

you shovel; bend at the knee rather than stooping to lift the snow.

Learn Your Limits and Work Within Them: If you are tired, take a break. If you begin to feel dizzy, nauseous, lightheaded or experience a sudden onset of discomfort or pain in the chest, shortness of breath or severe headache, call 9-1-1 right away.

Learn CPR: If you are concerned about someone in your household or even a next-door neighbour, consider training in CPR. For every minute, a person goes without CPR, their chances of survival decreases by 10%. You can help someone beat the odds.

NEW YEAR, NEW YOU

by *Muriel M. Grant D.C., N.D. Total Life Care*

Whether or not you have made New Year's resolutions, you can be a new person in a new body just by making up your mind to look after yourself this year.

The steps to make changes do not have to be major. There are cleanses that can change the way you feel in a matter of weeks. After eating our way through Halloween, Thanksgiving, Christmas and New Year's Eve, cleansing and fasting is most appropriate to begin a new year.

Whether you want to lose weight, firm up, rid yourself of digestive problems or reduce blood pressure and cholesterol, there are natural methods to help lead you to becoming a new you.

Aches and pains, fatigue, sluggishness and depression do not have to hold you captive. Stubborn or irritable bowels, poor choice of foods, lack of exercise may be responsible, but cleansing often reverses these negative symptoms.

A structural and spinal examination by a chiropractor is one method of assessing overall health and wellness. Much can be learned by checking for nerve root

impingement and structural faults such as pelvic unleveling, leg length imbalance, dysfunctional joints and hypertonic muscles. Any of these symptoms can adversely affect the autonomic nervous and immune systems, reducing health status.

Natural methods of healing the body, if done with guidance, are safe from serious side effects. Chiropractors believe in a holistic approach health and healing. It can be effective in anti-aging, bringing more energy, building the immune system, improving circulation and is a major preventative factor from disease. This New Year, with simple changes, can result in a whole NEW YOU!



Season's Greetings

Dr. Mark Black 738-1464

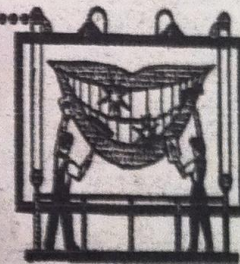
Wishing all of our Patients and Friends
a Happy and Healthy Holiday Season
and all the best in the New Year

by *Mark, Laurene, Dawn and Sandra*

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