

Achieving Wellness

Victoria Family Chiropractic

Dr. Cale Copeland

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New Ownership!

As of May 1st, Dr. Cale Copeland will be the proud owner of Victoria Family Chiropractic. As the new owner, I am honoured to take over this practice. Dr. Saab is a fantastic chiropractor and he will be missed. I assure you that the commitment to wellness will stay the same. Thank you for your trust and commitment to wellness in continuing your plans of care!

The mission here at V.F.C. is to promote wellness. We accomplish this by educating about a healthy lifestyle and through the removal of vertebral subluxations, which allows the body's nervous system to function optimally.

Office Ergonomic Tips (Part 1)

Desk jobs have the potential for devastating effects on the body. Repetitive strain disorders have skyrocketed over the last 20 years. Health Canada estimates musculoskeletal disorders cost society \$16.4 billion in lost productivity and treatment costs.

This two-part series gives you tools to make your desk job, whether it is using the computer at home or work, easier, safer and more efficient. Remember that sitting can be a physical stress. Stress, when excessive, leads to vertebral subluxations. Subluxations (misaligned joints in the spine) interfere with your body's innate ability to heal and self-regulate!

Vitamin D

The benefits of vitamin D (actually a steroid precursor) have been touted in health literature for several years now. A study was released this month from the *American Journal of Clinical Nutrition* that found that people with congestive heart failure could benefit from high doses of vitamin D when compared with a placebo. Other trials have linked heart disease with a vitamin D deficiency.

The best way to get vitamin D is through sun exposure (but avoid getting burned!)

- 1. The Chair:** Sit upright and all the way back. This means no slouching. Try to keep your head over your shoulders and avoid crossing your legs if possible. If you must cross your legs, do it on both sides equally. Adjust the height of your chair so that your knees are at a 90-100 degree angle with your feet touching the floor. A rolled up towel can be placed against the arch of your back for lumbar spine support.
- 2. The Telephone:** Do not cradle the phone between your ear and shoulder. Use your hands to support the phone against your ear and alternate sides regularly. Consider using a headset or speaker to limit the strain on the vertebra in your neck and upper back.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!