

Wellness Today

February 2010

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Everyday *Heart* Health Tips

Volume 2, issue2

It is so important to think about our heart . It has a fantastic capacity for function each day. Take advantage of any opportunity for exercise. Try some today. Here are some easy suggestions!

- Joining a gym is a great way to meet people, explore great classes and add variety to your workouts. Joining with a friend is even better and provides great support , motivation and reassurance. If you are intersted in exploring this option speak to Dr. Laura about obtaining a 7 day trial pass the 24 hour Masonville Goodlife Platnium Club.
- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll around the block or campus grounds. It should help you stay awake after lunch.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts.

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Recipe of the Month-Filet Mignon with Balsamic Glaze

Monthly

Thought-

Commitment is

what transforms a

promise into

reality.

Ingredients

- 2 (4 ounce) filet mignon steaks
- 1/2 teaspoon freshly ground black pepper to taste
- salt to taste
- 1/4 cup balsamic vinegar
- 1/4 cup dry red wine

Directions

1. Sprinkle freshly ground pepper over both sides of each steak, and sprinkle with salt to taste.
2. Heat a nonstick skillet over medium-high heat. Place steaks in hot pan, and cook for 1 minute on each side, or until browned. Reduce heat to medium-low, and add balsamic vinegar and red wine. Cover, and cook for 4 minutes on each side, basting with sauce when you turn the meat over.
3. Remove steaks to two warmed plates, spoon one tablespoon of glaze over each, and serve immediately.



What is new at Gravelle Chiropractic

January 13- Thanks to Cheryl Pattyn of Positive Image personal training for doing a great evening workshop for us. It was a nice compliment to Gravelle Chiropractic. The isagenix information was useful for our daily concerns .

January 21- Another great Journey to Wellness Seminar by Dr. Laura. This hour workshop addressed many aspects of health and presented a holistic approach to maximizing the health that is our inborn ability. Be sure to join us next month.

New Hours- After the birth of baby boy Gravelle Dr. Laura will be taking some rest time. The hours will change after the birth. At this point we are unsure what Dr. Laura will be able to accommodate, but do watch for updates. Much appreciation and understanding.

Up Coming Events— RSVP to drlauragravelle@gmail.com

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Live Your Best Life,
Get Adjusted!.

ON THE WEB AT

WWW.CHIROLAURA.COM

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)

Thursday February 4th 5:00-6:00pm. Gravelle Chiropractic, 1339 Elson Road. Dr. Laura leads the monthly Journey to Wellness Workshop. Each month we examine a different aspect of health and how we can maximize it— at any age. No charge. Yummy treats and Door prizes !

Saturday February 6th 10:30am-11:30am. Gravelle Chiropractic 1339 Elson Road. London Ontario. Dr. Laura and Vanessa Case RHN (Registered Holistic Nutritionist) are teaming up to create a wonderful Wellness Workshop called “Beyond the Food Guide and Toward Holistic Health”. Achieving optimum health means finding the root cause of body imbalances and supplying the body with the nutrients it needs from food, nature, and a positive outlook. By doing so we can take a proactive and preventative stance toward a world that is laden with chronic illness and disease. Make it a point to come out to this workshop. No charge. Entrance is a welcomed non— perishable food item for The London Food Bank. Yummy snacks provided, Door prizes ! **Pre-registration a must RSVP by Feb 1st!**

The rest of February has been marked off as “ very special” at Gravelle

Chiropractic with the imminent birth any day of Baby Boy Gravelle #2.

Dr. Laura NOW carries Belly Slings

*Are you Pregnant? Do you know someone who is pregnant. Dr. Laura is in full and complete support of this wonderful product **The Belly Sling**. It is worn under the pregnant belly to lift and support the belly. Independent of the size of the belly , the belly does put much stress on internal organs. This product helps in reducing stretch marks, reducing varicose veins and hemorrhoids, and preventing bladder concerns in the future. The Belly band supports posture of the ever changing skeletal frame as well. Dr. Laura wears it (even this late in pregnancy!) with immediate relief and comfort from symptoms she had been struggling with this pregnancy. They are measured specifically for you , come in 7 sizes, however you only need one size for the duration of the pregnancy. Dr. Laura is offering a **special currently until the end of February to the first 5 customers. Regular price \$60.00, NOW \$55.00 tax included.***

And Align-a –Spine Lumbar Support Bands *Align-a-*

*spine is a nylon device , worn under the clothes to support the correct spinal posture to allow for freedom of movement. This device supports the abdominal muscles, is designed to support our spine in the correct manner during activity. If you feel uncomfortable during activity and need support during movement this product can assist. Golfers, Hockey players, weight lifters endorse this product. **Special Price for first 5 customers. Regular price \$65.00 , until end of February NOW \$60.00 tax included.***