



MY Health Page is published by Mulock & Yonge Chiropractic Health & Wellness Centre
 16775 Yonge St. Suite 214
 Newmarket, Ontario
 (905) 898-6644
 mychiropractic@on.aibn.com
 www.mychiro.org

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March

Randie is away
 March 9th-27th

Dr. Darren Away
 March 15th-20th

Yoga with Dr. Val

@Yoga Source

Tuesdays
7:30—8:30am

March 17th is

St. Patrick's Day!

May the luck of the Irish be yours!

NOTE TO PATIENTS:

Tuesdays 11:15am-1:15pm we are training as part of our commitment to ongoing improvement. The clinic is closed at this time and voice messages will be returned after 1:15pm.

SPRING CLEANSING

For your Body, Mind and Spirit

What is a cleanse?

-A program aimed at enhancing the function of your elimination organs.

5 things to do DAILY to support your organs of elimination.

1. Breath fresh air.
2. Drink clean filtered water.
3. Eat a healthy diet.
4. Move your body.
5. Rest

To cleanse or not to cleanse...

It's never too early or too late to start taking good care of your body and health! Even if you already take good care of yourself, cleansing is still a good idea to eliminate unwanted toxins from your body! See pg.2 for info. on the Ion Cell Cleanse.

A Note From The Naturopath

Eat Your Words - A Talk On Nutrition

March is National Nutrition month. Ironically this also coincides with spring break and the realization "I'm going to be wearing my swim suit in how many months?!?" A terror which sends even the most health conscious of us scrambling for the latest get-fit-quick gimmicks. According to Traditional Chinese Medicine spring is the time your liver and gallbladder are most metabolically active. This is a fortunate coincidence, as cleansing these organs will not only improve your energy, digestion, vitality and overall health, but it will help in your weight loss efforts as well.

Although there are many ways to cleanse the liver and gall bladder, nutrition plays a very important role. Drinking the juice of a freshly squeezed lemon in warm water each morning will help get the bile squirting and therefore is beneficial in cleansing both the liver and gallbladder. Dandelion, endive and other bitter lettuces will also achieve the same results. Oranges and fresh orange juice have been shown to stimulate liver enzymes which help eliminate toxins from the body. This not only cleanses the liver, but can help prevent cancer causing by-products of foods from harming the body. Be sure to avoid coffee and grapefruit however, as these shut down the very same enzymes in the liver (this is why you are told not to drink grapefruit juice with certain heart medications). For best results cleanses should be performed under the supervision of a health care practitioner who can individualize your regimen and determine the safest route for you.

Ask front desk to book your appointment with Dr. Val today!

Is your body clean and fresh for the season?

As spring is approaching we look forward to a clean fresh start. Cleansing at least twice a year is a habit everyone should acquire as this allows for better general function of the body, removes excess toxins that have built up from food, pollution, workplace, water and more. When the city has a garbage strike, the garbage piles up, it is difficult to move around it, it rots, begins to smell, similarly that is what can happen to you.

It may be hard for people to realize that we always have toxins in our bodies, no matter how healthy you are, the mere fact that our cells and organs shed garbage continuously means that we have a certain level of toxins in our bodies at all times. Therefore it is vital to help your body stay in balance, maintain good health and function by making sure the body is clear of any accumulation of toxins "garbage".

An **Ion Cell cleanse** is a very simple and effective way to remove these toxins, quickly, comfortably and easily. This simple foot bath can actually be used for acute issues, once a day (as directed by therapist) or for maintenance once a month. During a 30 minute session, the ions enter your body and begin to neutralize the tissue acid wastes that your body has stored due to diet, environment and stress. This process is called reverse osmosis; this process draws toxins from the entire body. Our therapist has 3 years of experience with over 1000 cleanses provided and has accumulated enough information and testimonials to prove the Ion Cell cleanses worth. We also offer a Cleanse Package which includes Reflexology as part of your treatment, this helps to enhance the results of the cleanse.

The **benefits of cleansing**; Liver detoxification, purge heavy metals, internal cleansing with full body purge, improve sexual health, pain relief, improve memory and sleep, kidneys and parasite cleanse, skin problems, arthritis aches, inflammatory conditions, blood circulation, drainage of lymph system and swollen glands, menopause/PMS symptoms, menstrual cramps, menstrual irregularity, improves metabolism and so much more.

Come in for your free 15 min consult with Nancy and start your spring cleaning today. And look for demonstrations of the Ion cleanse at the **Newmarket Home Show March 26,27 and 28** at our booth. Further information can be found on our website www.mychiro.org and at the clinic.

A Goodbye from Dee

I would like to thank each and every one of you who have made my time here so amazing. I will miss all of your smiles and greetings more than you know but these will sustain me through this difficult family time. I wish you all health and happiness.

-Dee

March is National Nutrition Month!

Lets celebrate by eating right!

Did you know? ...NUTRITION FACTS:

Drinking two or more soft drinks per week nearly doubles a person's risk of developing pancreatic cancer, says a new released study that followed over 60 000 people for a period of 14 years.

