

# May 2010

# Wellness Today

Vol 2 issue 5

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## What is a Doula?

A doula is a woman's companion on the birth journey. Through this complex and intense experience, a doula offers guidance, reassurance, and comfort, helping things unfold as safely and peacefully as possible.

Before the birth, the doula provides prenatal information and education, and helps the woman and her partner prepare for the journey ahead.

After the birth, she offers post-partum support to help the new family adjust, paying special attention to the breastfeeding relationship.

During labour and birth, the doula offers continuous emotional and physical support to the woman. She uses her hands, her eyes, her words, her knowledge, her resources, and her reassuring presence to ease the woman and her partner through this thrilling and challenging event.

### The Stats\*

The presence of a trained doula has been shown to provide a:

- 50% reduction in the cesarean rate
- 25% shorter labor
- 60% reduction in epidural requests
- 40% reduction in oxytocin use
- 30% reduction in analgesia use
- 40% reduction in forceps delivery

*\*info obtained from *Mothering the Mother: How a Doula Can Help You Have a Shorter Labour and a Healthier Birth*, Klaus, Kennell, and Klaus, 1993*



**Dr. Laura had the wonderful assistance of the dynamic doula Lindsay Matthews (douling\_mama@rogers.com) A +++++. She is wonderful and always willing to help. I encourage you to find out more. Email her for questions!**

May 2010

## Recipe of the month– Bran Loaf

### Monthly

Thought– I am spirit, light, energy, vibration, colour and love. I am so much more than I give myself credit for. I am connected with every person on the planet and with all of life

- anonymous

### Ingredients

- 1/2 cup bran flakes
- 1/2 cup grated carrot
- 2/3 cup golden raisins
- 2 bananas
- 1/2 cup brown sugar
- 1 1/4 c low fat milk
- 1 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda



### Directions

1. Mix bran flakes, raisins, sugar and milk into a mixing bowl cover and let soak for at least one hour in the fridge. This can be left overnight.
2. Preheat oven to 375. Stir flour, soda and powder into the soaked ingredients .
3. Bake in preheated oven 40-45 min, or until the centre of loaf comes out dry when a knife is inserted.
4. Serve warm with a nice cold beverage ! ENJOY

## A Huge Thanks to Cathy Brown-Swanton of Studio Wellness Clinic

*Dr. Laura welcomed Cathy to host a wellness workshop on reflexology Wednesday April 28th at Gravelle Chiropractic. This was both an insightful and useful evening. We look forward to having her again, to highlight other services she provides. Thanks  
Cathy*

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

### GRAVELLE CHIROPRACTIC

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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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You are very  
friendly and  
caring—  
Darlene

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 May 13th 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 snacks Please RSVP one week prior to the event. This is a must for all new patients..you’ll see why!

**Tuesday May 18th 7:30-8:30pm**— Dr Laura welcomes Downtown Yoga Holistic Centre. This evening we will have exposure to yoga and learn some easy yoga moves we can do even at work. RSVP by May 11th. Bring someone new to Gravelle Chiropractic and receive an extra special thank you gift. Door Prizes and healthy snacks. Entrance is a non perishable food donation for the London Food Bank. Check it out [www.downtownlondonyoga.ca](http://www.downtownlondonyoga.ca) !

**Thursday May 26th 6:30pm-7:30pm**— Dr. Laura in the community! Dr. Laura is once again joining forces with Downtown Yoga Holistic Centre at their location . Together creating a wonderful workshop “ Raising Healthy Families in 2010”. You are welcome to come out, support Dr. Laura in her passion for encouraging healthy living . As well learn about the unique services provided at Downtown Yoga ( 236 Dundas St. London). RSVP by May 19th. The first 10 registered guests receive their name in to receive a basket filled with over \$100.00 worth of wonderful treats.

## **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 needed closer to the date.**