



# BackTalk



A Monthly Newsletter by the Chiropractic Health Centre  
586 Oxford St. East. London, Ontario

September 2012  
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## October 16<sup>th</sup> is "WORLD SPINE DAY!"

Office hours for  
Thanksgiving Weekend are:



**Saturday October 6<sup>th</sup> Closed**  
**Monday October 8<sup>th</sup> Closed**  
The office will be *open all day*  
**Tuesday October 9<sup>th</sup>**  
**8:30 – 12:00 and 2:30 – 6:00**

*Who do you know that would  
benefit*

*From a Spinal check-up?*



We are having a  
**C.O.W!**



**Chiropractic Opportunity Week!**  
**October 15<sup>th</sup> to October 20<sup>th</sup>**

We invite your family, friends and co-workers to come take part in this event to have their spines checked. During this week, those that you refer will receive their initial visit at no charge, AND to show our gratitude, you will receive a complimentary adjustment.

## *Chiropractic Care Has Been Helping Families for Years*

Chiropractic care has been helping families for years. Many patients see their chiropractic doctor as their family doctor. That's smart. The cost of surgery is rising. The adverse reactions to drugs receive front-page news. Families want safe and natural solutions. More and more people are choosing chiropractic care first.

Family care can start from the very beginning. Babies can benefit when their pregnant mothers receive chiropractic care. During this period of weight gain and hormonal changes, many mothers seek chiropractic care. They often report easier births.



Newborns, infants and children can benefit, too. The birth process may be the cause of our first spinal misalignment! Then, learning to walk, ride a bike or play sports can produce so-called growing pains. Ignored, these problems may worsen until they can become more difficult to correct as an adult. Seniors enjoying an active retirement stop by our office, too. Safe and natural chiropractic care makes sense. They see how the structure of the spine can affect the nervous system and how their body works. **Regardless of your age or condition, a better working spine is good for your health. Share your chiropractic experience with others by starting with those you love.**



# Avoid These 7 Scary Food Ingredients

When trawling the grocery store aisles on the hunt of healthy foods, most of us will turn to the Nutrition Facts panel when scanning food labels.

**We say: start with the ingredients. Because really, if there are any harmful ingredients – which we call the ‘Scary Seven’ – then it doesn’t matter how much fat and calories a product has.**

There are seven key ingredients that shoppers should strive to avoid in all their shopping purchases.

They are:

- \***High-fructose corn syrup**
- \***Trans fats**
- \***MSG (Monosodium glutamate)**
- \***Artificial sweeteners (this includes aspartame, Splenda, Nutra sweet, etc.)**
- \***Artificial colours (any type of artificial dyes such as Yellow #5, Red #1, etc.)**
- \***Artificial flavours**
- \***Preservatives**

**These seven ingredients wreak havoc on the immune system.**

The first of the ‘Scary Seven’ – **high-fructose corn syrup** – often turns up in food we might think of as healthy, such as granola bars. It’s sometimes even hidden and listed as “glucose-fructose,” but it’s the same ingredient. High-fructose corn syrup is a cheap sugar that food companies use but that comes at a high cost to our bodies and our health. High-

fructose corn syrup causes obesity, insulin resistance (which is the step just before Type 2 diabetes) and heart disease. So these are important reasons why we want to stay away from this cheap sugar.

**Trans fats**, too, have been linked to heart disease, diabetes and cancer, which is why most researchers say there is no safe limit of trans fat in our diet. But the problem is that a food that says it has zero trans fat can actually contain it anyway. There is a loophole in Canada that says if a product has less than 0.2 grams of trans fat per serving, they’re allowed to write “zero” on its Nutrition Facts label. So this is another reason why we need to read the ingredients first. Shoppers need to be on the lookout for such words on the ingredient list as ‘partly hydrogenated,’ ‘shortening,’ or ‘hydrogenated.’ All three of those terms mean they have trans fat in the product.

**Monosodium glutamate** is another ingredient to avoid and another ingredient that can hide under other names, such as ‘autolyzed yeast extract’. The reason why we want to stay away from MSG is that it’s a flavour enhancer, so it makes us want to eat more. It is also a trigger for migraine headaches.

**While it’s nearly impossible to avoid these ingredients completely, especially if we eat out, shoppers should learn to look for these ingredients and avoid them as much as possible.**

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## *The learning never stops!*

Dr. Paul, Tammy and Dawn will be attending a three day Parker Chiropractic Seminar in Toronto this month. The purpose of the seminar is to continue learning and growing in the exciting field of Chiropractic. We will be attending a focused series of lectures and instruction. The workshops will provide the latest tools and technology in the profession. Our goal is to provide you with the highest standard of chiropractic care and to demonstrate our real concern for your health and our commitment to enhancing your chiropractic experience.



**The office will be closed:  
Thursday September 20<sup>th</sup> to Saturday September 22<sup>nd</sup>  
We will re-open on Monday September 24<sup>th</sup>**

**8:15am - 6:00pm**



***To accommodate for our office closure during the seminar, we will be extending our office hours on  
Tuesday September 25<sup>th</sup>  
8:15am – 6:00pm***