

August/2010

# Inspired Health



For a balanced and active life!

A Newsletter brought to you by Work Well Health Canada!

## MESSAGE FROM THE EDITOR:

**WELCOME!** In this, the second issue of *Inspired Health*, Work Well Health Canada has created yet another way to keep YOU in optimal health. Check out what David, the pilot, has to say! His contribution? Inspiration. David quit smoking with our Laser therapy. We succeeded in getting him smoke free where others failed! You'll find him (lucky you) in our Client Story of The Month. Find out how a glass of Orange juice can give you WAY MORE than vitamin C – maybe even save your life. And in our Announcements section you'll learn how we take care of you from top to toe – literally.

## Announcements

### Massage Therapy at 401 Bay! Right where you work!

Massage services are now available daily! Yup that's Monday to Friday at 401 Bay Street. Or, are you ready for this, we can GO TO YOU! That's right onsite at your company location. Morning appointments start at 7AM. To book call 416.416.646.6783 or email us at info@wwhcan.com.

### Orthotics Every Wednesday at 401 Bay Street!

What's holding you up? We'll support your feet! Take care of those neglected dogs that carry you around all day! Equipped with the latest technology in orthotics, we provide effective custom made products. To book an orthotic appointment with Dr. Paul Ziemer, call or email us: 416-646-6783, info@wwhcan.com. Note: Orthotics are usually covered by your benefit plan. Call us. We'll help with how you can claim them.

## Soaring High! Pilot Takes Off & Leaves Cigarettes Behind! a Client's Story



David Hanberg, a busy airline pilot, is enjoying living life smoke free.

When your work place is an airport or a plane, smoking is a particularly tough habit to have. David's a busy pilot with a major commercial airline and had to clear customs to get his fix. How did David start his day? Why, by lighting up a cigarette of course. And how did he end his day? You guessed it, by lighting a cigarette.

For over 15 years David was chained to his smokes. His habit had escalated up, up, up, sky high. He was a 1 to 2 pack a day man. "In the airline industry, not many people smoke. My need for a cigarette was getting in the way," says David. "My co-pilot would comment on the smell of smoke on my clothes". "I had to clear customs to even have my first puff! Smoking was too demanding."

"So I woke up on June 1st and decided I'd had it. I was going to stop smoking". Now David had 'quit' many times before.

He'd tried Nicotine Replacement Therapy (NRT), had even gone cold turkey. "NRT gave me muscle cramping and I hated nicotine gum". Ready for fresh support David called us and made an appointment. The same day. June 1st.

David admits he was sceptical about the Quick Stop Laser Treatment Program and didn't know what to expect. "After the first treatment I felt relaxed, calm and had NO cravings for the entire day!". Within 48 hours, and with a second treatment under his belt, he'd had no withdrawal symptoms and felt pretty darned good. Shannon, his practitioner explains: "He was feeling great because his body was reset to its natural state, where it was before his cigarette dependence. Now he was on a clear road to living smoke free".

David completed the Quick Stop Laser Program in 4 treatments. Today, at month three, he's benefiting from a renewed state of energy - and freedom.

*"I've been smoke free for three months now! It worked immediately. After my first treatment I felt great and didn't have any withdrawal symptoms,".*

*"I would encourage EVERYBODY who wants to quit smoking to use this program. It's well put together, but more importantly, it's effective. I'm so thankful I found it. I feel great!".*

"I'm a busy guy. I'm building a new company and teach part-time. I'm over-the-top happy that I tried something new. I feel amazing after quitting!", says David. "Frankly, I can't say I'm

sure how or why the treatments worked. But who cares? It worked, right?". If you want to take a lesson from a guy who's flying high on health, book a free consultation.

**Find out how Laser Therapy can help you - or somebody you love - quit smoking. Call us (right now would be good) at: 416-646-6782 or email us at: info@wwhcan.com**

## Events:

### August 18th

### Heal Pain with Advanced Laser Technology

**Location:** Work Well Health Canada, 401 Bay Street, Suite 1600. Toronto, ON.  
**Time:** 12:1PM – Lunch is Provided

Find out how millions of people suffering from muscle pain are now living drug free and pain free with laser technology.

To RSVP Today email: events@wwhcan.com

## Welcome Message: Caiti Griffen RMT

Caiti Griffen is used to keeping her hands busy! An RMT, Caiti is the latest addition to our team at 401 Bay Street. As a true renaissance girl, she can do it all! Sports massage, myofascial release techniques, pain including musculoskeletal and injury recovery – actually way more than we've got space for (or you've got the time to read



about - we weren't kidding about the busy hands). We're thrilled to welcome her, and you'll be thrilled with the power of her touch. Caiti always books out fast, so call us or email us to get your back rubbed and your soul soothed. 416.416.646.6783 or info@wwhcan.com.

# Health TIP

## Follow your Chips with a cup of Orange Juice? Huh?

Potato chips are a proven source of acrylamide, a carcinogen that's formed when starchy foods are heated at high temperatures. In fact, a 1oz serving of chips can contain up to 39 times more acrylamide than the World Health Organisation deems safe! Can't give 'em up? Follow your chips with a cup of orange juice. Research reveals, it'll boost your liver's ability to break down carcinogens by as much as 35%! (Aren't you glad you read this far?)



## Make Apple Chips instead of Potato Chips

Toss 1 thinly sliced apple with cinnamon to taste. Layer on baking sheet lined with parchment paper. Bake at 250° for 2 hours

**Fact:** Apples are one of 277 common foods that researchers have measured are cancer-fighting antioxidants



## FACTS

Researchers have measured the cancer-fighting antioxidants in 277 common foods. And the winners are....

- Apples (Red Delicious, Gala and Granny Smith)
- Artichokes
- Beans (kidney, black & pimento)
- Berries
- Black Plums
- Pecans
- Prunes
- Russet potatoes
- Sweet cherries

## Soothe the Burn- Sunburn Remedy (Love the Sun but if you Burn.....)

### Mix in a large bowl:

- 2 cups of plain white vinegar or apple cider vinegar
- 2 Chamomile & 2 Peppermint tea bags (first make 3 cups of tea, let cool, then add to mix)
- 20 drops of calendula tincture
- Mix 20-25 drops of lavender essential oil
- Aloe Vera Gel- As much as you have! (use a fresh plant or bottled gel from health food stores)

Apply mix as a compress using cotton balls or clean towels. Apply on the affected areas, avoiding contact with broken skin and the eye area. Keep the skin moistened. This remedy will prevent blistering and peeling by cooling the burn, act as a disinfectant, and will promote healing of the skin.

**Notes:** See a doctor immediately if there are signs of blistering, shock or heat exhaustion.

*\*Another option is to fill a clean spray bottle with the above mix and spritz it onto skin.*

*\*Take a lukewarm bath with above ingredients, adding Oatmeal to the bath water.*

*\*Only use Vinegar for the first 24-48 hours after initial burn. Make a new decoction eliminating vinegar from the recipe.*



Elie Klein, B.Sc., ND.  
Naturopathic Doctor

## ? ASK THE EXPERT- Q & A

**QUESTION:** My energy levels have hit a new low recently, a matter that makes it difficult for me to meet all my obligations at home and at work. Any suggestions?

Low energy levels can often be a sign that something is wrong. The good news is that once the cause is determined the problem can be corrected. An experienced natural health practitioner can help you in this regard. Here are a number of common causes for low energy levels and their solutions:

1. Low iron, low B12 levels or low red blood cell count. These are all forms of anemia and can be determined by a blood test and corrected fairly easily. Vegetarians, or people that lots of refined grains are more likely to develop these.
2. Lack of adequate amount of sleep has various reasons, overthinking, stress, nutritional deficiencies (mostly magnesium), etc. Yoga, meditation and taking a liquid ionic magnesium supplement are definitely worth a try.
3. Low levels of certain hormones, such as adrenaline, cortisol and the thyroid hormone, which typically result from stress and nutritional deficiencies. Personalized regimen of nutrients can help. One way to start is with kelp, with its over 70 nutrients (best to have in juiced form).
4. Not drinking enough water – a very common cause which can be easily resolved. Go crazy on water.

Other reasons include constipation, overall nutritional deficiencies, as well as many health conditions. Would you like a one on one consult with our naturopathic doctor by phone or in the office? Call us at 416-646-6783 or email us at: info@wwhcan.com today.

### List of our Programs

- Relief from Pain
- Stress Management
- Weight Loss
- Quit Smoking
- Detoxification Program
- Nutritional Counselling
- Herbal Consultations

### List of our Services:

- Laser Therapy for all programs
- Acupuncture
- Needle Free Acupuncture
- Registered Massage Therapy
- Tuina Massage
- Swedish Massage
- Lymphatic Drainage Massage
- Naturopathic Medicine
- Nutritional Counselling
- Western & Eastern Herbal Medicine
- Aromatherapy
- Hot Stone Therapy
- Jade Cold Stone Therapy
- Reflexology
- Mindful Meditation courses
- Reiki



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