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Achieving Wellness

Victoria Family Chiropractic

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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 and excited 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 people 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 2)

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!

- 1. The Keyboard:** Try to type with your arms relaxed, elbows close to your body and bent approximately 90 degrees. Keep your wrists in a neutral position (level with your forearm).
- 2. Monitor:** Keep the monitor directly in front of you. The screen should be upright, not leaning front or back. When sitting erect and looking forward your eyes should be looking at the top one third of the screen. Keep the screen clean. Take frequent breaks to move your eyes and body. Generally, a 20 second break every 20 minutes is recommended (the 20/20 rule). Keep the monitor at approximately an arm's distance in front of you.
- 3. Mouse:** Move the mouse with your elbow, not your wrist, using a light grip to avoid strain.

Phony Diseases?

An article in the *Public Library of Science Medicine* published on April 11, 2006, stated the drug companies are inventing non-existent diseases, or exaggerating minor ones, to sell more of their products.

Natural conditions such as menopause are considered illnesses. Risk factors such as high cholesterol are being labeled as diseases. Other conditions such as female sexual dysfunction, shyness, and attention deficit hyperactivity disorder have been promoted and exaggerated to sell more drugs.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our Mission here is to create a well community. To achieve wellness, we need our nervous systems to function properly. Get checked today! We ask you to help us with our mission.