

## PAIN FREE LIVING

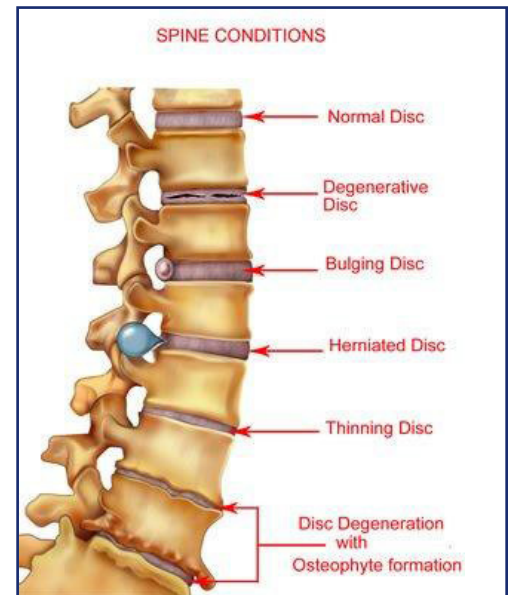
## Back to Basics

The spine supports the weight of the upper body and the functional stress imposed by the lower body, therefore, it is the largest and most vulnerable structure in the human body. As we become largely sedentary and relatively immobile muscle atrophy occurs as does diminished muscle tone, bulk and flexibility.

Good posture becomes increasingly difficult and the spinal column literally collapses. This degeneration creates numerous biomechanical imbalances increasing stress on the discs and ligaments so that the spine is no longer supported by vibrant musculature. The result is pathological conditions (osteophyte formation, scar tissue, inflammation, joint contracture) leading to pain and restriction. As degeneration continues more ominous events are likely; disc herniations, stenosis, etc.

Prevention and maintenance practices should include exercise to increase muscle strength and flexibility; 30 minutes per day, vigorous but age appropriate. Be sure to include a balanced diet and stress management practices.

Conventional therapy (drugs, cortisone, ultrasound, ice, IFC, etc.) currently in



use act to modulate the symptoms but do not effectively cure the pathology. The most promising, currently available treatment option is Low Intensity Laser Therapy (LILT). The therapy converts light to biochemical energy resulting in normal cell morphology and function – symptoms disappear.

We are often asked by patients “Why doesn’t my doctor know about this?” as they begin to feel pain-free for the first time in a long time.

## Physiotherapy now available!



We would like to welcome Tony Vu to the clinic. He has been practicing as a physiotherapist for ten years and has come highly recommended. He

graduated from The University of Western Ontario with a Bachelor of Science in Physical Therapy (2001).

Tony has worked primarily in multidisciplinary clinics specializing in McKenzie Concept (mechanical diagnosis and therapy), Mulligan Concepts (mobilization with movement) as well as Acupuncture Techniques.

We are excited to be adding physiotherapy services to the Clinic in order to complement our mission – Pain Free Living.

Tony is a great addition to the team!

## TIPS

### Vitamin E:

Functions as an antioxidant, aids in anti-inflammatory processes and enhances immunity.

Provided by numerous foods; nuts, seeds and vegetable oils are among the best sources. Significant amounts are available in green leafy vegetables and fortified cereals.

The recommended daily amount for adults is 15mg or 22.4 IU.



# Join us for our Annual Charity Massage Event

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in Town**  
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## Congratulations Elizabeth!

Elizabeth has successfully completed the Ontario Board Exams and is now officially a Registered Massage Therapist with the CMTO.

She has been an outstanding component of the clinic for the last 2 years on the reception desk and we are delighted that she will now be practicing as an RMT at our side as well.

We are very proud of her accomplishments and determination. Congratulations and Welcome!



## Manage, Eliminate Allergies

Leslie Solomonion B.Sc. (Hons.), ND.  
Doctor of Naturopathic Medicine

The air is crisp, and filled with the sounds of crunching leaves, geese flying south ... and sneezing. It must be fall. If you are suffering from itchy eyes and a runny nose this autumn due to seasonal allergies, keep reading!

You can't put yourself in a bubble for the season, but you can work to clear your nasal passages of allergens. Rinsing the nose and throat twice daily with saline can be effective at reducing allergic symptoms and the use of antihistamines. Nasal irrigators and neti pots are widely available at most pharmacies and health food stores, and are safe and effective for use in all individuals. Be patient – it can take a few weeks of regular use to see results.

The educated use of a good quality probiotic and immunomodulating herbs (eg. Astragalus) can help retrain the immune system so it is less likely to overreact to something that is harmless. Improvements in diet, sleep habits and stress management can contribute physiologically to healthier immunity as well. Come see us for an assessment and an individualized plan.

The best news of all? The same techniques can work to prevent and treat the common cold! Happy rinsing!

References available on request.

### Now Open Sundays!

**Massage Therapy  
Appointments  
are now available on  
Sundays from  
10 am - 3 pm.  
Book Today!  
Don't Forget! We  
are open Saturdays  
from 9 am - 6 pm.**

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