

June 2010 Wellness Today

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Wonderful Water

When considering the fact that the human body is comprised of more than seventy percent water, it becomes easy to see why regular consumption of water is beneficial for every human being. Water enables the body to function in more ways than one might consider. The benefits of drinking water extend far beyond simply quenching thirst. Water contributes to almost every aspect of a person's health.

The leaner a person is, the more water they need in order to remain adequately hydrated. Muscle contains more water than fat, so water becomes more important to keep muscles functioning properly.

As a person uses their muscles, they are constantly losing water. The simple act of breathing and using the lungs costs the average person between two and four cups of water every day. Typical, non-exercise related perspiration can remove another two cups of water per day. Using the bathroom facilities costs the body precious water. If the body uses this much water through everyday activities, imagine how much water physical exertion demands from the body.

It is obvious that the body needs water, but what are the benefits of drinking water?

1.Cells in the body need water in order to work properly. Water helps cells to process blood, which is made mostly of water. Blood is essential to the body's ability to carry nutrients and transport waste from the body– that is removes TOXINS!

2.Organs and joints tend to work better when supplied with adequate water. Not only does water lubricate, but it hydrates as well to promote proper flow throughout all organs and body systems. Muscle discomfort can be reduced with plenty of water as well.

3.The benefits of drinking water can be seen on the surface of every individual. The integumentary system, otherwise known as the skin, is probably the most obviously benefited recipient of adequate hydration. Skin looks younger and wrinkles are visibly reduced with adequate hydrate. People who have radiantly smooth skin are most likely providing their skin with plenty of water.

Drink 64 oz (8 8 oz bottles) today and every day!.....see the difference.....

June 2010

Recipe of the month– Golly Gee Gluten Free Pancakes

Monthly

Thought– I may not understand everything that is going on with my limited human mind; however, I know that on the cosmic level, I must be in the right place, at the right time, doing the right thing. Positive thoughts are what I choose to think. This present experience is a stepping stone to a new awareness and greater glory.

Ingredients

- 1 egg
- 1/4 cup apple juice
- 1 tablespoon unsalted butter, melted
- 1/4 cup amaranth flour
- 1/4 cup tapioca flour
- 3 tablespoons arrowroot flour
- 1/4 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1/2 teaspoon wheat-free baking powder
- 1/4 teaspoon salt

Directions

1. In a medium mixing bowl, beat the egg with the apple juice and melted butter. Add the remaining ingredients and stir.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. This batter must be used right away and can not sit and wait.



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

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Live Your Best Life—
Get Adjusted

ON THE WEB AT

WWW.CHIROLAURA.COM

Monday-Friday

11:00am-
1:00pm and
4:00pm-6:00pm

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)

Wednesday June 9th - 7:30-8:30pm. “Internal Balance”- let’s talk nutrition with **Dr. Laura**. We will address the need for supplementation, what are good things to add to our internal systems? Topics touched on will be Digestive system balance, Immune system balance, and cardiovascular system. The concept of “Health is in your Hand” will be explained. Learn more. Door prizes and yummy snacks. Non perishable food donation. **Pre-registration required.**

Thursday June 10th 5:00-6:00pm. “Journey to wellness”. **Dr. Laura** leads this informative workshop, which is essential for all new patients. We examine the concept of health, how we attain it and maintain it. What does it really mean to be healthy? What things can we do to optimize our own health and the health of our families? How does stress affect our health? Do pharmaceuticals really make us healthy? Are we overmedicated as a society? Can we avoid medicating our children? **Guests welcomed.** No charge. Yummy snacks and door prizes. **Pre-registration required.**

Wednesday June 16th 7:30-8:30pm. “What the heck is a doula” Lindsay Matthews, doula extraordinaire, will be leading this engaging workshop and addressing the following issues: So, what the Heck is a Doula anyways? You have read a bit about them, maybe saw a booth at a Prenatal Fair, and heard about Mom’s (including our own Dr. Laura) that have used them. But what do they actually DO? It doesn’t matter if you are planning on having an epidural or caesarean section; having a Midwife, or OB, Doula’s work as part of your larger Birthing Team. Families that use Doulas report having shorter labours, fewer interventions, and greater ease in Breastfeeding. They have also been shown to decrease postpartum depression, greater maternal birth satisfaction, and better Mother-Infant interaction. Come out to have all these questions, and more, answered. Non perishable food donation for the London food bank. Yummy snacks and door prizes. **Pre-registration by June 9th.**

SAVE THE DATE—

Summertime Patient Appreciation BBQ and Family Fun Day at Gravelle Chiropractic.

Saturday August 7th 2010 at Gravelle Chiropractic. Rain or Shine. Bring your family. Dr. Laura will provide the hamburgers everyone is asked to bring their favourite dish. More details to follow but the afternoon will be filled with prizes, face painting, games and friendship. Rain or shine. **RSVP TODAY!.**