



# Whitby Chiropractic Centre

## Health Newsletter – Winter 2012 Edition

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### Winter, is it here yet?

As much as we have all enjoyed the lovely warm weather and bright sunshine, occasionally interrupted by some rain, we are barreling down on the winter season.

Cold wind, wet and rainy weather is on our doorstep and soon snow will cover the landscape. One day is warm and the next cold. Therefore we must cover up and arm ourselves with tools which will help us stay healthy throughout the winter season, such as:

Wear layers of clothes, hat mitts, scarf  
Washing your hands  
Covering your face when you sneeze and cough into your arm  
Getting a lot of sleep  
Eating a well balanced diet  
Taking supplements if necessary.  
Seeing your chiropractor!

Yes, chiropractic adjustments stimulate the body to heal and balance itself. When the spinal nerves have tension on them from muscle stiffness, stress, poor diet and lack of sleep, we become tired and run down and therefore more apt to catch a cold or flu.

Chiropractic adjustments help to balance out the nervous system and therefore the entire body. This leads to better healing and performance internally. The stronger we are the less likely we are to get sick!

5 tips for staying healthy and happy over the holidays by Homeopath Whitney Collins

- Get lots of rest. Its very easy to over-do it at the holidays and sacrifice some sleep, but when you

get run down you are more susceptible to getting sick.

- Stay hydrated. Water or unsweetened fruit juice are the best. (Your body weight in pounds, divided by 2 equals the number of oz of fluid you need to drink every day) Remember, that for every caffeinated or alcoholic beverage you drink, you should be taking two more 8 oz servings of water to stay hydrated.
- You will be confronted with lots of goodies. It's ok to indulge a bit, but remember the 80/20 rule. If you eat a great diet 80% of the time, its ok to indulge or allow yourself a treat up to 20% of the time.
- Get outside. A walk around the block will invigorate you with fresh air, and some sunshine which can help protect you from the effects of Seasonal Affective Disorder. It's also a great way to de-compress from any stress the holidays may hold for you.
- Take charge of your health. See your Homeopath and Chiropractor to find out how to get and stay healthy before you get ill.

Just a Thought...

There is no beauty but the  
beauty of action.

Proverb

Dogs love to play in all weather conditions. If you are going out in this varying weather, make sure that you have a drink for them and adequate clothing. All dogs have different needs in different weathers. Remember that they can get cold quickly, just like you. Provide a coat or blanket for them and layers work for dogs as much as for



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people. When they come in wipe them down so they don't get chilled.

Enjoy this season for yourself and pets.

Maintaining a balanced diet is important. Eat plenty of fruits, vegetables, whole grains, and proteins such as lean meats, fish, beans and lentils, which will help to build a stronger immune system.

Don't forget that the office has available for purchase many vitamins and supplements for your health needs. Ask Dr. Ely, Whitney Collins or the front desk staff what we carry.

Thank you and we wish you a happy and healthy New Year.