

## INSIDE THIS ISSUE:

A CLIENT'S STORY  
KEN'S CHOICE

TOP FIVE TIPS  
MANAGE PAIN NATURALLY

SMART FOOD CHOICES  
KNOW YOUR OILS GOOD—BAD

REGISTERED MASSAGE THERAPY  
MEET THE RMT'S

# Inspired Health

FOR A BALANCED AND ACTIVE LIFE!

A NEWSLETTER BROUGHT TO YOU BY [WORK WELL HEALTH CANADA](#)

## Go Jump In The Lake!

That's exactly what Ken loves to do! Dive into the water with his 7 year old son Kaden and 5 year old daughter Brooklyn.

Ken could vie for Daddy of the Year. He used to amuse himself with hockey and golf. Now? You'll find him on his hands and knees playing with dolls—this guy loves his kids so much he has no shame! They're his only hobby.

**But here's the thing. Ken smoked a lot—a pack a day for 25 years.** Finally, he seriously considered butting-out once and for all. Why? He wants to go the distance with his kids—in every way.

Ken was skeptical when Work Well Health Canada popped into his offices; not sure about the laser/acupuncture treatments that were offered to quit smoking. "But look, maybe it was divine intervention, right?" He was ready, really ready. Then impeccably timed, a safe and non invasive treatment plan walks right in his door, and as an added bonus, it's FREE (covered by his company's benefits). Ken thinks, "why not, right?" so he signs up.

Guess what? He describes the treatment as pleasurable, "something akin to a massage." Then he's given a little protocol to follow; a supplement or two, a couple of pressure points on his hands and a few breathing exercises. Ken is gob smacked! He experienced NO, I repeat NO, physical withdrawal symptoms.

And here's what Ken's wife had to say in a congratulatory email: "Great job very proud of you and if the kids understood they would too and someday I'm sure they will realize and be very grateful. Love your wife and kids XXOO."

Ken has changed his life completely—he exercises everyday by running up and down seven flights of stairs at work. Not fancy but effective! And he's just getting started! Pretty soon it'll be ten flights of stairs and then maybe to the top of the CN Tower! He's empowered!

Ken is just a wonderful guy. He shared his story in hopes of helping others. Even if he reaches just one person, it will have been worth it.

Daddy of the Year will be Daddy of every year because he's taking care of himself for the sake of his family.

Who do you want to quit for? Who do you love that much? **CALL: 416-646-6783 and PROVE IT!**

*Ken says, "Anyone who's serious about quitting smoking should use this program. 100%. If I had to do it cold turkey, it wouldn't have happened."*



Ken with Kaden and Brooklyn cooling off!

## Meet Our Massage Therapists

### Lobsang, RMT

Lobsang is passionate about providing client-centered and culturally-sensitive care. With an interest in the overall health of his clients, his therapeutic treatments not only relieve pain and stimulate relaxation, but aim to improve the body's ability to move and function optimally.



### Adrienne, RMT

Adrienne approaches massage therapy with an honest desire to assist people with their healing. Also a Yoga Teacher, she brings a state of cultivated patience, intuition and inner peace to each massage treatment, combined with a focused awareness of anatomy and physiology.

To Book A Massage Appointment Call: 416-646-6783



# Ask the Expert by Shannon Rose Williams Doctor of TCM

## Top 5 Tips to Manage Pain Naturally & at Home

In Canada, chronic pain is the third most common ailment behind heart disease and cancer. There are multiple natural solutions that you can do in the comfort of your home to eliminate the root cause of your pain, returning you to a vibrant pain free life. For more complex cases, please consult a health care professional.

### 1. THERAPEUTIC BATH. EPSOM SALT & EUCALYPTUS ESSENTIAL OIL BATH

Create the healing power of Hot Mineral Springs in your home: Epsom salt relieves muscle pain and cramps, removes toxins, eliminates lactic acid build up in the muscles, and helps nerves and muscles to function properly. Eucalyptus essential oil relieves inflammation and helps to repair damaged tissue and muscles. It is also great for clearing up the sinuses.

*Directions:* Dissolve bath 2 Cups Epsom Salts in a hot bath. Add 5-7 drops of Eucalyptus essential oil. Soak for 20 minutes for full therapeutic effect.

### 2. HYDROTHERPY COMPRESSES

Alternating hot and cold compresses stimulates circulation to help heal sprains as well as joint and muscle injuries. Hot compresses include heating pads, hot water bottles, magic bags, or just a hot wet towel. Cold compresses include ice pack or just a cold wet towel.

*Directions:* Begin with 3 to 4 minutes of heat applied directly on the area, followed by 30 to 60 seconds of cold. Repeat three to five times, ending with the cold compress.

### 3. ARNICA CREAM

This is a natural pain relieving cream with anti-inflammatory and pain-relieving properties. This herbal cream is commonly applied to sprains, bruises and strains. Promotes tissue healing, reduces swelling and inflammation, and eases pain. It's also frequently used to soothe joint pain related to arthritis or athletic injury, and to ease tired, sore, overworked muscles.

Can be purchased at health food stores as a cream or gel.

### 4. HERBAL PLASTER

Try out the popular and effective Chinese Herbal remedy *Yunnan Bai Yao* to temporarily relieve minor aches and pains of muscles and joints, including backache, arthritis, strains, bruises and sprains. Reduces inflammation and speeds muscle healing. Can be purchased in Chinatown and applied like a sticker directly onto the area of pain.

### 5. POULTICES

A poultice is the application of a herb or clay spread over the skin. Used to ease nerve or muscle pain, and treat inflammation and sprains.

*Directions:* Mix Green Clay with water to make a thick paste. Spread with wooden spoon onto cloth. Apply clay directly to area, pressing to flesh. Cover with a dry cloth and leave on until clay pulls away on its own (20 min).

Work Well Health Canada has several Natural and Holistic Pain Management solutions.

## Smart Food Choices

### Good Fat Bad Fat



It can be confusing to figure out which fats to eat and which to avoid.

Trans Fat is generally referred to as the bad fat, raising your LDL levels (bad cholesterol). Another name for *trans* fats is "partially hydrogenated oils." Look for them on the ingredient list on food packages.

Monounsaturated and polyunsaturated fats are known as good fats, lowering your overall cholesterol level. For example: Walnut Oil and Flaxseed Oil. Omega-3-fats are an especially good type of polyunsaturated fat.

When choosing what to cook with be mindful of the "smoke point" where the oil starts to break down, releasing carcinogens. Contrary to popular belief, canola oil is not a healthy alternative as it produces high amounts of trans-fats as it heats. Walnut oil has a high smoke point 400-450° - good for baking and sautéing. Flaxseed oil has a lower smoke point 225°, best eaten raw like in a salad dressing.

## Health Facts



Thousands of working Canadian live with chronic pain.

62% of workers routinely end their day with neck pain

44% with eye fatigue

34% have difficulty sleeping- just too stressed out!

## WORK WELL HEALTH CANADA offers many ways to attain Inspired Health

TCM Acupuncture  
Naturopathic Medicine  
Registered Massage Therapy  
Reflexology  
Mindful Meditation

WORK PLACE PROGRAMS:  
10 Week Weight Loss Solution  
21 Day Detox  
21 Day Quick Stop Smoking  
Stress Management

Pain Management Therapy  
Laser Therapy  
Orthotics  
Nutritional Counseling  
Western & Eastern Herbal Medicine

Individual Solutions @ Our Clinic

Corporate Solutions @ Your Work



156 Front Street W, Suite 305  
416-646-6783  
info@wwhcan.com  
www.wwhcan.com