



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

Millrose Chiropractic Clinic

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Spring Thoughts

On **Wednesday, April 9th** at **6:30 p.m.** Dr. Rodney Kirk will be presenting a free seminar about "**Finding Your Purpose.**" Details of how he intends to be presenting this topic to you will be found on our web site and Facebook page in the coming days, so please be sure to like us there AND contact our office to register.

On **Wednesday, May 14th** at **6:30 p.m.** a representative from Burlington's **Breast Cancer Support Services** will be in the office to teach all of us how to perform breast self-examinations and to advise us as to the signs and symptoms of Breast Cancer. Remember that this is a terrifying illness that affects young and old alike, women AND men too! **RSVP** that you plan to attend and let me know if you are bringing a friend and/or family member.

Janice is the representative from BCSS who is coming in to speak with us and her workshop will cover:

- Facts about women's cancers and health
- Risk factors and statistics
- Nutrition and Health tips
- How to protect yourself
- Screening tools
- Resources available at BCSS

While there is no fee for attending either of these seminars, we are recommending that those who do attend plan to donate a minimum of \$5.00 to the collection that we are raising for Burlington's Breast Cancer Support Services. Money the BCSS raises goes towards ensuring that those people who need their help are able to receive it.

Pensive Moments with Dr. Rod

Am I well at this moment?

Am I healthy 30 seconds before a heart attack, toothache, headache or backache? If you answer yes to both of these questions then let me ask you this; do you understand wellness?

This is a common thread of discussion in our office both now and through our many years in the clinic. We often speak of our abilities to aide you in achieving *OPTIMAL* wellness but all too often your busy lives push you to simply *maintain* instead of striving for more.

Wellness is a state of optimal health relating to the balance of the mind, body and spirit and the communication between them. Many people fail to realize that if they have subluxations they are unable to achieve wellness. Subluxations are what chiropractors treat. They are misaligned areas of the spine that irritate spinal nerves interfering with the way the nervous system reacts to the world around us.

Did you ever wonder how your brain communicates with your heart, lungs, intestines, muscles and all other organs? Well, the master controller of our bodies is the nervous system and it is essential that this system work to its full potential in order to achieve a true expression of natural health.

Chiropractic care removes subluxations to ensure proper communication between the brain and all other organs. So, how do you know if you have a subluxation if you do not have any pain? A spinal screening with our MYOVISION™ technology will produce a quick, non-invasive visual display for you and your family on whether you have subluxations or not.

It is our commitment to work WITH you and your body to help you be the very healthiest you can be!

Empower your natural expression of health – get your subluxations removed!



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
APRIL 24 - 29, 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

SPRING IS THE SEASON FOR NEW GROWTH SO GROW NEW CHANGES IN YOURSELF AND COMMIT TO OPTIMAL WELLNESS WITH US!

Wise Words from Dr. Rich

Sitting is the New Smoking

New research shows a strong link between too much sitting and disability which adds to growing recognition that "Sitting is the NEW Smoking." Hopefully though, it won't take decades for people to understand the health risks associated with something once thought so harmless.

A study recently published in the Journal of Physical Activity and Health found that for those aged 60 and older, every additional hour per day spent sitting is linked to a doubling of the risk of disability, regardless of the amount of moderate exercise the person gets. Disability means limited ability to do basic activities such as eating, dressing, bathing, getting in and out of bed, and walking across a room. While previous research has shown that a lack of exercise is a risk factor for disability, this is the first study to clearly illustrate that sitting, in itself, is also a risk factor.

This finding means that older adults need to reduce the amount of time they spend sitting, whether in front of a television or computer, regardless of how much moderate activity they do. Although the study looked at adults 60 years of age and older, I would say that this same wisdom also applies to younger adults. There is more and more research to show that too much sitting contributes to obesity, heart disease and diabetes (and from my viewpoint, sitting is a major contributor to low back pain - the leading causes of disability!)

There are some unique things about sitting that could contribute to poor health – muscle inactivity and decreased blood circulation but I think it is the stress to your nervous system which concerns me most. When I talk about PHYSICAL STRESS, most patients think about car accidents, falls or sport injuries but sitting is a physical stress because it places the most pressure of any posture on the lumbar spine and nerves. This lowers your health potential even if you don't have low back pain. Doing an hour of exercise a day is good for your well-being but it doesn't necessarily counteract the damage you are doing by sitting for the eight hours previous.

Whereas smoking is avoidable, sitting is inescapable when so many people commute and have desk jobs. A good recommendation is the 20-20 rule. Every 20 minutes sitting, get up and move around for 20 seconds to build in tiny bits of physical activity throughout the course of the entire day and minimize the physical stress on the spine.

Cheers, Dr. Z

PS. The effects of 2nd hand sitting were not discussed in the study. LOL

Relaxing Reflections by Rhonda

Want an easier way to lose fat? Stop starving yourself, counting calories, or eliminating your favorite food groups. *Those extreme techniques only burn you out and leave you more frustrated than ever.*

I bet if I sat on your shoulder and watched your daily routine, I would be able to identify at least 5 areas where you could make simple changes that would help you lose unwanted pounds, effortlessly!

The truth is that real fat loss comes with lasting, healthy lifestyle changes. You'll get to your goals quicker when you stop making these 5 Lifestyle Mistakes:

Lifestyle Mistake #1: Lack of Sleep. Most adults need an average of eight hours of sleep each night. When you don't get adequate amounts of rest, you're more likely to be hungry, overeat, and gain weight.

How does lack of sleep affect weight gain/loss?

If you're tired, you won't feel like cooking a healthy meal, and you'll opt for fast (fattening) food instead and skip the gym not to mention that sleep deprivation causes your metabolism to slow down..

Lifestyle Mistake #2: Too Much TV Time. Many people are in the habit of sitting in front of the TV for hours on end after a stressful day at work.

If you must watch the evening news or see your favourite show, use the time to burn a few calories. Keep some hand weights next to the couch and work your biceps and triceps. Stand up and do some squats or lunges to work your legs and buttocks. Get on the floor and do some sit-ups to tone your abs or push-ups to tone your arms.

Lifestyle Mistake #3: Skipping Breakfast. Want to know a secret to successful weight loss? Eat breakfast! Try cutting calories by skipping breakfast, and you'll be excessively hungry by mid-morning. As a result, the healthy calories you would have eaten at breakfast are replaced with calorie-filled snacks and an over-sized lunch.

Lifestyle Mistake #4: Drinking Too Much Sugar. At the first sign of hunger, don't grab a snack or calorie-filled drinks. Instead, grab a glass of water.

Lifestyle Mistake #5: Not Doing the Right Physical Activity. Weight loss is about burning more calories than you consume. Add or increase the amount and intensity of physical activity in your daily life in 30-60 minute intervals every day and the results will appear like magic!

Millrose Family Chiropractic News

Spring 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

Danielle VanderSteen

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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