

SPRING NEWSLETTER



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Children and Chiropractic

When it comes to chiropractic many people might ask why it would be necessary for a child to see a chiropractor, but routine chiropractic care can be beneficial to anyone!

First of all, many children are born with spinal irritations, or subluxations. The birth process is often very difficult on the newborn spine as the mother tries to push the baby through the birth canal. As the baby exits, traction and torquing of the baby's body occurs. Certainly if vacuum extraction or forceps are required, the likelihood for spinal irritation increases. Even with C-sections, there are forces placed on the baby's body as it is pulled out. Once the baby is born, he or she may appear medically healthy, but the subluxations may manifest themselves with symptoms such as colic or irritability, torticollis, delayed achievement of developmental milestones, and ear infections. All of these problems can be resolved by correcting the spinal subluxations through chiropractic adjustments.

Chiropractic care for children is absolutely safe. The techniques used to adjust a baby's or child's spine are modified, and specific lower force techniques are often used. Further, because their conditions are typically not chronic, improvements are seen very quickly.

As children spend more and more time playing video games and on computers, postural strains can occur in their necks and upper backs. This may manifest in symptoms such as neck discomfort and headaches. This strain is further aggravated as kids load backpacks and carry them incorrectly.

For those children who are involved in sports, chiropractic is essential to ensure that their spines are developing correctly. Falls and other sport injuries, if left unchecked, can be the beginning of many adult spinal conditions. These problems can be avoided by regular chiropractic check-ups.

Finally, from a wellness perspective, each time you receive a spinal adjustment, your nervous system has less irritation placed on it because of the relationship between the spinal nerves and spinal bones. Therefore, your body will function better after an adjustment. A child's body will do the same. Why wouldn't you want your child to be as healthy as he or she can be?

-Dr. Tanya & Dr. Amanda

Massage for Runners

Like many runners you may discover massage can actually enhance your running experience.

Massage can aid in:

- ✓ Flushing lactic acid from overloaded muscles
- ✓ Reducing soreness and stiffness
- ✓ Helping to correct body mechanics
- ✓ Helping to prevent injuries therefore reducing down time
- ✓ Giving you that competitive edge

-Kate Moss RMT (she is not a runner but she runs)

Allergies: Naturopathic Perspective

Have seasonal allergies? It's time to address the underlying issues of why your immune system is overreacting to substances that it normally should not react to. These substances are called *allergens*, and they can range from food and pollen to drugs and dust. Allergies are something we acquire throughout life, and some people are more susceptible than the others. Conventional treatment of allergies is most commonly directed to block the immune response, or in more severe cases, to suppress the entire immune function with steroids, both topical and systemic. While this approach can provide symptomatic relief, it does nothing to address the underlying cause of the problem. Patients often become dependant on their medication, they suffer from numerous side effects, and most importantly, they worsen their overall health by constantly suppressing the immune system.

The Naturopathic approach is based on identifying and eliminating the underlying cause of the disease, rather than masking its symptoms. In terms of allergies, we identify which body systems (i.e., digestive system, adrenal system, liver) are creating imbalances in the immune system which lead to hyper-reactive immune reactions such as itchy eyes or runny noses. To inquire more about how naturopathic medicine please book your 15 minute complimentary session today.

-Dr. Diane Peters

Meet our New RMTs

Amanda Wright, RMT

Amanda is a seasoned Massage Therapist and has recently joined our team. She is excited, and looking forward to meeting the clients of Ajax Chiropractic & Wellness.

Amanda has furthered her specializations in Pregnancy and Infant Massage, Sports Therapy and Reflexology. It is Amanda's hope that her hands will have the opportunity to take care of your massage needs.

Amanda is available Mondays 10:00am - 4:30pm

Ashley McKay, RMT

Ashley is a recent graduate from Sutherland Chan Massage Therapy School. She has successfully completed a 2200 hour accredited program in Swedish Massage. She looks forward to working with the Ajax Chiropractic & Wellness team and assisting patients with their health goals.

Ashley is available Monday/Thursday/Friday evenings and Saturdays

Hours of Operation:

Monday	10:00am - 8:00pm
Tuesday	9:00am - 8:00pm
Wednesday	9:00am - 8:00pm
Thursday	9:00am - 8:00pm
Friday	9:00am - 8:00pm
Saturday	9:00am - 2:00pm
Sunday	CLOSED

Referral Contest!

April 1st - June 30th

Spring into Wellness

Refer someone between **April 1st and June 30th**
and you will be entered into a draw for a chance to win one of the following prizes:

1st Prize:

\$100 towards any services at Ajax Chiropractic & Wellness

2nd Prize

A Wellness Basket (Value \$55)
Includes lunch for two at FOCACIA'S

3rd Prize

A Wellness Basket (Value \$35)
Includes a \$25 BOSTON PIZZA Gift Certificate

And don't forget, that as always, for every person you refer to our centre, you receive a \$10 Gift Certificate to use towards any of our services.