



NEWS LETTER

March 2012

New At SCC

Now Available:

ChiroFlow Pillows

Number one Chiropractic recommended pillow for improvement of neck pain and Sleep Quality! Contact us for more information.



Acupuncture and Traditional Chinese Medicine

Connie Chung

SCC has expanded to include acupuncture treatment and traditional chinese medicine. For information on times and rates check out our website or call to schedule a consultation today!



Webster's Technique Certified

Dr. Chan and Dr. Crozman

recently expanded their knowledge in treating women during pregnancy and treating infants by taking a perinatal care certification class and becoming members of the International Chiropractic Pediatric Association (<http://icpa4kids.org>). Chiropractic care can be an effective form of treatment for those aches and pains experienced during pregnancy.

CMCC 27th Annual
BACKS IN MOTION
10km Run & 5km Run/Walk

Support us
in our run!

On April 29th 2012

Your team at SCC is running to support Chiropractic research, education and patient care. Please support this great cause by pledging us or join us on the run! There is a run/walk for all fitness levels. For more information, to register or to donate on line please visit www.cmcc.ca/page.aspx?pid=441

HAVE A HEALTHY PREGNANCY
WITH CHIROPRACTIC CARE

Should a mom-to-be see a chiropractor? Read more to find out how chiropractic care can help you have a healthy pregnancy!

HOW ADJUSTMENTS CAN HELP!

The pains of pregnancy are definitely real and can be quite bothersome. As the mom-to-be's body shifts and changes to accommodate the bundle of joy growing within, extra pressure is put on the joints of the pelvis and lower back and her muscles become strained to help support all of these structures as they change. Back pain occurs in at least 50% of all pregnancies and when you really think about it it's no wonder why!

Chiropractors can help pregnant women through these changes to ensure the pelvis is moving correctly and to ease strain on the back. Maintaining a healthy pelvic alignment

can do more than just decrease or diminish pain. Regular chiropractic visits can help prevent tension on the uterus which can lead to breech presentation. Many chiropractors report a large success rate of relieving this tension (using Webster's technique) and having the baby in the correct position for birth, even in the 40th week!

Want to know more about the benefits of chiropractic care during pregnancy? Contact our office to schedule a consultation with Dr. Chan or Dr. Crozman. For more information of Webster Technique please visit http://icpa4kids.com/webster_technique.htm

Acupuncture can help boost fertility!

Here's how:

Stars, like Celine Dion, have reported success using acupuncture fertility treatments along with IVF. You too can join the many women who seek a more “natural” approach to conception though the use acupuncture and Chinese herbs. Either alone or to augment western treatments like IVF or IUI.

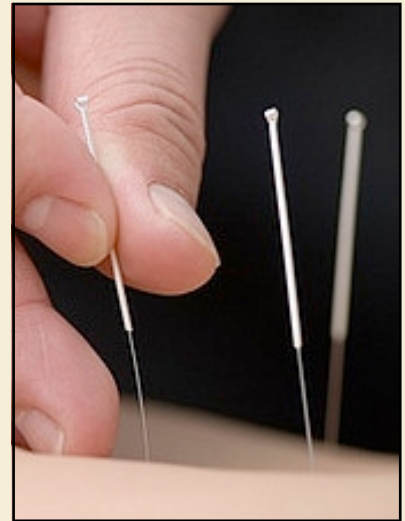
This ancient Chinese medical practice works by using very thin, fine, single use needles that are placed at specific points along and around meridians in the body. Each meridian corresponds to a group of the body's organs.

These needle points stimulate vital bioelectrical energy flow or “Qi”. This energy in turn causes the brain to release chemicals such as calming neurotransmitters, and hormones like pain-relieving endorphins, to the areas of

pain or blockage. The acupuncture needles also works locally to open up blood flow and reduce inflammation. All this facilitates the body's own natural healing.

Acupuncture alone or with Chinese Herbal remedies can help to regulate the menstrual cycle, relax the uterus and stop contractions, stimulate the ovaries to produce healthy eggs, and enrich the endometrial lining in the uterus.

All of these changes open the pathways to the brain that play a key role in emitting the proper hormones at the right time Allow for a more healthy blood flow so the embryo successfully implants. Additionally the rich endometrial lining helps to ensure the eggs will be held to term.



To learn more about acupuncture and fertility contact Connie at (647) 234-5889 or wanhuachung@hotmail.com to set up a consultation to see if this treatment is right for you



Correcting spinal restrictions help to optimize your immune system. Decreasing nerve interference can help fend off those nasty colds and help you suffer less through the dreaded allergy season!

COMBAT ALLERGY SEASON WITH A HEALTHY SPINE!

Though chiropractic care is not a treatment for allergies, it has been shown time and time again to ease the effects of allergens on the body, and to help strengthen the immune system.

How does chiropractic care have such an effect on the immune system?

We correct spinal misalignments which improves nerve function! Patients with misaligned spinal vertebra may have pinched nerves, which apply pressure and stress the system. Once the trapped nerve is released, the nervous system in general is free from stress and the body can then work more effectively to neutralize the allergy-causing chemicals found in the body.

Spinal health is as important to healthy body as exercise and proper nutrition. Without proper care the body can suffer, not only experience with pain, but with illness, depression, organ dysfunction and may other presentations. Chiropractic care can help reduce these symptoms and optimize your quality of life!