

# Whitby Chiropractic Centre

## Health Newsletter – Fall 2009 Edition

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### It's that time of year...

Now is the time to think about pulling those annuals, raking those leaves and bagging those bushes. Gardening in the fall presents different problems than in the spring. Instead of digging and bending over planting, you will be doing more pulling and twisting.

Ways to prevent injury:

- ▶ wear layers of clothing so you can regulate your temperature more easily.
- ▶ stretch before and after gardening.
- ▶ wear gloves and a hat.
- ▶ use tools that help make your task easier and faster, such as wheel barrows and long handled clippers.
- ▶ garden in small spurts rather than for hours at a time.
- ▶ stay hydrated, you are working out!!

If you injure your back seek out a tune up with chiropractic care.

You never would start running by entering a marathon for the first time, so don't be a super hero with your gardening. Slow and steady wins the race!

### Just a Thought...

"When it comes to setting goals, if it doesn't scare you, then it's not really a goal"

- Bob Proctor

**We have a new website!**

**Please visit us online at:**

**[www.pawsandpeoplechiro.com](http://www.pawsandpeoplechiro.com)**

### The Whitby Chiropractic Center has a new service to offer: Homeopathic Care From Whitney Collins, HD!

Homeopathic remedies are safe and gentle, due to their method of preparation. Remedies stimulate the body to heal itself and can be used in conjunction with conventional medicine. Remedies can be made from plant, animal or mineral matter such as club moss, bee venom, or sulphur.

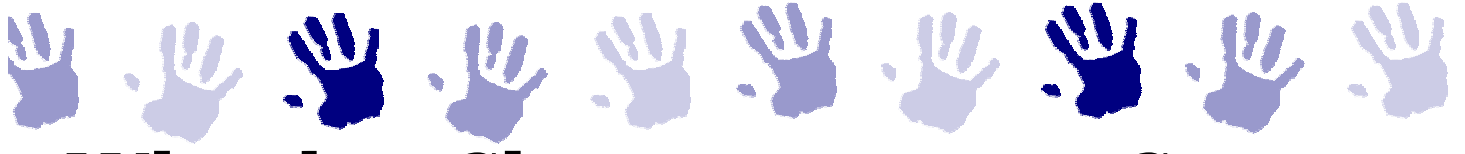
Homeopathy was founded by Samuel Hahnemann in the 1800's. Many people think that Homeopathy is new medicine, but it has been around for 200 years. Homeopathy treats the whole person, not the name of the disease, and takes into consideration mental, physical and emotional symptoms. Because of this, it can be effective with any health concern you may have.

**Stay tuned for more information to follow.  
In the meantime, please call for  
appointment times and additional  
information.**

**Zen Shiatsu therapy** is a powerful complement to your current Chiropractic care. The majority of our current Shiatsu patients also receive Chiropractic treatments at the Whitby Chiropractic Centre (Zen Shiatsu treatments are offered during the same hours as Chiropractic.)

Ask today about how including Zen Shiatsu treatments in your health care regime can help your body heal naturally and help you feel well again!

For further information, please visit [www.ZenShiatsuTherapy.ca](http://www.ZenShiatsuTherapy.ca), or email Tina at [info@ZenShiatsuTherapy.ca](mailto:info@ZenShiatsuTherapy.ca)



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