

# Wellness Today

July / August 2010

Volume 2, issue 7/8

## Office Hours

Daily Monday  
to Friday

11:00am-  
1:00pm

And

4:00pm-6:00pm

Other days and times  
can be arranged

## A Time to Share

In this issue we discuss three areas of [sharing](#).

[Share](#) your story of chiropractic.

[Share](#) your knowledge of the benefit of **Barley**, and other **AIM** products, by attending the event **September 25th 2010**.

[Share](#) food with **The London Food Bank**, by attending the **Gravelle Chiropractic BBQ Aug 7th**.

The following are wonderful testimonials as to how Chiropractic care has helped others. Now it is YOUR turn to [share](#). Please don't hesitate to [share](#) with others what impact Chiropractic care has had in YOUR life, and the life of YOUR family.

Dr. Laura thanks for all your help and support with our son's ear infections. At first we didn't realize that chiropractic care could help in anyway. But after consulting with you we thought we would give it a try, as he has had numerous infections with repeated bouts of antibiotics. The ear infections were almost constant one after the other for one year! We were tired of this route. Since being under chiropractic care we have not had ANY (last 6 months). Your adjustments are very gentle on Jeremy and have seemed to have stopped the cycle. Thanks.

Anne (Jeremy is 2.5)

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## Sharing Testimonials Continued

### Monthly

### Thought— Each of

*us has the power to*

*give life meaning, to*

*make our time and*

*our bodies and our*

*words into instruments*

*of love and hope.*

Due to stresses in my life I had not had a restful sleep in 8 months. In a few short weeks after beginning chiropractic care that all changed. Now I am sleeping deeply and feeling rested. This was not the reason I began care, it was much more to resolve a physical issue, this was a very welcomed by product. I feel a calmness and serenity that I also did not before. I am thankful for this and it has given me the REAL me back. Thanks.

Connie

I would strongly recommend chiropractic care to anyone but especially a pregnant women. I have felt the difference while being pregnant and being under chiropractic care and being pregnant and not being under chiropractic care, what a difference!. In my second pregnancy ( my first pregnancy was twins) I was under the care of Dr. Laura from 5 1/2 months onwards. At 37 weeks we had discovered the baby had turned breech . I immediately contacted Dr. Laura, she was familiar with the Chiropractic technique for externally turning breech babies called “ The Webster Technique “. Dr. Laura provided articles on it prior to our next visit to ensure my comfort. This was on a Friday. By the Monday , confirmed by ultrasound, our baby girl had turned and stayed head down.

Carla B

Many thanks to Dr. Laura, it is very interesting how it has assisted my son (9). He has, in the past, wet the bed considerably. This has been the case for many years, and I thought it was something he would just grow out of. We began care for him for another reason ,but soon found out that chiropractic care had something to do with decreasing the frequency with which we had wet nights. After the very first visit we noticed he didn't wet the bed! This was welcomed ,as these accidents were stressful for my son, negatively affecting his self-esteem and restricting his over night sleepovers with friends. We then took a pause in care for my son and he began to wet the bed again. We resumed treatments and he stopped wetting the bed. We clearly see an association here with chiropractic care and decreasing the frequency of wet nights.

Susan (\* son 9)

I am 49 years young and had recently began to experience the uncomfortable and sometimes embarrassing symptoms of menopause, specifically hot flashes. I did not want to investigate the HRT route. I began to see Dr. Laura Gravelle , and within 2 visits the hot flashes have been eliminated completely. I am finally getting a good nights sleep.

Susan W

I knew chiropractic care had many uses while pregnant but didn't realize they could help so much at the end of pregnancy. At 42 weeks pregnant with our third child, my midwife was starting to mention induction. I didn't want to go this route as my first birthing experience had a great deal of medical intervention. I saw Dr. Laura for a complete consultation and adjustment to see if we could get things going. Two hours after that adjustment my water broke!. After another adjustment soon after that one ,labour began and our 3rd child was born at home in a birthing tub. I credit chiropractic care in assisting those end stages and encouraging the progression of labour along.

Lindsay M

## Sharing Knowledge of AIM products

As many of you know Dr. Laura works closely with a wonderful nutritional company called AIM International. They have many products that support all aspects of health from a cellular level including:

*immune system, digestive function, male health concerns, female health concerns, brain development, cardiovascular health, liver detoxification to list just a few.*

### GRAVELLE CHIROPRACTIC

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Live your best life, get  
adjusted!

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ON THE WEB AT

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I appreciate all  
patients who  
make each day  
a gift— DrLaura

Dr. Laura is organizing and is a key note speaker at a **ONE DAY EVENT** here in LONDON Saturday September 25th 9:00am-1:00pm. This is a wonderful opportunity to learn more about and share with others the power behind these products. The focus of this event is on enriching Family health ( as this is a passion of Dr. Laura's ). The concepts covered will address all aspects of family health from pregnancy, to the very young, through young adults, through middle age. Bring a friend (or two) this is **NOT TO MISS**.

AIM Higher For Greater Family Health

The Lamplighter Inn and Conference Centre, Royal Palm Room

591 Wellington Road London ON

Saturday September 25th 2010

9:00am-1:00pm

Speakers, testimonials, door prizes and more \$10.00 entrance fee



**Share food with the London Food Bank by attending  
Gravelle Chiropractic Family Fun Patient Appreciation BBQ.**

**Saturday August 7th | 1:30am-2:00pm ( rain or shine)**

**at the home office of Gravelle Chiropractic.**

**BBQ meat ( hamburgers and hot dogs) will be provided by Dr. Laura.**

**If you are able to join the party please bring a summer time dish of your choice ( appetizer, entrée, salad, dessert). There will be door prize draws throughout the afternoon ( spa packages, gift baskets, and more). For every food donation you bring you will receive a door prize ticket. So the more items you bring to **SHARE** the more tickets you receive. Face painting for the kids, backyard games and fun! **PLEASE RSVP** numbers joining ( bring your whole family) and the dish you can graciously contribute by **JULY 14th**.**

## **Summer Holidays Office Closures**

*The summer months are a time to enjoy the outdoors and take much needed vacation time with family and friends. The office will be closed Friday July 23rd to Monday August 2nd inclusive and Thursday August 12th to Tuesday 17th inclusive. Please consider calling or emailing Dr. Laura with any concerns at these times as she may be able to help in that way.*

### **What the heck is a**

**Doula**– Back by popular demand Doula extraordinaire Lindsay Matthews is coming to share her wonderful gifts and talents **Wednesday July 21st 7:30pm-8:30pm**. No charge. Door prizes and yummy snacks. Pre-registration a MUST.

**Journey to Wellness**– What is the power behind chiropractic care? How can everyone benefit?. **Wednesday July 14th 6:30pm-7:30pm**. New patients encouraged...bring a guest.