

## A New Start! And a Chance to get it Right!

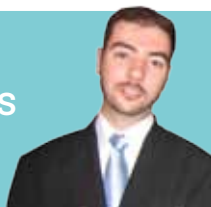
OK, OK. Every year after the turkey, truffles, copious bottles of wine and eggnog, we take a solid look in the mirror and ask ourselves that tough age old question “What are my resolutions?” Perhaps you lit up over the holiday season? (I’m not referring to the Christmas Tree).

Or maybe you doubled up on all those irresistible dinners and desserts and the only exercise you did was the extra reach for more mashed potatoes. If you are like most of us and indulged over the holidays (and feeling the after-effects), we all know how challenging it can be to keep to our well intended resolutions and start fresh. The truth is, you don’t need a new year to make a positive change. Any time is a good time when you are ready. This year we aim to keep you motivated towards good health positive changes and vivacious living every day of the year. In this month’s issue of Inspired Health we have fitness advice from the expert’s, food tips to keep you energized and a motivating client story from Vince this month’s client testimonial: he quit smoking in November and he sailed through the holiday’s smoke free and didn’t even want one!

### CLIENT TESTIMONIAL

## Vince Shocks the World and Keeps His New Year’s Resolution

...find out how he did it!



Don’t roast yourself over your smoking addiction! Quitting can be tough. And you CAN do it. Pretty easily really. How, you ask? Well here’s Vincent’s story. Vince was a pack-a-day guy for many years. Back in ’98 he quit cold turkey (notice a theme?). He endured 3 tortured months without a smoke, but with plenty of nausea, headaches, brain fog and Cravings (with a capital ‘C’). The cravings won, Vince lost. Late last Fall, Vince calculated that he’d been smoking for 20 years. It was time. He was motivated to give up cigarettes forever. Now Vincent’s a smart guy. Given what happened the last time he tried, he figured he needed a strategy to set himself up for success. So he asked around and a buddy recommended Laser Acupuncture. He googled it, liked what he saw and came to us at WWHC. Vince admits he’s a cynic and was actually shocked that the treatments were pleasurable (there’s a massage component to them!). But what really had him gob-smacked was experiencing his first two smoke-free weeks as easy. No withdrawal or detox symptoms. And the kicker? Vincent signed for up for three treatments – and only needed two! Since then? Well, consider that Vince is an International Financial Consultant for an Insurance Company and he takes at least a couple

of trips to Asia every year on business. Right after he threw his last pack away he took a 10 day trip to Hong Kong and was never even tempted to grab for a smoke.

All the usual associations that got him jonesing for a cigarette had been zapped. Vince no longer cared if he lit up after eating, with a drink or when taking a break – or when he was around 500 other people in a foreign country who were lighting up one after another! **“You’ve got to be mentally ready to quit”** says Vince. “If you’re com-

**“If you’re committed, laser acupuncture and WWHC will get you through the rocky bits and then it’s easy-peasy”**

mitted, laser acupuncture and WWHC will get you through the rocky bits and then it’s easy-peasy, I recommend these services all the time.” Vince is sleeping better, looking better, tasting his food – and yes, he smells better. So resolutions you say? C’mon. It’s time. Call us today at: **416-646-6783** or email: **info@wwhcan.com**. **The Quick Stop Solution™, is a natural highly effective safe way to Quit Smoking for good. FDA approved, pain free, and covered under most extended health and benefit plans.**

### FREE EVENTS

## National Quit Smoking Week Gets Underway

January 16th – 22nd  
is National Non Smoking Week.

What a great week to help people make the move to quit smoking for good. If you are looking for ways to support a Healthy Quit Smoking initiative in your organization, it is not too late to be a Super Hero! Contact us today. Work Well Health Canada is offering FREE Onsite Quit Smoking Seminars led by leading Health Care Practitioners until January 31st. To find out more email: [info@wwhcan.com](mailto:info@wwhcan.com) or call us today at: 416-646-6783.

*Supportive Links To Help You & Your Loved Ones Quit*  
National Quit Smoking Week Official Website:

<http://www.nnsw.ca/>

Tobacco Info, A magazine for a Smoke-Free Canada: [www.tabaccoinfo.ca](http://www.tabaccoinfo.ca)

Health Canada: [www.hc.gc.ca](http://www.hc.gc.ca)

### ANNOUNCEMENTS

## February is Healthy Heart Month!

Why not offer a Healthy Heart Smart Seminar at your office?



Many Canadians struggle with High Blood Pressure and Cholesterol. Are there other options for lowering your blood pressure and cholesterol without medication? Or are there ways to reduce your dependence on these pills? The Healthy Heart Seminar is a 1 Hour seminar, where you will learn about safe and effective ways to lower your blood pressure and cholesterol through diet, lifestyle, herbs, and other natural strategies. This seminar is instructed by Dr. JT Tam, a licensed Naturopathic Doctor (ND). To book your seminar today, or to receive our full seminar topic list contact [info@wwhcan.com](mailto:info@wwhcan.com) or Phone: 416-646-6783.

### 10 Best of the Best Heart Health Foods

loaded with nutrients to protect your cardiovascular system:

Flaxseed Ground, Salmon, Oatmeal, Black or Kidney Beans, Almonds, Walnuts, Red Wine, Brown Rice, Acorn Squash and Tea.

Note: Yummy Flaxseed Breakfast recipe inside this edition.

## FOOD TIP: *Flaxseed*



### *Flaxseed: Modern Miracle Food?*



Flaxseed has a very high content of alpha linolenic acids. Alpha linolenic acid (ALA) is a type of plant-derived omega 3 fatty acid, similar to those found in fish such as salmon or tuna. The benefits of flax seed as shown in many studies include lowering total cholesterol and LDL cholesterol (BAD Cholesterol) levels.

Other benefits show that flax seed may also help lower blood triglyceride and blood pressure and reduce the risk of heart attacks.

### *High Energy Morning Drink:*

Berry Flax Shake

**This shake is designed to get you going in the morning and keep you energized with plenty of fibre!**

**The medium-chain fatty acids in the coconut milk will keep you going for a long time!**

### *Ingredients:*

- 1/2 cup coconut milk
- 1 scoop low carb protein powder, vanilla or plain
- 1/3 cup frozen berries (strawberries or blueberries)
- 2 Tablespoons Flax Seed
- 1/2 - 1 cup water (less if you want it thicker)
- Sweetener to taste (honey is a good option)

### *Preparation:*

Put everything in the blender and whiz it together.

## *Let us Help You!*

Relief from Pain  
Stress Management  
Weight Loss

Quit Smoking  
Detoxification Program  
Nutritional Counselling  
Herbal Consultations

Got a health question, or looking for some preventative advice? Send us your question, and one of our Health Experts will reply. This month, Poul Nielsen, renowned Fitness GURU shares his advice.

## *Ask the Expert:* Poul Nielsen President and founder of Nielsen Fitness



### *Question:*

Every year I resolve, with the best of intentions, to get fit and stay fit. And every year is the same, I fall off the wagon before the snow melts. What can I do to stay motivated and on-track this year?

### *Paul's Answer:*

I would venture to guess that the most common new year's resolution is to get fit - and also that 99% of people do not succeed - so great question. Choosing a goal that is too big or too broad is the first mistake most people make. Resolving to 'get fit' isn't nearly specific enough - instead, pick smaller and more achievable goals (it's ok to have more than one at a time) and set specific and realistic deadlines. You'll feel great when you reach that first milestone and motivated to move onto the next.

### *Be realistic about what's possible for you.*

Overloading your schedule with workouts can lead to burnout, boredom, or injury and can leave you resenting your new resolution. Instead, think about what will work into your routine on a long-term basis. And think outside the gym! Get creative about ways to move towards your goals. Resolve to take your dog for an extra-long walk a few nights a week, or to skate or ski with your family on the weekend. If you enjoy the activity you're doing, it won't feel like exercise and you'll be more likely to stick with it.

**Know yourself.** Most of us know deep down what our weaknesses are. Try to schedule your workouts for the times of day you know you're at your best and most alert - if you're

not a morning person, you'll never stick with a routine that requires you to get out of bed at 5:30am three nights a week. Also, if you are motivated by groups, like many people are, seek out classes or group activities where you can meet like-minded individuals, or enlist a current friend or family member to be your 'workout buddy'. Not only will it be more fun for you, but it is hugely motivating to know that someone else is counting on you to show up.

**Prioritize fitness.** Treat your workouts like any other appointments - schedule them in your calendar the same way and place the same importance on them. You wouldn't miss an appointment that would help you further your career, would you? Think about your exercise appointments as your opportunity to recharge and keep your body healthy. And finally - reward yourself! Each time you reach one of your mini-goals, indulge - but not in food! Treat yourself to a special outing, activity, or purchase.

If you would like some help staying on track this year, Nielsen Fitness can help! Personal training is what we do - results are what we deliver. In-home personal training in Toronto and GTA. - visit [www.nielsenfitness.com](http://www.nielsenfitness.com) or call 1-866-EXERCISE / 1-866-393-7247 today to set up your complementary workout.

**Nielsen Fitness helps people fit exercise into their busy schedules and achieve their fitness and lifestyle goals. For more information, visit [nielsenfitness.com](http://nielsenfitness.com)**

## *A Helpful Quit Smoking Tip:*

- 1. Deep Breathing:** Every time you want a cigarette, inhale the deepest lung-full of air you can, and then, very slowly, exhale. Purse your lips so that the air must come out slowly. As you exhale, Visualize all the tension leaving your body, slowly draining out of your fingers and toes, just flowing on out.

### *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

Visit [www.nnsw.ca](http://www.nnsw.ca) for more helpful quit smoking tips