

Wellness Today

We are so thankful for the safe arrival of Cooper David George on Tuesday Feb 16th. Weighing in at 8lb.2oz. He is formally introduced on page 3

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March 2010

Volume 2, issue3

March Madness

Tips for the Month of March-

Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

Who Gets Osteoporosis?

In the United States, 10 million people have osteoporosis. Millions more have low bone mass (called osteopenia), placing them at risk for osteoporosis and broken bones.

Osteoporosis can strike at any age, but it is most common in older women. Eighty percent of the people in the United States with osteoporosis are women. One out of every two women and one in four men over age 50 will break a bone in their lifetime due to osteoporosis.

What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis. Some of these things you cannot change and others you can.

Risk factors you cannot change include:

- Gender. Women get osteoporosis more often than men.
- Age. The older you are, the greater your risk of osteoporosis.
- Body size. Small, thin women are at greater risk.
- Ethnicity. White and Asian women are at highest risk. Black and Hispanic women have a lower risk.
- Family history. Osteoporosis tends to run in families. If a family member has osteoporosis or breaks a bone, there is a greater chance that you will too.

Other risk factors are:

- Sex hormones. Low estrogen levels due to missing menstrual periods or to menopause can cause osteoporosis in women. Low testosterone levels can bring on osteoporosis in men.
- Anorexia nervosa. This eating disorder can lead to osteoporosis.
- Calcium and vitamin D intake. A diet low in calcium and vitamin D makes you more prone to bone loss.
- Medication use. Some medicines increase the risk of osteoporosis.
- Activity level. Lack of exercise or long-term bed rest can cause weak bones.
- Smoking. Cigarettes are bad for bones, heart, and lungs.

Osteoporosis Information Continued

Can Osteoporosis Be Prevented?

There are many steps you can take to keep your bones healthy. To keep your bones strong and slow down bone loss, you can:

- Eat a diet rich in calcium and vitamin D
 - Exercise
- **** Do not drink alcohol in excess or smoke.

Nutrition

A diet with enough calcium and vitamin D helps make your bones strong. Many people get less than half the calcium they need. Good sources of calcium are:

- Low-fat milk, yogurt, and cheese
 - Foods with added calcium such as orange juice, cereals, and breads
- ****Vitamin D is needed for strong bones. Your body makes vitamin D in the skin when you are out in the sun. Some people get all the vitamin D they need from sunlight. Others need to take vitamin D pills.

Exercise

Exercise helps your bones grow stronger. To increase bone strength, you can:

- Walk
 - Hike
 - Jog
 - Climb stairs
 - Lift weights
 - Play tennis
- ***Dance (make it fun!)

Healthy Lifestyle

Smoking is bad for bones as well as the heart and lungs. Also, people who drink a lot of alcohol are more prone to bone loss and broken bones due to poor diet and risk of falling.

What Are the Symptoms of Osteoporosis?

Osteoporosis is called the "silent disease" because bone is lost with no signs. You may not know that you have osteoporosis until a strain, bump, or fall causes a bone to break.

How Is Osteoporosis Treated?

Treatment for osteoporosis includes:

- A balanced diet rich in calcium and vitamin D
 - An exercise plan
 - A healthy lifestyle
- ****Medications, if needed.

Monthly

Thought— one

kind word can

warm 3 winter

months.

-Japanese

Proverb

Please Note

New Hours

for Gravelle

Chiropractic

as of March

1st 2010

Monday 4:00-6:00pm

Tuesday 4:00-6:00pm

Thursday 4:00-6:00pm

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

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 March 25th 5:00-6:00pm. Gravelle Chiropractic, 1339 Elson Road. Dr. Laura leads the monthly Journey to Wellness Workshop. This month we explore the birth process, stresses involved, and how we can manage these most effectively. This is Dr.Laura's passion with the introduction of baby Cooper to the world. Invite all new mom's and mom's to be. No charge. Healthy treats and Door Prizes !

Saturday March 27th 1:00-3:00. Gravelle Chiropractic 1339 Elson Road. Dr. Laura has invited Carla Rose– Kelley to co-create a wonderful workshop. Carla is a unique and intuitive healer, her office is Ancient Healing Techniques. We are going to have a wonderful demonstration of Reiki and Meditation. Reiki is a natural form of healing that is guided by GOD. It can do no harm, and is beneficial for any mental, emotional, physical or spiritual imbalances. You lie comfortably on a massage/reiki table fully clothed, and Carla will work in the aura as well as deep into the physical body to rebalance the energies . No charge. Entrance is a welcomed non– perishable food item for The London Food Bank. Yummy snacks provided, Door prizes ! Pre-registration a must!

Introducing Cooper David George Gravelle

He was very quick in his arrival into this world at 4:20 pm Tues Feb. 16th 2010. Weighing in at a healthy 8lb 2oz and 21.25 inches long. We are so thankful for the help of an amazing doula Lindsay Mathews , the team of wonderful midwives at Talbot Creek Midwives, as well as the nurses at St. Joes.



Referral Program– The first person in the month of March, to provide a referral to Gravelle Chiropractic for an initial assessment ,will receive a \$25.00 Gift certificate to Ethos The Spa. Act NOW to get this wonderful gift!

3 for FREE.

Please always remember the benefit that chiropractic care can potentially

have on a loved one or friend.

Referrals are so welcomed . After the referral of 3 new

patients for an initial assessment, you are then

rewarded with a thank you “ no charge” adjustment .

This is a great way to share the gift of better health

with others. Ask for a “ gift of health card” on your

next visit!

Orthotic Special for the Month of March!

Do you have sore feet? Bunions? Corns? Fallen Arches? Low back pain? Knee pain? Patellafemoral syndrome?. Orthotics may be right for you. Dr.Laura will offer those interested, a **complimentary orthotic consultation (30 min– value \$50.00)** to see if you are a successful candidate to receive orthotics . For the month of March Dr. Laura is **offering \$50.00 off** a pair of custom made orthotics (normal price \$450.00). Inquire today. *This is limited to the first 3 patients. SO CALL TODAY.*

What’s New at Gravelle Chiropractic

Feb 4th– We had a wonderful evening , lead by Dr. Laura, explaining the tremendous benefits of chiropractic care to new and interested patients. This was an eye opening workshop. Dispelling many of the myths and concerns associated with Chiropractic Care. Much discussion ensued and questions answered. *Watch for the next workshop of it’s kind to be at the end of March. Free.*

Feb 6th– What a morning with guest speaker Vanessa Case (RHN)!. We had a very informative workshop guiding us through beyond the food guide towards holistic health. She provided answers and solutions in a very real and attainable form. The snack she provided was delicious. *Watch for the next session at the end of March to fill up just as fast.. Free with a food donation.*

Dr Laura enjoys being involved in the community. **March 6th** she is participating in (by proxy) ,Diva Day in support of the **London Distress Centre**. This is a non profit organization for callers with many issues from depression, to suicide to just needing someone to talk to. Dr. Laura is donating to all the goody bags and a silent auction gift. For more info or to attend please refer to www.londondistresscentre.com