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SPRING/SUMMER 2017

WHAT'S HAPPENING

We continue to use our newsletter to provide updates on any changes at the clinic and useful articles and information. For those with internet access who have not already made the switch, we encourage you to receive our electronic newsletter – simply call the office 519-656-2358. For more immediate updates follow us on Facebook www.facebook.com/greenwoodwellnessclinic and keep an eye on our website www.greenwoodclinic.ca, particularly our [blog](#).

CHIROPRACTIC UPDATE

It is with sadness that we announce that Dr. Sheldon Gilchrist will no longer be seeing patients at Greenwood Wellness Clinic. We are tremendously grateful to Sheldon for his 15 years of service and the countless people he has helped. We wish him success and happiness as he focuses on his family and practice at [Laurelwood Wellness Centre](#).

For those who continue to require Chiropractic care, Sheldon is happy to see you in Waterloo at Laurelwood, 16-450 Columbia St W, Waterloo, 519-883-4188. If you are unable to travel to Waterloo, we happily recommend Barnes Family Chiropractic, 1204 Queen's Bush Road, Wellesley, 519-656-9292.

Stay tuned to our Facebook page or our next newsletter for updates on Chiropractic care at Greenwood Wellness Clinic.

NEW PATIENTS

Lindsay is currently accepting [new patients](#) Wednesdays and Fridays. If you know of anyone that might benefit from our services please pass along our name. We are grateful for referrals as they are the main source of new business for us.

WELLESLEY HEALTH FAIR

Thanks to everyone who attended the Wellesley Health Fair and made it such a success! We had a great turnout and both vendors and attendees were very pleased with the connections that were made.



MASSAGE THERAPY



A reminder that Laura Baer, RMT, is in the office one Friday every month. Book your time early as she fills up quickly. Laura's next dates are:

- Friday, June 16
- Friday, July 21
- Friday, August 18

Rhubarb Stew

This delicious recipe was taken from Shavone Doherty's recipe in Ecoparent magazine

(<https://www.ecoparent.ca/food/rediscovering-rhubarb>)

INGREDIENTS: SERVES 6

- 2 onions, peeled and thinly sliced
- 1-pound fresh rhubarb, stems removed and cut into 1-inch pieces
- 1-pound lamb, grass-fed stewing meat (easily substitute beef or your favourite stewing meat)
- 3 cups parsley, chopped
- ½ cup fresh mint, chopped
- 2 ½ cups of lamb broth (or broth of your choice)
- ¼ cup oil (avocado has high a high smoke temperature)
- ¼ tsp. ground saffron dissolved in 1 tbsp. hot water
- 1 tbsp. tomato paste
- 2 tbsp. fresh lime juice
- 1 ½ tsp. salt
- ¼ tsp. ground pepper
- ¼ tsp. ground turmeric

DIRECTIONS

1. In an ovenproof Dutch oven, sear the meat in oil on all sides over medium high heat. Make sure to avoid crowding the pan and sear in batches if necessary. Set aside. Sauté onions in the same pot until soft, sweet and caramelized (add water to steam onions as it dries out). Return seared meat to the pot and add salt, pepper and turmeric. Pour in broth and bring to a boil. Reduce to a simmer and cover for about an hour.
2. Add parsley, mint, saffron water, tomato paste, and lime juice to the pot. Cover and simmer for an additional hour over low heat.
3. Preheat oven to 350F. Arrange the rhubarb on the top of the stew and cover. Cook for 30 minutes or until the rhubarb is tender. Avoid over cooking or the rhubarb will fall apart.
4. Adjust the seasoning. If the stew is sour, add 1 tablespoon of honey.
5. Serve on a bed of rice with some fresh herbs or salad



BLUE ZONES AND EXERCISE LINDSAY BAST, B.Sc., N.D.

A recent [CBC episode of The Current](#) exploring exercise and going to the gym discussed the concept of a 'Blue Zone' - a demographic or geographic area where people live measurably longer lives. Author and researcher Dan Buettner spoke specifically about the physical activity patterns of people in Blue Zones, as part of an argument *against* going to the gym to be healthy. The reality of life in the Blue Zones is that physical activity is woven into everyday life - people live in environments that press them into movement every 20 minutes or so. This frequent, low intensity movement is in contrast to current practices of going to the gym a few times a week to make up for the rest of our general inactivity.



I should point out here that I am certainly not telling anyone to stop going to the gym or going out for a run - there are many known benefits to exercise as we know it, outlined very nicely in this "[visual lecture](#)" from 2011. However, given the reality that many people don't get the often recommended 30 minutes of moderate physical activity every day, it is certainly worth considering some of Buettner's suggestions to adapt our modern environments to more closely achieve the activity levels of people in the Blue Zones. He argues we can achieve a 30% increase in a population's physical activity levels by incorporating planning principles such as cleaning parks, narrowing traffic lanes, creating bike lanes and widening sidewalks - in essence, designing built environments to be more walk-able.

On a more individual level, some strategies you may have heard of before, such as taking the stairs instead of the elevator and parking at the far end of the parking lot are still good ideas. Buettner adds to this list with suggestions such as taking out garage door openers, using hand tools instead of electric tools, moving your TV as far away from the snacks you might want - many little things that through the day add up to more frequent, low intensity exercise. Research is also demonstrating the negative health effects of sitting itself, regardless of the amount of physical activity you get. If you have a sedentary job, think about some of the following tips from the American College of Sports Medicine for moving more at work:

1. Take a walk break every time you take a coffee break.
2. Do some leisurely walking with colleagues after you eat lunch together at work.
3. Stand up and move whenever you have a drink of water at work.
4. Whenever possible stand up as opposed to sitting down.
5. Stand up and talk on business phone conversations.
6. Stop at the park on your way home from work and take a walk.
7. Walk to a co-worker's desk instead of emailing or calling her/him.
8. Walk briskly when headed to meetings.
9. Take the stairs whenever you can.
10. Take the long route to the restroom at work

While there are still benefits to regularly scheduled physical activity, we can all benefit from breaking long periods of sitting with some movement, something people in the Blue Zones work into their daily lives by necessity. To learn more about the other common features of the Blue Zones, visit www.bluezones.com.

MOVEMENT IS IN THE AIR! LAURA BAER, RMT

I am always so excited for this time of year! As there are so many beautiful and incredible changes happening outside all around us. I find it inspires us a little from the inside. Everyone seems to carry themselves a little taller and smiles just a little wider. There is a brightness and lightness that spring brings in each and every one of us. The birds and the bees are out and about just as we see more people out and about.

That being said spring can be an easy time to start new habits. If you've been struggling with some chronic postural discomfort, injuries that you've put to the way side, feeling sluggish or are finally feeling inspired to dust off the winter blues, now is the time! Movement is an essential part of our being and we as humans are designed to move. In today's day and age a lot of people lead quite sedentary lifestyles and it is affecting their health. We all have movement baselines that we need to reach in order to maintain a healthy cardiovascular and circulatory system as well as mental and emotional health.

"If we restore these baselines, in this case if we start meeting our movement requirements, our body will restore its own equilibrium or homeostasis. The root problem will have been eliminated; the symptoms will fade over time."

(<https://nutritiousmovement.com/a-day-in-the-life/>).

So I challenge you to be creative and find new ways to incorporate movement into your daily life and daily routine. Here are a few ideas to get you started:

- First thing! When you wake up in the morning, move in some way. Whether that is 10 shoulder and hip circles or 10 jumping jacks.
- Anytime you are standing in front of a mirror or counter doing something with

your arms (like brushing your teeth or washing dishes), try doing 10 squats! Even if you are in the grocery line, try doing 10 squats. You may get a few looks, but you can be the one to inspire others!



- Climb the stairs instead of taking the elevator... of course!
- If you sit at a desk all day, get up and go for quick 5 minute walk every hour. Or at least stand up and go to the washroom or get a glass of water every 20 minutes. You will be much more focused and productive if you give your brain incremental breaks every 20 minutes.
- Encourage your co-workers to hold each other accountable. So maybe every 20 minutes you do some sort of movement together!?
- Perhaps your meeting with your boss can be a walking meeting?
- Try sitting on the floor instead of on the couch. This will help strengthen your back and stretch your hips
- Park at the back of the parking lot so you can get that extra walk to the store entrance.
- Go for walks with friends instead of sitting coffee dates!

Think outside the box, because there are lots of ways to move and once you start moving you will start to feel better! I am always happy to show you fun and healthy ways to move your body! Be creative and playful with movement and you will enjoy!