



SNOW AND ICE...

pillars of health

Well, it's about that time again. Dust is blown from the skis, snowboards and skates. Flurries are no longer part of a dream-sequence, they're real, they're cold, they're HEEEEERE!

With all of this excitement comes the dreaded snow-injuries. If you're not ready physically to hit the slopes you're sure to be the next contestant on the "physio hot-seat." A good program combining

Proprioception, balance and explosive

training is necessary to keep away from the injured list.

Now, you may be thinking, but I don't "do" snow-recreation, but have you thought about what the streets are like? Slippery?

Yes, indeed! If you have ever taken a tumble on the ice you know how much it hurts and how badly you can get banged up. Most people think that their balance is pretty good. How is yours? Can you stand on one leg when the other has slipped out from un-

der you? Do you have the reaction speed to grab a railing as you slide down a staircase? No, we're not trying to scare you, just being realistic. Especially as we get older our balance and reaction speeds slow down from lack of use. To bring these back we need to challenge them in a safe and accommodating environment. No more slips, ok?!

RISE UP!

If you think you (or someone you know or love) could benefit from this type of knowledge... please send this on &/or email us:

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Diabetes Type II

Who do you know who has Diabetes Type II? Did you know that this type of diabetes is avoidable with a few minor lifestyle changes? Type II Diabetics suffer from the inability to control their blood sugars, this leads to circulatory problems, energy deficiencies, comas and possibly

death if left unchecked. Many people who have diabetes or are borderline don't know it. Have you had blood-tests done? I strongly suggest getting them done at your local naturopathic doctors. In the meantime, what are you doing to make sure you don't get this debili-

tating condition? Have you looked inward at your lifestyle? Have you analyzed what you eat, how you eat and whether or not you're on a collision course? This is not a joke. YOU need to be aware that you are in danger if you do not take care of yourself!

Health umbrella : (Health pro search)

Physiotherapist	-
Massage Therapist	-
Cooking /Food Instructor	Shaya / Maxine
Water Specialist	Ken Newman
Clinical Counsellor	Michael Danyluk
Naturopathic Doctor	-
Chiropractor:	Dr. Dale Detzler

Pillar Facts:

- **Eating** lower glycemic index foods helps to control your insulin and thus your body fat deposits.
- **Drinking** pH balanced water (mineralized) is important to make sure the body is keeping its acidity down.
- **Sleep.** Deficiencies cause increased appetites.
- **Breathing** deeply reduces stress. Do you have any in your life?
- **Exercise** helps the body build a metabolism and burn more calories. IF DONE CORRECTLY!