



FEATURING

- **Your Back at Work**
- **A Tisket, a Tasket, You Could Win a Gift Basket.**
- **Are You a Candidate for Orthotics?**

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NAC CLINIC HOURS

Tuesdays and Thursdays

8:30-11:30

KITCHENER CLINIC HOURS

Monday 8:45 -1 & 2:30 - 7

Tuesday closed

Wednesday 8:45 -1 & 2:30 -7

Thursday 2:30 - 7

Friday 8:45 -1 & 2:30 - 4:30

Saturday 9-12

YOUR BACK AT WORK

Many back problems are preventable. By following some of the simple tips in this newsletter, you can help your back stay healthy, keeping you on the job! Remember that workplace safety is essential to your good health. Common causes of back and neck pain at work include:

- lifting heavy and awkward loads
- Long periods of sitting or standing.
- Poor posture
- Poorly designed work stations and poorly fitted chairs.

If You Sit All Day.....

Sitting sounds easy on the body, but non-active or sedentary work can also take its toll. Tips include:

- Never cradle the phone between your shoulder and your neck. Hold the receiver in your hand, use a headset or use a speakerphone.

A TISKET, A TASKET, YOU COULD WIN A GIFT BASKET!

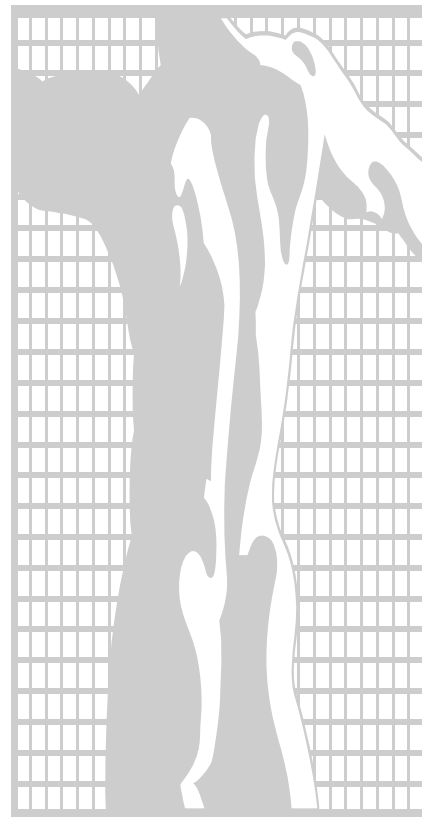
As many of you know, I formerly practiced in Georgetown, Ontario. As of November 1, 2005, I opened my own practice here at 111 Duke Street. I am continuously looking for new patients to join my practice. If you have been happy with the care that you have received, I would appreciate you spreading the word. I also want to thank so many of you for trusting me and referring me to your spouses, your

friends and colleagues, your children and other family members. The ultimate compliment is when you tell others about my office. As a thank you, I am having a draw for a gift basket from **BASKET, SWEET BASKET** (519 743-8433) owned by Stephanie Catcher. www.basketsweetbasket.com. If anyone is looking for a great gift idea, this is a wonderful option. The draw will be held on December 7, 2006. When you refer a patient, your name will be entered into the draw. If you have already referred a patient to me, don't worry, I

have kept track and you will get a ballet for each person that you have referred up to this point. Also, if your work place has a bulletin board or an employee newsletter letter that I could mention my services in, please let me know, as I am always looking for new marketing ideas.



YOUR BACK AT WORK (cont'd. from page 1)



BUT DR. HEAMAN, I FEEL FINE! WHY DO I NEED TO RETURN?

Some people think pain is the only reason to visit my office. I recommend to patients to return periodically for spinal check-ups even if your original complaint has cleared up. Pain or obvious symptoms are often the last stage of a problem. For example: would you go to a dentist, who would wait until you were in pain before he checked you for cavities? Or to a doctor who told you to wait until you had a stroke before addressing your high blood pressure? I would hope not! In many cases a few adjustments

may make you pain free, but that may merely mean that your spinal problem is less severe than when you first came in, but not that you have healed completely. I know many of you would agree that "you felt fine", until I hit a few sore spots during your treatment. So how often you ask?... There is no rule of thumb to how often you should be adjusted. There are many factors which influence this. Are you sitting all day? Are you traveling a lot and sleeping on different mattresses? Are you carrying a baby around all

day? Are you standing all day? Are you experiencing high levels of stress or getting a lot of colds? Your health is an investment. Why coast along until you have pain? When you coast you usually coast downhill. Then, you and I are back to more frequent treatments to resolve your pain. Practice health maintenance and get your spine checked periodically to correct spinal misalignments before they cause you pain and lost time off of work.

**IF YOU DON'T
THINK EVERY DAY
IS A GOOD ONE,
JUST TRY MISSING
ONE.**

~Robert Cavett ~

MISSED APPOINTMENT POLICY

PLEASE NOTE THAT THERE IS A \$ 30.00 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.

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

ARE YOU A CANDIDATE FOR ORTHOTICS?

Did you know that by the time we reach the age of 65, on average we have walked about 65,000 miles? That's once around the world!

So what does that mean to you?

Fact: 80 % of the population of the world walks with some sort of flat footed type gait called pronation. Because the feet are the entire foundation of the body, they do an incredible amount of work each day. The slightest misalignment of muscles and bones in your feet can cause many different problems.

What are the symptoms of faulty foot mechanics?

The symptoms of faulty foot mechanics may begin with:

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

What can you do?

A chiropractor can prescribe foot orthotics to help correct your specific imbalance.

What are prescription orthotics?

Prescription orthotics are custom made insoles that are made to correct your specific foot imbalance. Your orthotics are made from a plaster cast impression taken of your feet. Orthotics work on your feet in the same way braces work on the teeth – by exerting gentle consistent pressure to bring your foot muscles and bones back into proper alignment.

Are they costly?

Most extended health insurance plans cover the cost.

LOOKING FOR A GOOD NIGHT SLEEP?

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.

The Chiroflow® Waterbase® Pillow may provide the solution!

Clinical trials recently conducted at the prestigious Johns Hopkins School of Medicine and published in a medical journal found that the **Chiroflow pillow:**

- *Reduces morning pain intensity.**
- *Increases pain relief.**
- *Improves quality of sleep.**

BENEFITS OF A CHIROFLOW PILLOW ARE:

- 1. It continuously responds to changes in your sleeping position.***
- 2. The firmness can be personalized to your preferred comfort level.***
- 3. It adjusts to fit your shape.***

AVAILABLE FOR \$64.99+PST