



# Whitby Chiropractic Centre

## Health Newsletter – Winter 2010 Edition

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### Has Spring Sprung?

Even though it has been an “easy” winter, things to consider for your dog:

1. Paws may have been injured from the winter salt/sand. Wash their paws when you come inside or use booties or protective creams.
2. Put a protective coat or clothing on your dog to keep them warm. It is still cool in the early morning and evening.
3. Shorten your walks and try and go during the warmest part of the day.
4. The ground is still frozen and uneven, careful on grass.

For the two legged friends:

1. Still wear mitts, hat and warm boots, etc. Layer your clothing, but avoid over sweating and getting wet, as cold can set in quickly. It is easier to take off a layer than add one.
2. Take shorter walks, especially if inactive over the winter.
3. Now it is warming up, stretch and take breaks if walking further or faster.
4. Stay hydrated.

Most of us know that when we are cold, whether it is getting out of the shower or getting out of our car in the winter, we tighten up our shoulders and neck and we hunch over to stay warm. This can lead to stiff and sore shoulders.

Consider a chiropractic tune up for both you and your pet. You can stay healthy and safe all year long.

Don't just grin and bear it, take care of yourself and you can enjoy the all the seasons.

### Feeling rundown or stressed?

Time for some pampering? Zen Shiatsu treatments are an excellent addition to your health care routine, and can help you be at your very best for 2010.

There are different health conditions specific to the winter months that Shiatsu is wonderful at helping to relieve. Stiff and sore backs/necks/shoulders are

especially commonplace at this time of the year from “winter work” -- shoveling snow and chipping away ice. Chronically tight, sore muscles are one of the most common conditions that people seek out Shiatsu treatments for. Shiatsu is also very effective at lowering stress levels and building immune function, which is ideal for people who are prone to illness during the colder months. Emotionally, this can be a hard time of the year, too -- low light levels can cause feelings of fatigue and depression, or contribute to mood swings or insomnia. Because Shiatsu treatments aim to balance you on all levels, emotional symptoms are treated along with your physical ones, which creates a much better feeling of overall wellbeing after the treatment.

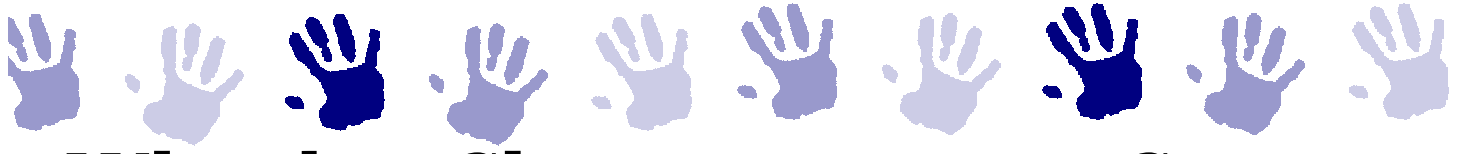
We also specifically encourage people to think preventatively when it comes to taking special care of yourself over the winter -- regular Shiatsu treatments will help keep your body in better condition so you are better able to deal with the extra work and burdens that winter brings! Resolve to take good care of yourself and it will make dealing with winter an easier process, as well as (most importantly!) preventing further unnecessary illness or injury.

To learn more about what Zen Shiatsu treatments can do for you, call the clinic today to set up a free 10 min consultation (done either at the clinic, or over the phone) with Zen Shiatsu Therapist Tina McLeod. We'd be happy to answer your questions about what Zen Shiatsu can do for you!

### Just a Thought...

This bright new year is given me  
To live each day with zest  
To daily grow and try to be  
My highest and my best

William Arthur Ward



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Remember those New Years' resolutions you made? Watching the Olympics from Vancouver has made us proud and once again resolve to be our personal best.

To help you meet your goals, Whitney Collins, Homeopathic Doctor has extended her 25% off special until March 31st. Regularly priced at \$165, now your first appointment is \$123 and includes a 1.5 hour assessment and nutritional analysis as well as a 15 minute follow-up visit. Call the Centre to book your appointment with Whitney.