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TALKING BACK



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FEATURING

- You Mean I Have To Wait?
- What Does E, F, S Have To Do With Fitness?
- How To Have Happy Travels
- Navigating Nutrition Labels

CLINIC NEWS

HAPPY NEW YEAR!

I hope everyone has settled into the New Year. Hopefully by now, you have either returned to, or started healthier eating habits and an exercise routine. Here is the latest and greatest at Duke Street.

SAME PLACE, SAME FACE, DIFFERENT NAME

As I mentioned in my last newsletter, I have a brand new website and I am operating my business under the name "Hands-On Healthcare Clinic". I am still at the same place and will remain there for quite a while. There are many reasons for my new name which I would be more than happy

to discuss with you if you wish.

WHERE THE HECK DO I PARK WITHOUT PAYING?

Good news everyone! You no longer have to strategize about where you are going to park when you come to the office. There is now free parking at the KW-Korean Presbyterian Church at 130 Duke Street. The church is a brown brick building located on the opposite side of the street from the office, right beside the racquetball club. I talked to Reverend Park and he has allowed my patients to

park there as long as you put my business card on your dashboard to let him know why you are parking there.

DR. DEB JOINS THE WWW!

No, WWW does not stand for the Waterloo Women's Wrestling Club. I have developed with the help of REM websolutions a new website full of information including newsletters, clinic hours and testimonials.

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.

www.handsonhealthcare.ca

CHECK IT OUT!

YOU MEAN I HAVE TO WAIT?

I have been to many Chiropractors office's where the wait is long because they book more than one person for the same time slot. I do my best to schedule people so that there is very little waiting. If I run behind, I apologize. I had a patient get frustrated with me a few weeks ago because I was running a half an hour behind and she accused me of

overbooking people. I informed her that she had to wait because everybody before her was late, which is out of my control. When you show up late, you might think that it is only 5 or 10 minutes but when 3-4 people do this in one evening, then the person who is on time, ends up waiting a half an hour or more and causes my schedule to be changed. If you find you are having a hard

time getting to the office on time, I would really appreciate it if you would let me know so that we can figure out a time which would be more conducive to your schedule so that you do not have to rush. I try my best to give quality care which sometimes causes there to be a wait. However, when I do see you, I promise to give you that same quality care as the last person.



HOW TO HAVE HAPPY TRAVELS!

Winter has set in and many of you will be flying away from the bone chilling temperatures. Comfort is not usually the first word that comes to mind when someone mentions flying. Sitting cramped in a small space for a long plane ride could also be the perfect recipe for low back and neck pain. Here are some helpful tips for a more enjoyable voyage.

BEFORE YOU LEAVE

THE SECRET TO SEAT SELECTION - Most airlines fill up the plane from front to back, so ask for a seat in the back row to increase your chances of having an empty seat next to you. If the arm rests lift up, you might even be able to lie down.

EAT A LIGHT, NON-FATTY MEAL- Before you leave for the airport, avoid caffeinated beverages and fried food. This can make handling pressure changes and motion a little easier.

THE MOST CALMING SEATS - If you are susceptible to motion sickness, request a seat over the wings and try to schedule flights on larger airplanes. Seats beside a window can also help you to gaze into the horizon.

PACK CHEWING GUM - Chewing, yawning or sucking on hard candies can help to relieve the pressure that builds up in your ears as the airplane ascends and descends. This is not recommended for toddlers. For young children, sipping a drink may help.

DURING THE FLIGHT

STRETCH THOSE LEGS- Try to get an aisle seat or a seat on the emergency exit for maximum leg room.

These seats are also less claustrophobic and allow you to get up and walk around more easily. Sitting in a confined space will not only be uncomfortable for your back but also you could also strain your knees or get leg cramps. If possible, place nothing under the seat in front of you so you can use that space to stretch.

KEEP MOVING - Moving around is good for your circulation and helps to prevent swollen feet and ankles. Wear loose clothing and walk about the cabin periodically every 60 to 90 minutes. Wear shoes you can slip off easily. Every so often, draw circles with your toes and contract your calves to help prevent blood from pooling in your legs. Tapping your feet as if keeping time to music can also help increase circulation and reduce the chance of muscle cramping. For a quick and easy stretch, stand up and raise your arms above your head.

If your neck muscles get sore from sitting, rotate your shoulders back and forth; bend your neck by bringing your ear to your shoulder and by bringing your chin to your chest.

DRY LIKE A DESERT - The air in most airplanes has a humidity of less than 20 percent. It dries out your skin, and can cause eye and nasal dryness. Take a moisturizer with you for your skin and wear glasses instead of contact lenses to prevent eye dryness. Drink enough fluids (water and juice) and steer clear of caffeine and alcohol as they further dehydrate you and can also interfere with your ability to sleep.

GOOD POSTURE WHILE SEATED - When sitting 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 rolled sweater can also be used for added support. Use the footrests on your seat. Most importantly, try not to stay in one position for a long period of time. Accept whatever pillows and blankets are available and use them to change the pressure distribution of your body weight on the seat when sitting for a prolonged time.

BACK TIP OF THE MONTH

Do you keep your wallet in your back pocket?

Did you know that this can cause back pain?

I know many of you have heard my wallet speech. Did you know that sitting on your wallet acts like a wedge on one side of your body causing your pelvis on one side to be higher than the other side? This causes a curve in your spine, resulting in unnecessary stresses on the muscles, ligaments and nerves on that side of the body. The end result for you is stiffness and pain. What is the solution? You can either carry a man purse or put it in your front or side pockets. If you experience low back, bum or leg pain, get an adjustment to correct the imbalance.





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 8:40 – 7:00
Tuesday closed
Wednesday 8:40 - 7:00
Thursday 2:00 – 7:00
Friday 8:40 - 5:30
Saturday 9:00–12:00

HAVE AN IDEA FOR THE
NEXT NEWSLETTER?
LET ME KNOW!

THE POSITIVE SIDE OF LIFE

*Living on Earth is expensive, but it does include a free trip around the sun every year.

*How long a minute is, depends on what side of the bathroom door you're on.

*Birthdays are good for you; the more you have the longer you live.

*Happiness comes through doors you didn't even know you left open.

*Don't cry because it's over; smile because it happened.

*You may be only one person in the world, but you may also be the world to one person.

*Some mistakes are too much fun to only make once.

*We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all exist very nicely in the same box

E, F, S – WHAT DOES THAT HAVE TO DO WITH FITNESS?

EFS... Endurance, Flexibility and Strength. These are three areas that you need to focus to achieve maximum health.

Endurance Activities support your circulatory system: your heart, lungs and blood vessels. These are activities that you do for a longer period of time. It is a good idea to begin with light activities and progress to moderate. Pay attention to wearing comfortable clothing and proper footwear. Endurance activities could be walking, housecleaning, walking on a golf course, cycling, skating.

Flexibility Activities are activities which help you to move easily, keeping your muscles relaxed and your joints mobile. Flexibility activities can include mopping the floor, yard work, vacuuming, yoga, tai chi, curling, dancing. Stretch slowly and avoid bouncing or jerking movements, holding the stretch for 10-30 seconds.

Strength Activities help your muscles and bones stay strong, improve your posture and help to prevent osteoporosis. Strength activities are those that make you work your muscles against some kind of resistance. To ensure overall good strength, try to do exercises that focus on the muscles in your arms, mid section and legs. To ensure balance, work on opposing muscles groups i.e. both the front and back of your arm. If you need ideas to strengthen your muscles, try heavy yard work, raking and carrying leaves or weight training routines. If you are going to start lifting weights, make sure you do a light warm up with stretching. Use light weights and high repetitions and pay attention to your breathing. You should exhale during the contraction of the muscle (the hard part of the movement) and inhale as you release the muscle (the easy part of the movement).

As of January 31st,

Only 49 days until spring!

(329 until Christmas!)

NAVIGATING NUTRITION LABELS

How do I know if what I am eating is good for me? In my education, I was always taught to shop around the outside of a grocery store and avoid going through the aisles as much as possible. This may seem odd but when you think about it, food that is in its most natural state is usually found on the perimeter, i.e. fruits and vegetables, breads, meats and dairy. The food located in the aisles has been processed and contains extra sugar, salt, preservatives and food coloring. You can learn a lot about the food that is going into your mouth by reading nutrition labels.

Nutrition Facts table includes Calories and 13 nutrients: Fat, Saturated fat, Trans fat, Cholesterol, Sodium, Carbohydrate, Fibre, Sugars, Protein, Vitamin A, Vitamin C, Calcium and Iron.

Serving Size - It is always a good idea to look at the serving size that is listed and compare it to the amount of food that you eat. For example you may see that a food only has 40 calories but when you look at the serving size and see that 40 calories is for a 1/2 cup and your serving size is 2 cup, you see that you are actually consuming 160 calories.

% Daily Value - Daily Value provides a quick overview of the nutrient profile of the food, allowing product comparisons based on more than one nutrient. It puts nutrients on the same scale (0% - 100% Daily Value).

You can quickly identify the strengths and weaknesses of a food product so that if you are comparing two products you can choose the one lower in nutrients that you want to reduce i.e. sugar, fat and sodium and the one that is higher in the beneficial nutrients i.e. Vitamin A, C, Calcium, Iron and Fibre.

You will often also see nutrition claims from Health Canada. These specify the criteria that a food must meet to qualify for a claim and regulations specify the wording that must be used in nutrition claims to ensure that they are consistent and are not misleading.

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	440
Fat / Lipides	19 g 29 %
Saturated / Saturés	4 g 21 %
+ Trans / Trans	0.2 g
Cholesterol / Cholestérol	35 mg
Sodium / Sodium	860 mg 36 %
Carbohydrate / Glucides	53 g 18 %
Fibre / Fibres	4 g 16 %
Sugars / Sucres	6 g
Protein / Protéines	15 g
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

Keyword	What they mean		
Free	an amount so small, health experts consider it nutritionally insignificant	Reduced	at least 25% less of a nutrient compared with a similar product
Sodium free	- less than 5 mg sodium*	Reduced in Calories	- at least 25% less energy than the food to which it is compared
Cholesterol free	- less than 2 mg cholesterol, and low in saturated fat (includes a restriction on <i>trans</i> fat)* - not necessarily low in total fat	Source	always associated with a "significant" amount
Low	always associated with a very small amount	Source of fibre	- 2 grams or more fibre*
Low fat	- 3 g or less fat*	Good source of calcium	- 165 mg or more of calcium*
Low in saturated fat	- 2 g or less of saturated and <i>trans</i> fat combined*	Light	when referring to a nutritional characteristic of a product, it is allowed only on foods that are either "reduced in fat" or "reduced in energy" (Calories) - explanation on the label of what makes the food "light"; this is also true if "light" refers to sensory characteristics, such as "light in colour"***