



Whitby Chiropractic Centre

Health Newsletter – December 2008 Edition

Ever thought a needle could make you feel better?

Well, acupuncture is an ancient Chinese system that is used to stimulate natural painkilling aspects of your body and stimulate healing. Acupuncture has been used for over 3000 years. It can be used to treat everything from general stress to sprained knees and back spasms. Surprisingly, most conditions respond to acupuncture. Acupuncture is often used in conjunction with chiropractic care to optimize healing resulting in increased wellness.

Careful shoveling that snow!!

As the twig is bent, so grows the tree.

Always keep in mind how connected your emotions are with your body, and how emotional stress can all-too-easily contribute to physical ailments. Acknowledging your stress is absolutely vital – be honest with yourself, about how and why you are feeling uncomfortable. Understanding problems as thoroughly as possible is always the key to making solid decisions that fix them well.....we often don't have a choice in the stresses that come into our life, but we have lots of choice in how we deal with them.

Stressed? Stiff? Tense?

Fatigued? Aching and sore?

Zen Shiatsu can be effective for a wide variety of health conditions. Zen Shiatsu therapist Tina McLeod is available for appointments on Mondays through Thursdays at 2:00, 3:30, and 5:00. Please call our office to book your appointment.

Boost your immune system this winter:

- Try eating Asian mushrooms like shitake or oyster
- Add garlic and onions to your dishes
- Increase your intake of Vitamin C containing foods such as broccoli, tomatoes, berries, citrus fruits and peppers
- Increase your water intake

Every bit helps. It's a long way till Spring!

Holiday Hours:

Monday December 22: 1:00 to 6:30
Tuesday December 23: 9:30 to 12:00 and 2:00 to 6:30 for animal care
Wednesday December 24: 9:00 to 11:30
Closed December 25 and 26
Monday December 29: 1:00 to 6:30
Tuesday December 30: 9:30 to 12:00 and 2:00 to 6:30 for animal care

Wednesday December 31: 9:00 to 11:00