

# April 2010

## Inside this issue:

Tips for Stretching	1
Recipe of the Month	2
Thought of the Month	2
AIM meeting in Sarnia April 10th 2010	2
AIM meeting in London September 2010	2
My BarleyLife Babies testimonial	3
Upcoming events, April Incentive Referral	4

## Tips for Stretching

The aims of stretching are to gently lengthen muscles before and after any form of exercise, and to improve tissue elasticity / flexibility. If done correctly, stretching will help prevent injuries and increase athletic performance.

**The following key points should be remembered**

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramp and dizzy spells. .
- Never bounce while you stretch, unless you are doing specific stretches for certain sports, i.e. ballistic stretching for martial arts.
- Hold the stretch until you feel the muscle loosen off, then repeat for a further 15 seconds.
- While stretching you should feel some slight discomfort don't feel anything, then you may be doing the stretch incorrectly, or simply the muscle has eased off.
- Stop immediately if you feel any severe pain.

\*\*\*\*\*Remember to breathe regularly and rhythmically, do not hold your breath.

Vol 2 issue 4

## Recipe of the month– MMMMuseli cookies

Monthly

Thought–

**commitment**

**unlocks the doors**

**of imagination,**

**allows vision, and**

**gives us the right**

**stuff to turn our**

**dreams into reality.**

**–James Womack**

### Ingredients

- 2/3 cup (150 mL) non-hydrogenated margarine
- 1/2 cup (125 mL) brown sugar, packed
- 1 tsp (5 mL) vanilla extract
- 1 egg
- 2 cups (625 mL) Swiss muesli cereal
- 1/2 cup (125 mL) whole wheat flour
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/8 tsp (1 mL) salt

### Directions

1. Preheat oven to 375°F (190°C). Line a cookie sheet with parchment paper.
2. In a large bowl. Mix margarine and brown sugar together.
3. Add the rest of the ingredients and mix with a large spoon.

Spoon 2 tbsp (25 mL) portions of the batter onto a cookie sheet (makes about 15 cookies) and bake for 10 minutes.



**[AIM Nutritional Meeting April 10th in Sarnia– Join Dr. Laura!](#)**

Dr. Laura and her team can't wait to expand their knowledge on the AIM products at a meeting in Sarnia **THIS SATURDAY** April 10th 9:00am-3:00pm. The topic is "Health is Your Wealth". Below find Dr. Laura's testimonial as to how the AIM products have assisted her and her entire family in creating and maintaining optimal health. Dr. Laura can't wait to share the benefit of these products with her patients, and begin to see wonderful changes!. If any one would like to join Dr. Laura at this meeting , or would like more information on the AIM products please ask her at your next appointment or email her.

**[Upcoming AIM Meeting HERE in LONDON September 2010](#)**

Dr. Laura is going to be organizing an AIM meeting **HERE IN LONDON**. Plan on attending **September 25th, Saturday 9:00am-1:00pm**. This is going to be a terrific event with many informative key note speakers. This event will be at the Best Western Lamplighter Inn on Wellington Road. The meeting will focus on Family Health Promotion as that is so important to Dr. Laura. More details to follow!



I'd like to share my BarleyLife story about my BarleyLife babies.

Our first son, Mason, now 19 months old (born August 27<sup>th</sup>, 2008) was featured at 5 ½ weeks in a previous edition of AIM "Living Well" magazine. He has been a BarleyLife baby since conception. Now he just loves it! He has NEVER been sick, NEVER been on antibiotics or ever visited a Medical Doctor for more than his "well baby check-ups"! When his teeth came in, which can prove problematic, he never so much as cried. His digestive system is very consistent and regular (unlike that of many children / infants that I have in my chiropractic practice.)

Our second son, Cooper, born on February 16<sup>th</sup>, 2010, came very fast, and drug-free into this world. As I am nursing Cooper, he receives BarleyLifeXtra nutrition through the amount that I take daily. I also give him a little amount of BarleyLife dry on my finger. He will start taking BarleyLife when I am no longer nursing him, as Mason did.

I took BarleyLife, Just Carrots, AIMega and PrepZymes throughout my pregnancies and both pregnancies proved asymptomatic. I had more energy while pregnant with our second son, so much so that I continued to swim 2 kilometers, 2-3 times a week, up until I was 30 weeks pregnant. During both pregnancies, I had minimal weight gain and my body returned to its pre-pregnancy shape very rapidly. My midwives were surprised at how fast my body healed and recovered. I credit my healing and recovery to the AIM products. While pregnant both times, I never had a headache, digestive concerns or any pain that is commonly associated with pregnancy.

I make chiropractic care and AIM products part of the continued health care regime for my entire family.

## Up Coming Events— [RSVP to drlauragravelle@gmail.com](mailto:drlauragravelle@gmail.com)

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Live Your Best Life—  
Get Adjusted

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ON THE WEB AT

[WWW.CHIROLAURA.COM](http://WWW.CHIROLAURA.COM)

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What patients  
are saying  
about Gravelle  
Chiropractic:

Thank you for all the time and patience you have demonstrated with my family. My son ( 11 ) is concentrating much better in school, his grades have improved ,as well as his focus. My headaches have almost disappear and during this winter season my immune system has reacted much better.

Joyce ( London)

**Friday and Saturday April 16-17th**— Dr. Laura is involved as a promotional support business partner for the London Multiple Birth Association semi annual show and sale of gently used children's clothing and items. [www.londonmultiples.com](http://www.londonmultiples.com) for more information.

**Thursday April 22nd 5:00-6:00pm**— Dr. Laura's monthly Journey to Wellness Workshop. Gravelle Chiropractic 1339 Elson Road. We will explore all aspects of health and discuss proactive steps to take to enhance our health experience . This is a great workshop , which you will take away practical and useful tips. Door prizes and yummy snack. Please RSVP one week prior to the event. New Patients and guests welcome.

**Wednesday April 28th 7:30-8:30pm**— Dr Laura welcomes Cathy Brown-Swanton of Studio Wellness Clinic to co-create a great workshop. Reflexology to Detoxify— Learn the importance and benefit of Reflexology in cleansing the body. Limited to 10 participants. Food donation for the London Food Bank. RSVP one week prior. Bring someone new to Gravelle Chiropractic and receive an extra special thank you gift. Door Prizes and healthy snacks.

### **Referral Incentive for April— Share the Gift of Health.**

***Dr. Laura is so thankful for the ability to help families, children and individuals maximize their health potential. The first patient in April to encourage another new patient to come in for an initial assessment , will receive a \$30.00 gift certificate to Lyndsay Gill registered massage therapist (RMT). Lyndsay is wonderful , skilled and knowledgeable. Dr. Laura and Lyndsay work closely together and have similar approaches to health and wellbeing.***