and winter sunshine in Nova Scotia. In the late spring, summer, and early fall, 10-15 minutes of midday sun in shorts and a tank top will provide about 10,000 IU daily (darker skinned, elderly, and obese people probably need longer). A sunburn is not healthy, but complete sun avoidance, for most people, is not healthy either. Sunscreen and glass both effectively block UVB rays so please keep this in mind. Happy Spring & Summer!



NSAND Nova Scotia Association of Naturopathic Doctors

YOU ARE INVITED:

***To attend a public lecture with Dr Natasha Turner, ND, author of the #1 National Bestseller,
'The Hormone Diet'***

Friday, September 17th, 2010, Hotel Atlantica, Halifax (*more details to follow shortly*)

Please check www.nsand.ca for updated details.

BODYWORKS CHANGES HANDS

Bodyworks Massage Therapy

Heather Connell BKin, RMT, CLT, SMT(cc)

902-542-4700

Career advancement is something many people strive to achieve. As of July 2009 I took a huge step in advancing my career by buying Bodyworks Massage and Laser Therapy Inc. Being a business owner was a goal I hoped to achieve a few years after being back in Nova Scotia, but never did I expect it to happen so quickly.

When I became a massage therapist and decided I wanted to be my own boss one day, I thought I would start out on my own as Beth did, and then grow my practice to a multiple disciplinary clinic. The fact that I received the opportunity to become the owner of a successful, pre-existing multiple disciplinary clinic with a client base of over 1500 was one opportunity I was not going to pass up.

Beth has worked very hard to make Bodyworks what it is today and it is my plan to carry what she has built and combine it with my vision to make Bodyworks an even more successful and well recognized clinic in the Valley.

GROWING CAREER PROVIDES NEW SPECIALTY TO CLINIC

Heather Connell BKin, RMT, CLT, SMT(cc)

As I embark on my new role as owner of Bodyworks Massage and Laser Therapy Inc, I plan to continue my career-long journey to educate myself for the benefit of my clients and my profession. Just as many professionals in the health care field debate about a specialization, we as massage therapists do the same.

Over the past year I finally made the decision to commit 5 years and over 500 volunteer hours to my specialization, Sport Massage Therapy. The Canadian Sport Massage Therapy Association gives eligible candidates 5 years to complete 500 field hours and 500 clinical hours before they can write the National Certification Exam. In order to complete the field hours the candidate must find at least 2 sports teams to work directly with throughout their whole season. This would be the reason many of you have seen me kicking around at Acadia, particularly on the sidelines of the football field, throughout the fall months.

Last September I joined the health care team for the Acadia Football team, devoting Wednesday afternoon/evenings, Sunday afternoon and home game days to providing massage therapy to players requiring treatment. Once football season comes to an end I will be moving on to offer massage therapy to a non-contact sports team at Acadia.

Along with hours spent with sports teams, hours must also be devoted to other sporting events such as the World Canoe and Kayak Championships which were held in Dartmouth on Lake Banook this past summer. From August 12-16, 2009 I was lake-side providing pre and post event sport massage therapy treatments to athletes from all across the world, which is an experience I will never forget.

By completing the process to become a Certified Sport Massage Therapist the opportunities are endless, from helping the recreational to elite athletes right here in the Annapolis Valley, to being chosen as a member of the health care team for the Canadian Olympic team. My chance at the Olympics is still over 5 years away but on my way to reaching that goal I hope to volunteer my services wherever I can, including at Canada Games 2011 in Halifax.



*Bodyworks Massage & Laser Therapy Inc. has a new website! Check it out at
<http://www.bodyworks-massage-therapy.ca/>

FAMILY FOCUS

Bodyworks Massage Therapy

Beth Pond RMT

902-542-4700

Having achieved my goals as owner of Bodyworks Massage Therapy, I am happy to hand the business over to Heather's care so that I can focus on growing and raising our family. Jon and I will be welcoming our second child at the end of April, 2010, and I will then take the summer off so that we can transition from a three person to a four person family. I anticipate returning to both the Wolfville and Hantsport clinics as of September 6, 2010.

I would like to thank everyone for their loyalty and support over the past nine years, and as I continue with the ever challenging task of combining work and family.

INTRODUCING KINGSTON CUDMORE EYE



Kingston was born August 28th 2009 to proud parents Lee-Ann & Parker, and even prouder Grandparents David and Mary Cudmore, Elaine Eye and Andrea Lynn, Bernie Harris and Faith Rose. Kingston is a ball of energy, and is always smiling. He loves music (the louder the better), loves playing with his toys, bath time and visiting with his cousin Anders. Since he has come into our lives, we have felt more pure joy, had more laughter and love echoing through our house. Babies truly are a blessing!

Thank you to everyone who has shared in this experience with us!

