



When thinking about your spinal health, envision it as a growing, changing and evolving structure that needs care and support to thrive



Know that scheduling the time for self-care into your busy life increases your likelihood of being healthy enough for all of the other things you have to do

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Winter Thoughts

In January we are excited to be presenting a **Women's Health and Wellness** information night at 6:30 p.m. January, 08, 2014 here in the office.

[Kori Ainsworth](#) will be one of our guest presenters, in the office, to talk to women about achieving wellness and the benefits of Luobuma products.

[Sonya Tonkovich](#) will be another presenter demonstrating yoga techniques for women sitting and working through the day so we can optimize blood circulation and maintain self-care between chiropractic adjustments and massage treatments.

It is our expectation to host a variety of keynote speakers and health-filled conversations throughout the year with topics geared to reflect the interests of our diverse client base. We have already had a commitment from a Craniosacral Therapist and a Shaitzu Massage Practitioner to come in and speak with us on a topic later in the year.

What we would like to ask you to let us know is, what would you like to learn more about? Do you have a special skill that you would like to be able to speak about? We open the doors to all and would love to know the kinds of topics you would like us to address.

Ask us for more information about our Health and Education Sessions

Pensive Moments with Dr. Rod

Where does wellness come from? This is the root of the commonly threaded questions posed to me by countless patients over the past twenty years. Patients often ask me questions that pertain to their health and more importantly their wellness. Everyone is looking for a shortcut. They want a simple solution to a complex question. Mass marketing campaigns inundate us with "new" information telling us what to do and what to consume. What used to be good for us is now bad. The gospel they preached to us two years ago is now outdated. Nutritional supplements that were once effective are now replaced by 'new and improved' versions. This "revolutionary" information then leads to the hot topic of pharmaceutical drugs. Their lifestyle drugs are to ensure your survival (that's how they want you to perceive them) and guarantee that you are able to live into your senior years.

It is certainly overwhelming. How do we know what the right decision is? As a chiropractor I am biased. That said, I have had 20 years of clinical experience on the power of a wellness approach to your health and more importantly your wellbeing. Achieving wellness comes down to a few simple concepts. Exercise, eat well and have your spine checked for subluxations. You already know the first two concepts however some of you may not practice them regularly. By the sound of them the first two concepts are not anything special or magical. The problem is they are hard work and they require your commitment and willpower to execute. As for the third item, it may sound very complex, but it is actually the most fundamental concept of natural wellbeing. B.J. Palmer, the developer of chiropractic, said "the concept is so simple most people will not understand."

Subluxations in your spine interfere with your nervous systems ability to communicate between brain and body. Nerve interference causes an interference that restricts nerve flow to all systems of your body. The lack or diminished nerve flow results in your body not functioning to its fullest potential.

So the next time you are not healthy or you are not happy with your overall 'health' make a 'wellness' decision and have your spine adjusted. My last twenty years of practice and two children, who have never had medication for any illness, is certainly enough reassurance that a chiropractic lifestyle is a wellness lifestyle.

Winter Vacation Schedules:

Dr. Rod Kirk will be out of the office
MARCH 07-16, 2014

Dr. Richard Zavitz will be out of the office
MARCH 15-23, 2014

Rhonda Sparks will be out of the office
JANUARY 27-31, 2014

Services Offered at Millrose Chiropractic:

- Chiropractic Care
- Active Release Techniques
- Custom Foot Orthotics
- Cold Laser Therapy
- Surface Electromyography
- Deep Tissue & Therapeutic Massage
- Pregnancy, Infant, Sport & Relaxation Massage
- Bowen Therapy
- Health Information and Education Workshops

**START 2014 OFF THE BEST WAY
POSSIBLE, WITH REGULAR
CHIROPRACTIC ADJUSTMENTS AND
MASSAGE!**

Wise Words from Dr. Rich

Happy New Year everyone! My hope is that 2014 will be your happiest, healthiest and most prosperous year ever. I wanted to share the following poem which I think conveys a wonderful positive philosophy of life. It is by one of my favourite poets and it resonates with the words of the wise promoter of chiropractic - Dr. BJ Palmer who said "You never know how far-reaching something you may SAY, DO or THINK today may affect the lives of countless thousands tomorrow." I hope you will meditate on its meaning and use it to make 2014 the best year for you and your family.

You Can Never Tell

You can never tell when you send a word
Like an arrow shot from a bow
By an archer blind, be it cruel or kind,
Just where it may chance to go.
It may pierce the breast of your dearest friend,
Tipped with its poison or balm,
To a stranger's heart in life's great mart
It may carry its pain or its calm.

You can never tell when you do an act
Just what the result will be,
But with every deed you are sowing a seed,
Though the harvest you may not see.
Each kindly act is an acorn dropped
In God's productive soil;
You may not know, but the tree shall grow
With shelter for those who toil.

You never can tell what your thoughts will do
In bringing hate or love,
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the universe –
Each thing must create its kind,
And they speed o'er the track to bring you back
Whatever went out from your mind.

Ella Wheeler Wilcox

**DR. ZAVITZ IS COMMITTED TO
ONGOING EDUCATION AND WILL
BE ENROLLED IN ADDITIONAL
A.R.T. TRAINING IN FEBRUARY!**

Relaxing Reflections by Rhonda

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.

Massage therapy benefits people of all ages. While it benefits the injured, ill and the stressed, the strength of massage therapy in preventing illness and conditions before they develop cannot be overlooked, Massage therapy can be used in the treatment of both acute and chronic stages of conditions.

The following is a list for which massage therapy, when provided by a Registered Massage Therapist, can prove beneficial.

Anxiety and Depression	Asthma and Emphysema
Back, leg and neck pain	Cancer
Carpal Tunnel Syndrome	Chronic Fatigue Syndrome
Dislocations	Fibromyalgia
Fractures and Edema	Gastrointestinal Disorders
Headaches	Inflammatory Conditions
Insomnia	Kyphosis and Scoliosis
Multiple Sclerosis	Parkinson's Disease
Muscle Tension/Spasm	Palliative Care
Post-surgical rehab.	Pregnancy/Labour support
Sports Injuries	Strains and Sprains
Stress & related conditions	Stroke
Tendinitis	Whiplash

Therapeutic Massage is an important part of your health maintenance plan, by: reducing/eliminating pain, improving joint mobility, improving circulation, improving immune system function, increasing lymphatic drainage, reducing depression/anxiety, reducing tension within muscles and increasing body awareness.

Millrose Family Chiropractic News

Winter 2014

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Our Service Providers

Chiropractors

Dr. Rodney Kirk B. Sc., (H.K.) DC
Dr. Richard Zavitz DC

Registered Massage Therapist

Rhonda Sparks, RMT

Office Manager

Samantha Leeson

Chiropractic Health Assistant

Lori Mitchell

Our Office Hours

Chiropractic M-F 9:00 – 12:30
3:00 – 6:30
Sat 9:00 – 10:00

Massage Therapy and Bowen

M,T,W 8:30 – 12:00
3:00 – 7:00
Fri 8:30 – 3:00

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