

HEALTH, WELLNESS & SAFETY MAGAZINE

HWS

VOLUME 6 ISSUE 2

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INSIDE

RETIREMENT LIVING
YOUR FITNESS
AFTER 60

WELLNESS
HOW MUCH SLEEP
DOES MY CHILD
ACTUALLY NEED?

BUSINESS SHOWCASE
WATER SUPERSTORE

FEATURE
McMASTER UNIVERSITY
MICHAEL G. DeGROOTE
SCHOOL OF MEDICINE

COVER STORY P12

BRAIN MATTERS

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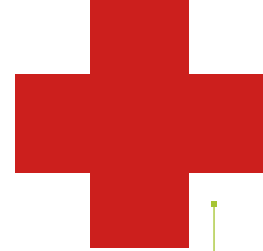
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January

Alzheimer Awareness Month

Hot Tea Month

National Non-Smoking Week
January 18 to January 24

Weedless Wednesday
January 21

Family Literacy Day
January 27

Tobacco use is one of the leading risk factors for chronic disease and is responsible for more than 37,000 premature deaths in Canada each year.



March

Endometriosis Awareness Month

Multiple System Atrophy Awareness Month

"Help Fight Liver Disease" Month

National Colorectal Cancer Awareness Month

National Kidney Month

National Nutrition Month

National Social Work Month

Red Cross Month



February

Heart Month

Psychology Month

Eating Disorders Awareness Week
February 1 to February 7

White Cane Week
February 1 to February 7

World Cancer Day
February 4

Sexual and Reproductive Health Awareness Day
February 14



WHAT IS MULTIPLE SYSTEM ATROPHY?

Multiple System Atrophy (MSA) is a rare, neurodegenerative disorder affecting multiple body systems.

Major symptoms can occur in any combination including ataxia (loss of balance and coordination), severe low blood pressure leading to dizziness or fainting when standing (neurogenic orthostatic hypotension), bladder retention or incontinence, constipation, erectile dysfunction, speech and swallowing difficulties, sleep disorders, breathing problems, and rigidity and tremors similar to Parkinson's Disease.



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National Health Ethics Week
March 2 to 8

World Glaucoma Week
March 8 to March 15

Brain Awareness Week
March 9 to March 15

Canadian Agricultural Safety Week
March 15 to March 21

Poison Prevention Week
March 15 to March 21

International Women's Day
March 8

World Water Day
March 22

World Tuberculosis Day
March 24

Purple Day – The Global Day of Epilepsy Awareness
March 26

Glaucoma is a group of eye diseases that cause progressive damage of the optic nerve at the point where it leaves the eye to carry visual information to the brain.



WORLD CANCER DAY

World Cancer Day is marked on February 4th to raise awareness of cancer and encourage its prevention, detection, and treatment. World Cancer Day was founded by the Union for International Cancer Control (UICC) to support the goals of the World Cancer Declaration, written in 2008. The primary goal of the World Cancer Day is to significantly reduce illness and death caused by cancer by 2020.

– Wikipedia





WE'D LOVE TO HEAR FROM YOU!

Please send your comments, editorial suggestions and feedback to:

HWS – Health, Wellness & Safety Magazine
 36 Hiscott St., Suite 200
 St. Catharines, ON L2R 1C8
 tel: 905.646.9366
 adam@businesslinkmedia.com
 www.hwsmag.com

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Don't Be "SAD"

ARE YOU COLD RIGHT NOW? I know I am. Unfortunately, a lot of us are more than just cold this winter season. We're feeling tired, moody and more sluggish than usual. There's a big reason why many of us aren't feeling ready for prime time of late.

It's called seasonal affective disorder...better known as "SAD."

SAD is a type of seasonal depression that often creeps up on us in the depths of winter when we're stuck indoors with a big lack of sunlight outdoors. There are many treatments out there for SAD—things like light therapy and psychotherapy. But experts say there are few much simpler ways for us to beat those winter "blahs."

- 1 Brighten up your environment** – Start by opening your blinds to get as much sun as possible. Trim any tree branches that might be blocking your sunlight, and sit close to the window so you can get as much sun as possible.
- 2 Exercise regularly** – Exercise is a great remedy for relieving stress and anxiety which are big causes of SAD. Breaking a sweat is also a perfect way to improve your mood and make you feel better about yourself.
- 3 Get outside** – Yes, I know it's cold out there. But taking a long walk or sitting out on a park bench is a perfect way to soak up the sun. Every little bit of daylight can help—even if it is a little on the cold and cloudy side.

Hopefully you can avoid those nagging winter "blahs" this season. If not, just remember that the key to relief is often waiting right outside your front door.

Now on to our latest issue of HWS Magazine. This month, we're featuring a cover story on Brain Matters Wellness Centre in St. Catharines—a clinic that's bringing brainwave optimization to a whole new audience (p12). We also have an intriguing feature on Retirement Living (p8), a few timely tips on how much sleep your baby really needs (p14), and some powerful strengthening exercises you can check out in our new CrossFit Corner (p22).

Want to get in touch with us? Feel free to drop us a line today at adam@businesslinkmedia.com. **HWS**

Yours in health,
 Adam Shields
 President

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The Business Link Niagara Ltd.
36 Hiscott Street, Suite 200
St. Catharines, ON L2R 1C8
Tel: 905-646-9366
Fax: 905-646-5486
info@BusinessLinkMedia.com
www.BusinessLinkMedia.com

Co-Publishers

Jim Shields, Adam Shields

Director of Advertising

Julie Shields

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**BUSINESS LINK
MEDIA GROUP**



P20 McMaster University Michael G. DeGroot School of Medicine

"We have achieved many milestones and our vision for the year ahead is equally broad and ambitious..."

— Dr. Karl Stobbe, Regional Assistant Dean of the Niagara Regional Campus

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Cover Story p12

"Being a Brainwave Optimization provider is so rewarding. I get to play a guiding role in the client's self-empowerment."

Cover: Brenda Sharp, Certified Advanced Brainwave Technologist, and owner of Brain Matters Wellness Centre.

Photo credit: Lindsay Miller

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This magazine is intended as a general information source only, not as a medical manual. The information given is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed to you by your doctor. If you suspect that you have a medical problem, or if you are pregnant or nursing, we urge you to seek competent medical care. The supplements described in the magazine should not be given to children without the advice of your doctor. If you are taking prescription medications or being treated for a chronic health condition, it is advisable to consult your doctor before taking any supplements.



Jalepeño Cornbread

Makes 12 slices

INGREDIENTS

- 1 cup Cornmeal
- 1 1/2 cup All purpose flour
- 1 tbsp Sugar
- 1 1/2 tsp Baking powder
- 1 tsp Baking soda
- 1/2 tsp Salt
- 1/4 tsp Ground black pepper
- 1 cup Buttermilk or soured milk
- 1/2 cup Liquid egg substitute
- 1/3 cup Low fat sour cream
- 2 tbsp Canola oil
- 1 Jalepeño pepper, minced
- 1/2 cup Frozen corn kernels, thawed
- 2 oz. Reduced-fat cheddar cheese, diced



METHOD

- ▶ Preheat oven to 400°F.
- ▶ Lightly coat a 9 x 9 inch baking dish with non-stick cooking spray.
- ▶ In a large bowl, whisk together the cornmeal, flour, sugar, baking powder, baking soda, salt and black pepper. Make a well in the centre.
- ▶ In a small bowl, whisk together the buttermilk, egg substitute, sour cream, oil, jalepeño pepper, corn and cheese. Pour into the well in the flour mixture and stir until just combined. Do not over mix.
- ▶ Pour the batter into the prepared baking dish. Bake for 25 to 30 minutes or until a toothpick inserted in the centre comes out clean. Let cool slightly in the pan on a rack.
- ▶ Slice and serve warm or at room temperature.

Note: Wear plastic gloves when handling jalepeños.

This healthy recipe and many others can be found in "Cooking with Heart: 30th Anniversary Cookbook" available through Heart Niagara. For more information, please email info@heartniagara.com or visit www.heartniagara.com.

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Andrea Goertzen, B.A. (Hon), M.A. Lorraine Hulley, A.C.(T), M.Sc.

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Your fitness after 60

Discover how a senior workout will improve your health and your sense of well-being.

By Nicholas Hurd

REGULAR EXERCISE is a vital part of healthy living as a senior. Not only does it help keep muscles in good condition, but exercise strengthens the body. Working out is also a fun way to meet new people, and a terrific method of weight loss. Just like workouts designed for younger generations, senior workouts are beneficial to both the mind and the body.

Senior workouts can be simple. There is no need for complex and difficult movements. There are some workout programs designed specifically for seniors with slow-paced exercises that gently increase the heart rate and strengthen muscles gradually. Building and strengthening muscles makes the body stronger, and a strong body is the best protection

against injuries from slips and falls.

There are a wide range of workout programs available for seniors. Most gyms and fitness centres offer senior exercise programs, as well as many senior centres. Home gym equipment or one of the many exercise videos on the market can also be used. Some of the best exercises for seniors can be performed at home or at the park with no gym membership and little equipment.

Yoga and aerobics programs are excellent for seniors and are offered at many gyms and fitness centres. There are also a number of videos available with senior yoga and aerobics workouts. Yoga is a great workout for stretching and extending the body, and is extremely relaxing as well. An aerobic workout, on the other hand, increases the heart rate

and strengthens various muscles throughout the body.

Strength training workouts for seniors are equally beneficial and usually only require two to three days of working out each week. These workouts build and strengthen muscles, reduce the chance of injury from a fall, and improve balance. Some strength training programs focus on the entire body, while others target a specific set of muscles, like the arms or legs.

Walking is a terrific senior workout that can be done anytime and anywhere with no special equipment. Walking is a great way to spend time outdoors. It is also a wonderful workout

Swimming, golfing, and even dancing are all ways for seniors to stay fit. There are many ways to make senior workouts exciting. *Planning group fitness activities is a great way for seniors to interact socially as well as exercise.*

for the heart. Brisk walking is the best way to strengthen muscles and raise the heart rate. To preserve energy, seniors may want to alternate between fast-paced, brisk walking and an easier stroll. Walking workouts can even be used by seniors who may have trouble walking by only going short distances, using a walker if needed, and by taking lots of breaks.

Not all senior workout programs involve exercise mats and stretching. There are many fun and enjoyable ways to stay active. Swimming, golfing, and even dancing are all great ways for seniors to stay fit. There are many ways to make senior workouts exciting. Planning group fitness activities is a great way for seniors to interact socially as well as exercise.

Before beginning any type of senior workout program, always consult with a doctor first. Safety should be the primary concern, so follow the doctor's orders and adhere to any necessary precautions he or she may recommend. **HWS**

Nick Hurd writes about aging and the baby boomer generation and how to cope with life's changes and live a very healthy and active lifestyle.

Courtesy of EzineArticles.com

Staying safe. Staying mobile.

Provided by Aapex Driving Academy

YOU MAY HAVE BEEN DRIVING for many years and take great pride in your safety record, but as you age, it is critical that you realize your driving abilities can change.

To continue to drive safely, you need to recognize when these changes happen and modify your driving strategies to compensate when they do. Aapex Driving Academy is here to help you. We are a team of professionally trained instructors who can show you how to modify your driving style. Our techniques will help you identify and strengthen your weak areas and prepare you for the next phase of your driving career.

Understanding the effects aging has on driving skills:

Pain and stiffness in your neck can make it harder to look over your shoulder when changing lanes or to scan left and right when crossing intersections.

Modification: Aapex will show you how to scan earlier at these danger points so that you can use a blocker technique (other vehicles can protect you). We will show you how to minimize the need to do so many lane changes and how to preplan when lane changing is necessary. Using your mirrors effectively and efficiently cannot be stressed enough.

Leg pain or body aches can make it difficult to move your foot from the gas to the brake. Overall physical

condition can affect the speed in which you respond. **Modification:** Slower reaction times are a big concern for obvious reasons. The answer is simple... early detection and more effective observation and planning. Aapex will show you where to look, what are you looking for, what do you do when you see it, but most important...how to minimize your risk on the road.

Slower recognition of dangerous situations is a key factor in many of the crashes that involve seniors. Drivers are slower at spotting vehicles emerging from side streets and driveways, or to realize that the vehicle ahead of you has slowed down or stopped.

Modification: Space is a key factor in keeping you safe and informed. Aapex Instructors will show you how to manipulate the space around your vehicle giving you maximum benefits while keeping up the flow of traffic. You will learn how to take back control over the environment surrounding your car.

Keeping track of so many road signs, signals and markings, as well as all the other traffic and pedestrians can also become more difficult as you lose the ability to effectively divide your attention between multiple activities.

Modification: Education is key. Not all changes in your driving strategies have to be because of aging. It is important to recognize that our traffic system has become ever more complicated and difficult to

understand. Many of our drivers today have never had formal training on these modern systems. Signs, road markings, centre left turn lanes and traffic circles may all seem a bit overwhelming. The team at Aapex Driving Academy is here to help you navigate these new traffic control methods so you can get your confidence back.

Just remember that it is normal for our driving abilities to change as we age. The goal is to recognize our limitations and reduce the risk by incorporating safe driving practices.

That may mean something as simple as modifying when and where you travel to giving up the keys—but by no means should it mean the loss of your independence. Alternative methods of transportation should be welcomed and embraced because of the health and social benefits it can offer.

Aapex Driving Academy offers you peace of mind with a full driving evaluation to determine your skill level. Armed with the proper information and tools, you will feel confident that you are making the right choices for your driving career. **HWS**

Aapex Driving Academy has locations throughout the Niagara Region. For more information, please visit www.aapexdriving.com.

Get the Facts about Driving and Aging!

Changes to the Senior Driver Renewal Program

Ontario is enhancing its drivers license renewal program to help seniors who are fit to drive renew their licenses.

- A vision test
- A driver record review
- An improve, in-class group education session
- Two short, in class screening exercise.

The current cost of renewal for seniors will remain the same at \$32.00. There is no additional cost for a road test. The new renewal session will take approximately 90 minutes, or less than half the time of the current program.

Please note that this as is a license renewal program. Existing and valid licenses will be not revoked but all requirements need to be met before your license is renewed. Once you've completed the group session and screening components you may be asked to take a road test or submit medical information from your doctor.

Should you have questions about the new program, please call 1-800-396-4233 or GTA 416-235-3579.

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Tips for senior travels

By Bronwyn White

SENIOR TRAVEL can be an enjoyable experience. It doesn't need to be any different from when you traveled in your younger years and it can just be as fun. However, there are some specific considerations to take when traveling as a senior citizen to ensure that the trip goes well. If you intend to travel as a senior or you will be traveling with seniors in your party, take a look at the following information to make sure your trip goes as planned.

In your senior travels, you may be an easy target for local petty thieves. Unfortunately, seniors are often seen as easy targets who are unable to defend themselves. Although this is not necessarily true, crimes against seniors continue to occur, especially in tourist destinations. For the most part, these crimes are property crimes such as pick-pocketing, rather than violent crimes, but precautions should be taken nonetheless.

One safety tip to take onboard in your senior travels is to make sure that you are accompanied by others in some of the more remote areas or parts of town that seem quiet and unfamiliar. Al-

ways trust your instincts. If it doesn't feel right, don't go there. Do plenty of research before you go, and if you are advised not to go to certain areas by your tour guide or the guide books, take the advice.

If you have anyone in your party who is a senior, or are one yourself, keep an eye out for senior discounts. Depending on the country, they are abundant or few and far between. Always ask for a discount. However, in some cases, other offers are cheaper than senior discounts, but you have to be diligent in looking for these—be sure to ask for the cheapest special price or best rate of the day. Also, remember that the term "senior" means something different in each country.

If you are traveling as an extended family group, take into account different interests when planning a trip with seniors. Those in different generations often have different expectations for vacations, so be sure to discuss these desires before departing for your trip. Younger travelers in your group may be interested in going out and participating in cultural events, while seniors may rather tour museums, for example. Of course, this is not true in every case, but it is something to take

into consideration. Although the destination is the same, different age groups often have very different ideas and plans for their travels, so it is best to make plans ahead of time. If you have a large group, consider making some plans that include everybody and also separate activities for groups with different interests. This way, everyone will get the most out of the trip.

Along with considering which activities seniors will and will not enjoy, think about the physical capabilities of the senior members of your group. Planning a trip with people of different ages can be challenging, but it is worth it to make these plans before leaving. Remember that you will need to make special arrangements for seniors if part of your trip includes a hike or a lot of walking, for example. With some planning, you can have a great time traveling with seniors in your party. **HWS**

Bronwyn White has over 20 years experience in the travel industry. She has gained her experience as a travel agent with airlines, and government tourism boards and as a professional travel researcher. She consults on a regular basis in the travel industry and is often quoted in the press. Bronwyn has specialized in senior citizen clientele—both as a travel agent and a travel researcher.

Courtesy of EzineArticles.com.

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Northend Mobility

Premier provider of mobility equipment provides physically challenged clients with the freedom they deserve.

By Scott Leslie

WHEN YOU OR YOUR LOVED ONE is having difficulty getting in and out of your home or vehicle, there's no one better to contact than the professional staff at Northend Mobility.

Based in Welland and serving the greater Niagara area for over 20 years, Northend Mobility has been a leading provider and installer of mobility equipment for the home or vehicle. Its clients can be any age from children to seniors dealing with any number of medical conditions, whether its spinal cord injuries, MS or age-related issues.

At Northend Mobility, the firm offers a wide range of innovative mobility equipment for clients to choose from. That includes such products as scooter lifts, stair lifts, porch lifts, vehicle ramps and hydraulic lifts, hand controls and spinner knobs, specialized vehicle seating, and left foot gas pedals. Northend Mobility can also handle side or rear entry van conversions.

Northend Mobility is firmly committed to serving clients everywhere in the Golden Horseshoe area and beyond. Originally established in 1991, Northend Mobility is owned and operated by Kevin and Carrie Anne Rabe—a local husband and wife team—together with their staff.

Whether it's servicing a full van conversion or installing a home stair lift, the Northend Mobility team always prides itself on offering a truly personal brand of service—installing and servicing everything they sell. And they're looking forward to continue providing their Niagara-based clients with the mobility freedom they deserve. **HWS**

Balancing work and caregiving for family

By Arie Vrugteveen

IF YOU ARE ONE of the three million Canadians currently caring for an elderly or disabled parent or loved one, chances are you often feel torn between work duties and the tasks of your caregiver role, such as transportation, personal care, health-care appointments, and so many other responsibilities. Many working caregivers report that they:

- ▶ Miss opportunities for advancement and promotion.
- ▶ Pass up travel or training.
- ▶ Use all vacation, personal and/or sick days to provide care.
- ▶ Take unpaid leave beyond paid days off.

Many smart businesses are taking notice of the challenges caregivers face, choosing to offer information sessions for employees on “caregiver burnout” and the benefits of respite care.

You are not alone

Caregiving brings with it many rewards including the satisfaction of giving back to an aging parent, spouse or relative experiencing health difficulties. However, family caregivers experience challenges that put them at risk for caregiver burnout. They may feel a complex set of emotions, such as guilt, frustration, and exhaustion.

If you are currently a working family caregiver, the first step is to make a plan and do your homework. Are you taking advantage of all the available resources? A professional homecare company, such as Retire-At-Home Services, can help support and guide you in making the right choices for you and your family. **HWS**

Arie Vrugteveen is the executive director of Retire-At-Home Services, St. Catharines. For more information or to book your complimentary in-home consultation, call 905.892.3808 or visit www.rahstcatharines.com.



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■ Brenda Sharp, Certified Advanced Brainwave Technologist, and owner of Brain Matters Wellness Centre.

Brain Matters Wellness Centre

Certified Brainwave Technologist uses non-invasive Brainwave Optimization technology to bring balance and harmony back into her clients' lives.

By Scott Leslie

HELPING PEOPLE get the most out of life means a great deal to someone like Brenda Sharp. Brenda is a Certified Advanced Brainwave Technologist, and the owner of Brain Matters Wellness Centre in St. Catharines—the only Brainwave Optimization Centre serving the Niagara Peninsula.

Brainwave Optimization is a revolutionary new technology that facilitates relaxation and flexibility of the client's own brain rhythms. This can result in optimum physical and mental health for virtually anyone at any age. During a series of sessions, clients listen to generated

sound waves based on their individual brain patterns. Here, the brain becomes its own mirror and recognizes imbalances. It essentially recalibrates, resulting in balanced brainwaves which enhance the brain's performance.

According to Brenda, Brainwave Optimization can make a dramatic improvement in the quality of people's lives.

"Over time, emotional and physical traumas can cause a person's brainwaves to become imbalanced or stuck," she says. "These traumas can actually leave an imprint on the brain, and disrupt the patterns that are required to achieve a balanced and healthy state of mind."

At Brain Matters, clients begin their sessions

by receiving an initial assessment where information is collected through several read-only sensors that are placed on their scalp. This data is then converted into music notes that mirror the client's brainwave patterns. During subsequent sessions, these sounds are played back through ear buds while the client relaxes in an anti-gravity chair. During this process, the brain reflects its own activity and guides itself back into better balance and harmony.

To date, more than 70,000 people around the world have used Brainwave Optimization to address a wide variety of conditions that includes anxiety, depression, stress, chronic fatigue and pain, sleep disorders, panic attacks, learning challenges, addictions, compulsive behaviour—even brain injuries.

"Issues like depression and anxiety don't discriminate," Brenda explains. "Whether you're 8 or 80, an adolescent struggling in school or a businessman trying to run a large company, depression and anxiety can have a major impact on our lives. Brainwave Optimization can help almost anyone to balance their own brain patterns to achieve optimum physical and mental health. People are particularly attracted by the fact that it's completely non-invasive and requires no medication whatsoever."

A Turning Point

Brainwave Optimization is a technology that hit particularly close to home for Brenda. Several years ago, she used it to effectively combat issues in her own life.

"I was having a problem with insomnia and depression," Brenda says. "I was working on virtually no sleep for days at a time. Fortunately, a friend suggested I give Brainwave Optimization a try and I went to a Brainwave Optimization provider in Toronto. Three weeks following my sessions, I began sleeping better, and a sense of happiness returned."

After experiencing the benefits of Brainwave Optimization firsthand, Brenda decided to study the discipline further at the Brain State Technologies Headquarters in Arizona, and received her Brainwave Technologist certificate in February of 2011. That same year, she launched Brain Matters in St. Catharines—one of only five Brainwave Optimization offices in all of Ontario.

"Brainwave Optimization is quite different from other modalities and therapeutic approaches," Brenda says of its unique position in the health-care industry. "It's essentially a way to help the brain undertake its own agenda. Brainwave Optimization is intended to support someone from the 'inside-out' as opposed to therapeutic interventions which tend to create a change from the 'outside-in.' The client must understand that it's a tool for supporting inner-directed improvement."

Although Brainwave Optimization is still



■ Friendly staff is here to help on your path to balance and harmony.

a relatively new technology, Brenda is a true believer in its benefits and has seen it help hundreds of clients year after year.

“Being a Brainwave Optimization provider is so rewarding,” she says. “I get to play a guiding role in the client’s self-empowerment. Some of our clients start to feel results in as little as one session while others may require 10 or more over the course of a week. It all depends on the individual’s needs. After their sessions, many of our clients say they feel better than they’ve felt in years.” **HWS**

NOTE:

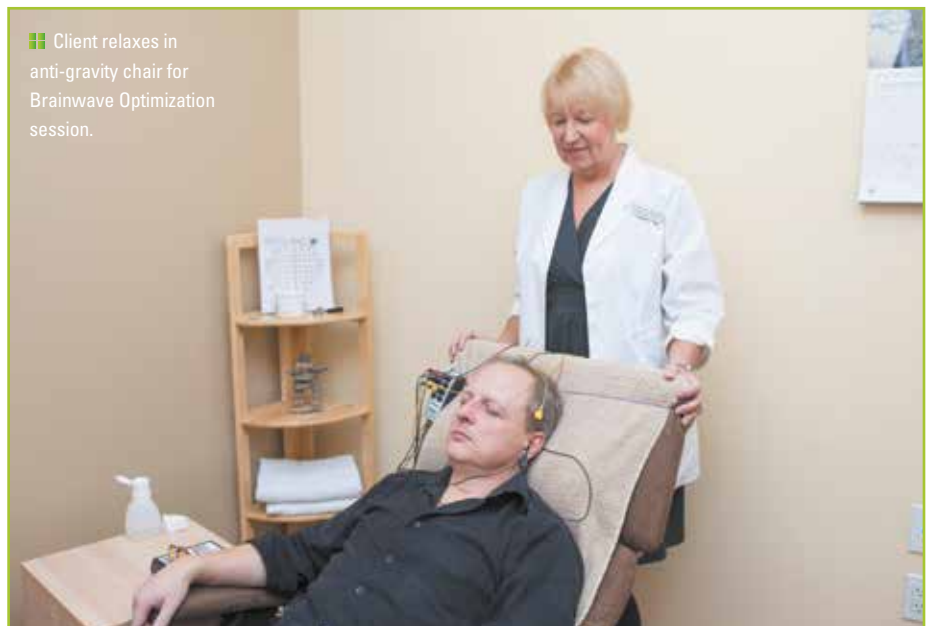
Brenda would encourage anyone interested in learning more to call or stop by for a free consultation with her or Cynthia Howard, another Advanced Brainwave Technologist on site. The Brain Matters Wellness Centre is also home to Colleen Quinn of Shift Consult Inc. who provides Psycho-Acoustic Resources in the form of a liquid vibro-acoustic sound table.

In addition, the centre is the home of the Trigeminal Neuralgia Support Group for the Niagara Region, where Brenda is the leader. Clients suffering from facial pain can stop by and receive valuable information and support from others dealing with this neurological disorder.

Please note that brainwave optimization is not intended to treat, cure, heal or diagnose any disease, mental illness or symptom. Results may vary depending on the individual.



■ Client relaxes in anti-gravity chair for Brainwave Optimization session.



TESTIMONIAL

“S ince as long as I can remember, I’ve suffered from depression and anxiety. I have been on many different meds and tried alternative therapies such as acupuncture, chiropractic, natural medicine, talk therapy, and energy balancing, all with little or no benefit... I heard about Brain Matters and brainwave optimization on the radio. For six months I told myself that I wanted to look into it. It wasn’t until I hit rock bottom that I finally called Brenda. That one call saved me... When my sessions were complete, I felt like a new person. I was calm. I was able to control my anxiety. My brain wasn’t cloudy. I was happy. I was content. I had no idea I was going to feel that good following the sessions! Three months later, I am still calm. I’m able to control my thoughts and have started to come off my meds. Mostly, I’ve never felt happier!” - **A.S.**



Brain Matters is located at 314 Lake Street, Unit 2 (Princess Plaza) in St. Catharines. For more information, call 905.646.4999 or 289.929.6395, email info@yourbrainmatters.ca or visit www.yourbrainmatters.ca.



How much sleep does my child actually need?

By Jillian Dowling



SLEEP IS SUCH AN IMPORTANT PART OF OUR LIVES and we all know what it feels like to not get enough. Although children are different in many ways, the amount of sleep they require in a 24-hour period is really based on the age and sometimes weight of the child.

It can be difficult to set your child up for healthy sleep if you don't know how much sleep your child actually needs. There are occasionally other factors that would influence the amount of sleep your child requires but for healthy, full-term babies and children the amount is pretty standard.

For newborn babies – There are many things you can do to create healthy sleep habits for your child but in the first few months you just have to make the best of it. Your child will only be awake for about one hour at a time before it is time for a nap so this leads to multiple naps during the day. Your child still needs to be fed during the night so you have to hang in there until they are big enough to be ready to sleep through the night. You can expect your child to sleep about 16 to 18 hours per day.

For babies four to six months – By this age your child will be having more organized and consolidated sleep. They will be able to stay awake for longer periods of time and also sleep for longer periods of time. They may be ready to sleep 12 hour periods at night depending on the size and birth history of the child. Some may sleep 12 hours with a feed during the night. With a three nap a day schedule they will be having about 15 hours of sleep per day with three to four hours being daytime sleep.

For babies six to 14 months – At this age they are ready to sleep a full 12 hours at night without waking to be fed. A consolidated 12 hour sleep with the support of two naps during the day will help your child feel happy and energized. Not to mention how great mom and dad will feel. A total of about 14 hours per day can be expected with about three to four hours being daytime sleep.

For toddlers 14 months to three years – Your child will continue to sleep 11 to 12 hours during the night and sleep about an hour and a half during the day. Your child should be sleeping about 12 to 13 hours per day.

Three years old and up – Once your child is around three years old they will likely be ready to drop the afternoon nap altogether. This can often be the case as young as two and a half years old or after the third birthday but this is a good guideline. They still require an early bedtime and about 11 to 12 hours of sleep at night.

Getting an overtired child to fall asleep, and then stay asleep can be very challenging. By following guidelines for your child's age, you can be sure your child is getting the right amount of sleep and not becoming overtired. **HWS**

Jillian Dowling is a certified Sleep Sense™ consultant and the owner of Sleep Wise Infant & Toddler Sleep Consulting. For more information, please call 905.688.1578, email jillian@sleepwise.ca or visit www.sleepwise.ca.

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Laura MacDonell, president of Water Superstore.



Water Superstore

Reverse osmosis water provider takes great pride in its high efficiency products and dedication to customer service.

By Scott Leslie

IF YOU'RE LOOKING FOR SOMEONE to take care of all your water needs, you don't have to look any further than Water Superstore in St. Catharines.

Family owned and operated, Water Superstore has been serving the Niagara Region since 1996, offering a wide range of water-related services including commercial and residential water treatment equipment sales, technical support and service, and water deliveries. In addition, Water Superstore has a variety of water-related products such as water coolers, reverse osmosis systems, and shower and replacement water filters.

Water Superstore can make water deliveries directly to any home or place of business in Niagara. All of the firm's water is specially treated with an advanced reverse osmosis process that removes over 95% of all impurities from the water including everything from chlorine, aluminum and lead to pesticides, nitrates and pharmaceuticals.

The Water Superstore team is specially-trained to solve nearly any water-related issue. One of the biggest water problems people run into nowadays is hard water. Water with "hard" minerals is much less efficient than soft water because when it starts to crystallize, it can build up on pipes and appliances like

dishwashers, washing machines and hot water tanks. In order to get the most from your water, Water Superstore can help by performing a free in-home water test to check your water for hardness and other impurities.

Sustainability has always been one of Water Superstore's highest priorities. In recent years, the Water Superstore team has begun voluntarily tracking and reducing its annual carbon footprint as part of a monitoring agreement with the Niagara Sustainability Initiative. The Water Superstore team has also attended a number of environmental seminars and taken up various green practices in order to be at the cutting edge of sustainability.

That dedication to environmental responsibility is also reflected in the products Water Superstore carries and the business practices it follows. For example, Water Superstore stocks the AquaMaster line of high efficiency water softeners which can help people enjoy soft water. (Soft water can lead to softer skin and brighter laundry, not to mention reduce soap and water heating costs.) Water Superstore's AquaMaster inventory includes the AquaMaster 950 High Efficiency Water Softener & Filtration System—the most popular water softener in Canada.

Having served the Niagara area for over 18 years, the Water Superstore team remains firmly committed to providing high quality products and exceptional customer service. Water Superstore looks forward to offering Niagara the ultimate in water solutions. **HWS**



Water Superstore is located at 274 Fourth Avenue Louth in St. Catharines. For more information, call 905.685.9996 or visit www.watersuperstoreinc.com.

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Subtle Images

New medical aesthetics clinic is dedicated to putting its patients first.

Provided by Subtle Images

WHEN YOU LOOK GOOD, you feel good. That's the underlying philosophy at Subtle Images—a new medical aesthetics, laser, and vein clinic in Niagara Falls.

Established in 2014, Dr. Jonathan Chow MD and Jennifer Merry RN, BScN have combined their over 40 years of experience in the health care field to expand their practice and dedicate themselves to aesthetic medicine.

Being a nurse for two decades, Jennifer has refined working with people down to a fine art.

"I enjoy listening to my patients concerns," she says, "and being able to offer a variety of solutions so that my patient feels in control of their care."

"Patients need to know they have options and that it's not vain to want to look your best," Dr. Chow adds. "It's just an amazing feeling when you're able to help someone improve their self-esteem by treating their aesthetic concerns."

Whether it's acne, rosacea or sagging skin, Subtle Images can provide patients with a customized plan of care and treatment. Consultations are free and patients are never under any obligation to purchase products or services.

Subtle Images has four treatment rooms and a range of top-of-the-line equipment including light-based technologies like a multiple platform laser that can perform a variety of different procedures from photo-rejuvenation to laser skin resurfacing.

"We're constantly improving ourselves and our knowledge of the aesthetic industry to keep up with rapidly changing practices," Jennifer explains. "That way we can ensure our patients receive the absolute best care based on research and clinical evidence. If a treatment offers little improvement, we don't offer it."

The clinic can treat a variety of areas other than just the face, however. That includes areas such as the arms, hands and chest.

"What's great about us is that we can treat most concerns using multiple modalities that will fit the patient's schedule and budget," Dr. Chow says. "For example, dark spots on the face can be treated with IPL, microneedling, chemical peels or home skin care products. We really enjoy giving our patients more control over their treatment plans."

Subtle Images is one of the very few clinics in the Niagara Region that solely practices aesthetic medicine, unlike some offices where physicians incorporate aesthetics as a side business.

"We're very concerned with our patient's physical and emotional well-being," Jennifer says. "There are some places that will offer Botox and laser treatments. Unfortunately, some aren't equipped or prepared to handle complications should they arise. Some practitioners performing these treatments lack the knowledge, skill and judgment to be able to provide the necessary health education related to these procedures."

Dr. Chow says it's all about putting the patient's mind at ease.

"It's always a good idea for people to educate themselves about who is doing their treatment," he says. "We hold ourselves professionally accountable to offer safe, ethical care. We want our patients to have all the information they need and all their questions answered before, during and after their treatment." **HWS**

Subtle Images is located at 4030 Montrose Road in Niagara Falls.

For more information, please call 905.356.2689 (BOTX) or visit www.subtleimagesmedspa.ca.

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Medi-C Plus: I bet my life on it

An interview with W. Gifford-Jones, MD

By Jason Sebeslav



W. GIFFORD-JONES, MD is a graduate of The University of Toronto and the Harvard Medical School.

During his medical training he has been a family doctor, hotel doctor and ship's surgeon. He is a Fellow of the Royal College of Surgeons and the author of seven books. His medical column "The Doctor Game" is published in 50 Canadian newspapers, and across the U.S. and Europe. Dr. Gifford-Jones has visited The Peanut Mill Natural Foods Market in St. Catharines and talked to customers and staff about many aspects of health including heart disease.

Jason Sebeslav: Dr. Gifford-Jones, in many of your columns over the years, you've been critical of mainstream medicine's "close-minded" approach to heart disease—particularly with regard to its focus on cholesterol and prescribing drugs to lower it.

W. Gifford-Jones, MD: Prescription drugs have a bad track record for causing serious side effects, serious complications and killing patients. The widespread use of cholesterol-lowering drugs (CLDs) has caused liver and kidney disease, muscle degeneration, emotional disorders and is linked to certain cancers and unfortunately deaths. Common sense tells me it's better to lower blood cholesterol by chewing almonds, getting more dietary fiber, exercising, taking Medi-C Plus and even having a pre-dinner cocktail (if you're a moderate drinker). I've also found that Sytrinol, a safe natural remedy consisting of plant sterols, can lower total blood cholesterol, decrease bad cholesterol and increase good cholesterol. Why not try these natural remedies before resorting to CLDs?

JS: You did exactly that! You've written about your own health

crisis with coronary artery disease (CAD), and how you chose a rather unconventional therapy after meeting Linus Pauling, the Nobel Prize-winning vitamin C researcher.

WGJ: I had the privilege to interview Dr. Linus Pauling on two occasions. The most important thing he told me was that animals make their own vitamin C and that humans lost this genetic ability ages ago. He believed this defect set the stage for the current epidemic of coronary heart disease. Because of these convincing meetings with Pauling and other researchers, I decided to take vitamin C and the amino acid lysine, rather than CLDs, following a coronary attack 17 years ago. In retrospect, this was a risky decision. Cardiologists said my decision was sheer madness. But I believed that the prescription of CLDs is driven largely by money, not by science. Then, luckily, Dr. Sydney Bush in England proved that high doses of vitamin C and lysine can prevent and reverse blocked coronary arteries. So, in retrospect, I made the right decision, even on incomplete evidence! Due to this discovery, I asked Preferred Nutrition to produce Medi-C Plus, a powder containing high doses of C and lysine. So as often happens in life, one thing led to another.

JS: Is Medi-C Plus beneficial even for those adults without an existing cardiovascular condition, but perhaps a family history of heart problems?

WGJ: Since there's no way for most people to know if arterial plaque or atherosclerosis is present, any time is the prime time to start Medi-C Plus. This safe, effective natural remedy should be looked upon as an insurance policy to circumvent cardiovascular disease long before it starts. You will only know that it works when you reach 95 years of age and haven't suffered from a coronary, stroke or other cardiovascular complications.

JS: How long would someone have to take Medi-C Plus before beginning to see an improvement in the arteries?

WGJ: The quick answer is they won't know, as they're unable to see inside their own arteries. Only an experienced eye doctor such as Dr. Bush is able to see atherosclerosis decreasing. He took photos of retinal arteries, and after Medi-C Plus was taken for only six months, atherosclerosis was decreasing. Remember that the only place in the body where doctors can see arteries and veins is in the retina of the eye.

JS: In your opinion, what are some of the other "key factors" in preventing or addressing cardiovascular issues?

WGJ: There are several key factors in preventing coronary and other cardiovascular problems. I often remind patients that medicine is not like religion. I'm told that in religion one can commit a number of sins and at life's end a loving God, if you repent, will forgive you. Medicine has no loving God, so you reap what you've sown.

The sooner in life that you start a healthy lifestyle the more likely you are to live a long, healthy life. This means watching calories, moderate exercise, eating a healthy diet and tossing cigarettes away. I also believe too many people today have developed "Pillitis." It's the taking of drugs they don't need, such as minor pain-killers, which have a deleterious affect on the liver and kidneys. As the comic-strip character Pogo once remarked, "We have met the enemy, and he is us." **HWS**

Jason Sebeslav is the owner of The Peanut Mill Natural Foods Market, a full-service health and wellness store in St. Catharines. He has worked in the editorial department of *alive* magazine and his articles have appeared in many natural health publications. For more information about the store, visit www.thepeanutmill.com.

The approaches described in this publication are not offered as cures, prescriptions, diagnosis, or a means of diagnosis to different conditions. The Publishers assume no responsibility in the correct or incorrect use of this information as a form of treatment without the approval of your doctor.

"I recommend Vitamin C with Lysine for Heart Health"

- W. Gifford-Jones, MD

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The Power of Vitamin C and Lysine:

Seventeen years ago after my own coronary attack I started on a regimen of high doses of Vitamin C and Lysine. I am now 90 and I am glad I did!
- W. Gifford-Jones, MD

Medi-C Plus helped me get over the flu and back to work in record time!
- P. Z. (Contractor)

I took Medi-C Plus for shingles and felt much better in 10 days.
- G. H. (Firefighter)



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Pharmacist

SHOULD I BE WORRIED ABOUT THE EBOLA VIRUS?

Although we are in the midst of another flu season here in Canada, it has been the Ebola virus recently dominating headlines and causing fears around the globe.

In the early stages of infection, it's difficult to differentiate Ebola from the flu as both cause non-specific symptoms such as sudden onset of fever, fatigue, headaches and a sore throat. However, Ebola patients will begin to develop vomiting and diarrhea after 3-6 days and approximately half will also experience hemorrhagic events such as nosebleeds, bloody diarrhea,

and bruising typically occurring between two to 21 days after initial symptoms appear. It's also important to note that unlike the flu, Ebola is not an airborne virus. Ebola can only be transmitted once symptoms appear while flu patients can spread the virus before and during their illness.

You may have heard that mortality rates for the current Ebola outbreak are as high as 90%. Keep in mind that these inflated rates are based on patient care settings that are not as sophisticated as the resources available in Canadian facilities. Insufficient medical care, shortage of supplies and a lack of funding are contributing to the epidemic. Therefore, at least within Canada, there is no reason to fear those with a fever or upset stomach. **HWS**

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PEDORTHIST EXPERT



Jake Cahoon
Canadian Certified Pedorthist

ELIO'S CUSTOM SOLUTION ALLEVIATES FOOT PAIN

PROBLEM: Carol Forte suffered from arch pain in both feet, and chronic knee and hip pain. She was unable to walk long distances without having discomfort. Carol needed a custom solution to give her comfort that would help her walk pain-free on a trip to Italy.

SOLUTION: The Certified Pedorthist at Elio's performed a thorough Gait analysis and foot assessment for Carol. After the on-site assessment, the Pedorthists decided to design Custom Foot Orthotics for her. The Orthotics were fabricated on site for quality control and designed specifically for Carol and her feet, knee and hip condition.

RESULT: On her trip to Italy, Carol finally walked with the comfort she wanted. "The orthotics allowed me to walk like a 30 year-old in Italy," stated the 70 year-old patient. Carol has used orthotics for 50 years, but she attests the custom made solution from Elio's is the best. "Custom orthotics reduced foot, knee and hip pain. Elio's is the best place to get your foot problems resolved." **HWS**

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BREASTFEEDING EXPERT



Catharine Lowes
RN, BScN, IBCLC
Baby-Friendly
Initiative Coordinator,
Niagara Region Public
Health

I'M RETURNING TO WORK. CAN I STILL BREASTFEED?

Mothers and babies benefit from ongoing breastfeeding. Your work schedule and the age of your baby will influence your pumping and breastfeeding routine. With the right preparation you can continue to provide your baby with breastmilk after your return to work.

Things to consider:

- Talk to your employer in advance.
- Will you use a pump or can you have your child brought to you for feedings?
- Where can you breastfeed or pump milk in a safe, clean, private space other than a washroom?
- Where can you store your milk?
- Call the Parent Talk Line if you have questions.

What does the law say about breastfeeding in public?

The Ontario Human Rights Commission updated its Policy on preventing discrimination because of pregnancy and breastfeeding.

Employers, services and businesses including restaurants, cafes, stores, malls, schools, etc., cannot discriminate against breastfeeding mothers or against breastfeeding in public at their locations.

Breastfeeding mothers have the right to breastfeed in any public area. No one should prevent them from breastfeeding, ask them to "cover up," disturb them or ask them to move to another area that is more "discreet."

Access the policy at www.ohrc.on.ca or call 1.800.387.9080. **HWS**

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Heilkunst Medicine: The Art of Wholing

“The layers of disease within each of us is different, making treatment unique.”

By Catherine Bradley, DMH, B.A.

HEILKUNST IS A MEDICAL SYSTEM founded by Dr. Samuel Hahnemann, the father of homeopathy. Three core principles of natural law are applied: therapeutic regimen, medicine, and education. The heart of this approach is sustaining health while healing the deeper layers of disease

The key is a timeline of traumatic experiences. Traumas are situations that change or impact an individual. The timeline is a timetable map of traumas starting with the current and working backward to birth. Healing continues beyond birth. It delves deeper into genetic, hereditary, and family ancestry, healing unhealthy patterns, belief systems, and pathogens. It provides an understanding to the pattern of events that are physical, mental, and emotional. It sheds light on the obstacles to healing. All play a role in current state of health.

Heilkunst is an individualized health-care

system. It includes all the choices of medicine: natural, traditional, and complementary. It is a multi-dimensional approach. All levels of health are addressed. The layers of disease within each of us is different, making treatment unique. More importantly, it must be understood that it is not about treating symptoms but why they surface in the first place. Treatment is directed at the root cause.

Each of the core pillars are assessed by the practitioner. Regimen is about balancing what is imbalanced. It promotes immunity, strength, and endurance associated with healthy body functioning and physiology. Organ and hormone function are also part of this.

Regimen is broken into four main areas: nutrition (vitamins, minerals, nutrients); hydration (water); dormition (sleep cycles, sunlight); and exercise (movement, activity, creativity). Exposure to nature, and sexual health is part of all of these areas.

Medicine is about combating disease. The

use of natural and dynamic medicines are used to stimulate healing energy. These medicines do not conflict with pharmaceuticals, herbs, or supplements. It is complementary should an individual need multiple supports in their health-care.

Education is about empowering. It's also about teaching individuals and families to educate themselves and inspiring an individual and/or family that being healthy inside and out is not only achievable but essential to being happy, prosperous, and content in your life.

The art of healing is complex. Using these tools with a timeline map begins the process of wholing. **HWS**

For more information, please call Catherine Bradley, DMH, B.A. Doctor of Medical Heilkunst at 905.684.8013 or visit www.bradleyheilkunst.com.

How to keep your mind sharp at any age

“It will take an effort on your part, but having a healthy mind, even at an older age, will make your life much more enjoyable.”

By Gary E. Kerkow

Cross-train your brain

Keeping your mind sharp requires brain stimulation. There are several proven ways to achieve this. You can play Chinese checkers, chess, crossword puzzles, and other thinking type games. The brain is a muscle. The more you use it, the better. Learning something new is a great way to stimulate your brain. You could start learning to play the guitar or learn words from another language. The key is stimulation. You must stimulate your brain. It is advantageous to be around people who inspire you to be creative, and challenge your intellect. Do fun activities together.

Eat the right foods

Eating right is a critical factor when it comes to your overall health. Omega-3 fatty acids are essential to keep your brain healthy. Try eating berries, carrots, grapes, and so on. Adding walnuts and flaxseed oil to your diet is

also very beneficial. Drinking tea is a proven stimulator for the brain, and will help prevent memory loss. If you want to keep your mind sharp, eating the proper foods will give you a mental boost.

Don't forget to exercise

Regular exercise will help keep your mind moving. Aerobic exercise is great, but if you can't do it, walking is always a good alternative. You can also stimulate your brain by using your opposite hand. As an example, if you are right-handed, try using your left hand. It could be something as simple as brushing your teeth. Walking backwards a little will even challenge your mind because you have to think about it. Whatever you do make sure to keep as active as possible. It is a great way to keep your mind sharp.

Do not smoke

Research indicates a connection between smoking and brain function in older people.

Those who do not smoke are twice as likely to keep a sharp mind as those who smoked. Smoking is simply bad for you in so many ways. If you do smoke, make every effort possible to quit. This is a must.

In conclusion

You can increase the odds dramatically, when it comes to keeping your mind sharp. It will take an effort on your part, but having a healthy mind, even at an older age, will make your life much more enjoyable. Keep challenging your mind, and use all your senses. Eat the right foods, and exercise as much as possible. These are three major keys, which will keep your mind sharp at any age. **HWS**

Courtesy of EzineArticles.com



McMaster University

Michael G. DeGroot School of Medicine

By Erica Walters



MCMASTER'S MICHAEL G. DEGROOTE SCHOOL OF MEDICINE, Niagara Regional Campus continues to advance student learning and health-care quality in the region. Now in its seventh year (circa 2008) as a campus, the medical school is proud

of its accomplishments and contributions to the healthcare community and the citizens of Niagara.

The Niagara Regional Campus was planned for students who wish to learn and to experience medicine with the benefit of a community setting similar to where they might one day practice, and smaller class sizes leading to a more personalized learning experience. The academic portion of the program is delivered at

the campus located within the new Cairns Family Health and Bioscience Research Complex at Brock University. The practical hospital experience occurs in one of the seven sites in the Niagara Region and is taught highly-skilled and motivated local physicians. Clinical placements are provided in out-patient clinics, private offices in various specialties, the Public Health Unit and in all the Niagara Health System

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Improvement Program, called I-EQUIP (www.iequip.ca), as an example of innovative progress. “I-EQUIP is a collaborative effort with Brock University and the Niagara Health System that provides students with research experience while improving the quality of health-care in the hospital and community,” he says, adding the program has tripled in scope since its inception two years ago.

The campus’ research team continues to expand, he adds. “Led by Dr. Matt Greenway, the team includes three PhD-level researchers including the new research lead for the Niagara Health System,” he says. A welcome challenge is the increased demand for support for the growing volume of research done by students, residents, and faculty.

The Niagara Regional Campus’ collaborations with Brock University and Niagara College continue to expand and have resulted in two shared programs: the Niagara standardized patient program, where trained actors simulate patients, allowing students to hone their skills and the Inter-professional Education Hospital Ward, an internal medicine ward at St. Catharines Hospital, where students learn to work in healthcare teams while engaging in their own core educational experiences.

“Our student impact in the Niagara community has been significant,” Stobbe says, adding the effects can be seen through a number of initiatives such as:

■ **The Pipeline program** is designed to increase the number of Niagara students pursuing health-care careers in Niagara. It delivers health and science-related education, provided by our medical students, in elementary and secondary schools. The same schools are then invited to the Niagara Campus to become medical students for a day, participating in procedural training (injecting citrus fruit), anatomy, and clinical skills (pulse and blood pressure).

■ **Migrant Worker Clinic:** workers from Mexico and Jamaica live and work in Canada for eight months a year, and are an important part of our agricultural workforce in Niagara. Because they work six days a week, a Sunday clinic offers these workers access to health-care. These inter-professional clinics include volunteer medical students, family medicine residents, and Brock nursing students, supervised by doctors and staff from Quest Community Health Centre.

■ A monthly public education health-care forum on COGECO TV program called **INFOhealth**. This program is taped before a live audience. Students discuss health-related topics, selected by community members based of their importance and level of public interest. McMaster faculty approve the content, provide mentorship, supervision and support, and attend the presentation to answer audience questions.

“We have achieved many milestones and our vision for the year ahead is equally broad and ambitious,” says Stobbe. He says some of the objectives for the school in 2015 include creating a collaborative maternity centre where family doctors and midwives share in the care of pregnant women including childbirth in hospital, and the development of a Niagara-wide simulation network with Brock University and Niagara College. The Niagara-wide simulation network will offer sites in multiple locations where students, in several professions, residents and practicing health professionals can practice and refine their skills, particularly around crisis situations and teamwork.

The Niagara Regional Campus is very thankful for the continual support and contributions towards our students and programs. We look forward to many years of partnerships and synergies that will result in health-care innovations for the region. **HWS**

sites, Hotel Dieu Shaver Health and Rehabilitation Centre, and West Lincoln Memorial Hospital in Grimsby.

There have been many great developments since 2008. More than 25% of the graduates from the inaugural class of 2011, now practice in the Niagara Region and more than 80% of the students from the Family Medicine Residency program now live and practice in Niagara, representing approximately 20 new doctors.

Dr. Karl Stobbe, regional assistant dean of the Niagara Regional Campus says the school’s growing success can be attributed to its innovative programs, exceptional faculty, and collaborative efforts with its partners at Brock University, Niagara College, the Niagara Health System, and other health-oriented and community organizations. These collaborations contribute to the development of educational innovations and community engagement that McMaster strives towards.

He cites the school’s Quality



Erica Walters is the community engagement and development officer for McMaster University, Michael G. DeGroot School of Medicine, Niagara Regional Campus, Cairns Family Health and Bioscience Research Complex located at 500 Glenridge Avenue in St. Catharines. For more information, please call 905.378.5717 ext. 1-6416, email ewalter@mcmaster.ca.

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WHY CROSSFIT?

BY ASHLEY SMITH

Why do we do this crazy thing called CrossFit? Well, CrossFit focuses on building your strength, speed, agility, endurance, cardiovascular fortitude and building your confidence. If you put in the work, you will accomplish these things through personalized programming, constant coaching, intimate class sizes, and the accountability and friendships you create through the incredible community that is the foundation of CrossFit!

CrossFit is a style of intense physical training that includes weightlifting, body-weight exercise, running, gymnastics and rowing—to name a few. Although this may seem intimidating or scary at first, it is crucial to know that CrossFit is scalable for anyone! Yes, we mean anyone. You do not need to be a super athlete or barbell buff to join. Whether you're a 21-year-old university student, a competitive athlete, or a 60-year-old grandmother—CrossFit can be modified to your abilities and goals.

You may walk in nervous and unsure, but you will definitely walk out feeling strong, energized and more confident than ever!

In our next "CrossFit Corner" watch for a full breakdown of the Clean and Jerk Olympic lift. **HWS**

Ashley Smith is the manager and coach of CrossFit St. Catharines located at 50 Niagara Street, Unit 10 in St. Catharines. For more information, please call 905.687.8383, email info@crossfitstcatharines.com or visit www.crossfitstcatharines.com. Check out their Facebook page for updates and more at www.facebook.com/crossfitsurgiteste.



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CrossFit Corner

CrossFit—an exercise program designed to build a stronger, healthier you!

THE BACK SQUAT



HOW IT'S DONE:

Barbell rests across your shoulders, feet are positioned shoulder width apart. Send your hips back, then down so the crease of your hip goes just below the top of the knee. Maintain flat feet with knees outward, chest up and eyes forward.

THE BOX JUMP



HOW IT'S DONE:

Start in an athletic position with feet under your hips. Bend slightly at the hips and knees to load your legs. At take-off, raise your arms, opening the hips and knees aggressively to jump up. Land in a quarter squat position with your feet under your shoulders, head up, standing tall to finish.

THE PULL UP



HOW IT'S DONE:

On the bar, place your hands comfortably outside your shoulders with your palms forward. While arms are fully extended, use your upper/mid-back muscles to pull yourself up until your chin is over the bar. This movement can be assisted with a band or by standing on a box/step to remove some bodyweight.

Play on words

C FISH	COU	LOOKING
DROVE IT	STRAW STRAW STRAW <u>STRAW</u>	.25.25 .25.25
INcccGS	MORE MORE MORE MORE	ONE ONE ONE

Answer: From Top to Bottom – Left to Right
 Little fish in a big sea, Holy cow, Looking high and low, Drove by it, The last straw,
 Close quarters, Seasoning, Room for one more, No one is perfect.

Word Puzzle

In each of the well-known sayings below, every word has one letter that is wrong.

How should each sentence read?

- Ill food thinks dust dome so in and.**
- Chat yog sea it chat yog wet.**
- Top mane corks smoil tie froth.**
- Beast sand moonest bended.**
- Sore sweed yess waste.**
- Bed sly it fight, shipherd's defight.**

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Answer:
 All good things must come to an end.
 What you see is what you get.
 Too many cooks spoil the broth.
 Least said soonest mended.
 More speed less haste.
 Red sky at night, shepherd's delight.

Daily Neighbours

	▶			▶	
				▶	
		⚡	⚡	⚡	⚡
1	▶			3	▶
	▶			▶	
	⚡		⚡		⚡
	▶			5	

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Objective / Rules

You have to complete the grid so that every row and column contains the numbers 1 to 5. (Each number appears exactly once.)

The symbols on the grid indicate neighbours (e.g. 1 >< 2, 3 >< 4, 2 >< 1).

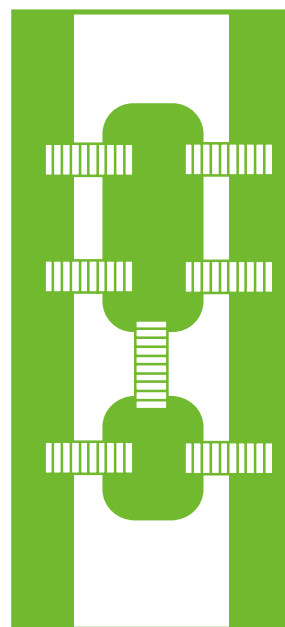
Rule 1 - if there is a symbol the numbers are neighbours.

Rule 2 - if there is NOT a symbol the numbers are NOT neighbours.

Answer: From Top to Bottom – Left to Right
 2,3,1,4,5 / 5,1,4,2,3 / 1,2,5,3,4 / 4,5,3,1,2 / 3,4,2,5,1

Graphic Puzzle

The Pregel River runs through the town of Konigsburg. The river has two islands, connected to each other and the rest of the city by seven bridges. The students of Konigsburg often challenge each other to try to make a trip crossing all seven bridges exactly once. Can you find the path they have to take in order to do this?



Answer: There is no such route. This is a very famous mathematical problem which was first posed by Euler (pronounced 'oiler'). It was a founding problem in graph theory, an area of mathematics which is very important in modern times, and is used in everything from cryptography to route optimizations.

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Eva Andres

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