



PHYSIO FOCUS

PHYSIO FOCUS is a monthly publication geared towards providing practical physiotherapy and health information.

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NOI Fitness Classes

Summer/Fall Class Schedule

Please sign up at front desk!

Pilates Mat Mondays and Wednesdays at 5:30 pm

A floor based exercise program that uses your own body or small props to build core strength and retrain proper muscle patterns while increasing your mind-body awareness.



Hatha Yoga Tuesdays at 7:00 pm

Sequence of standing, seated and kneeling postures linked with your breath which will open the entire body and allow energy to flow more freely.



NOI Introduces Naturopathic Medicine

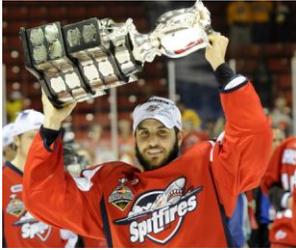
We are pleased to announce the recent addition of Naturopathic Doctor, Jennifer Cox, to the NOI health team. As a Naturopathic Doctor, Jennifer takes her time to ensure that she has a complete understanding of her patients' health concerns and goals. This allows Jennifer to assess the complexities of human physiology to address the root cause and develop a treatment plan that suits each patient's individual needs. Her approach is to work with you, your NOI health team and Medical Doctor, to maximize results.

Top 10 reasons to see a Naturopathic Doctor:

- 1. Naturopathic Doctors are trained professionals:** NDs have 7-9 years of education in both bio-medical sciences and natural health care treatments.
- 2. Naturopathic Doctors integrate mainstream medicine:** We use the best of both worlds by combining the science of conventional medicine with the tradition of natural therapies.
- 3. Naturopathic Doctors treat the root cause:** NDs spend extra time with you to perform a thorough evaluation. We look at you from both a medical and holistic perspective to determine the "weak" link that is causing the "chain-link" reaction of symptoms within your body.
- 4. Naturopathic Doctors build relationships with their patients.** We believe that it is important to get to know you as an individual. Building rapport with patients improves compliance and enhances treatment results for greater outcomes.
- 5. Naturopathic Doctors teach and empower their patients.** We want to make it easy for you to understand and empower you to take back control of your health. We want you to ask questions and leave with the knowledge that you need to make healthier choices.
- 6. Naturopathic Doctors understand the importance of diet and lifestyle.** Optimal health begins with proper nutrition. We want to break bad habits and teach good ones. The more that you can do for yourself through diet and lifestyle, the less you rely on medications and supplements.
- 7. Naturopathic Doctors have a wide variety of safe and effective therapies.** Not everyone responds the same to a specific treatment. You receive an individualized plan with a Naturopathic Doctor. Treatments range from diet, lifestyle, counselling, botanical medicine, homeopathy, acupuncture & Traditional Chinese Medicine.
- 8. Naturopathic treatments are often the least invasive and have little to no side effects.** Our philosophy is to first do no harm.
- 9. Naturopathic medicine is often covered by extended health benefits.** Insurance companies see the cost-effective benefits to preventative healthcare. A 2011 survey found that an estimated 2 million Ontario residents used naturopathic medicine. Patients found they required less medication, fewer visits to their GP and reduced hospital visits with naturopathic care.
- 10. Naturopathic medicine is cost effective.** Stop wasting time and money trying to figure out what diet and/or supplements are best for you. Trust the expert when selecting natural health products. Naturopathic Doctors have extensive training in dietary needs and natural health products to ensure that you are receiving the best possible care.

If you would like to read more about a specific health topic, drop by the front desk to let us know and Jennifer will be happy to share her naturopathic perspectives on it in upcoming newsletters.

NOI Feature Athlete for October Justin Shugg



Justin attended the NHL draft where he was acquired in the 4th round (105th Overall) by the Carolina Hurricanes. In 2011 he was traded to the Mississauga St. Michael's Major. In 66 regular season games, Shugg scored 41 goals with 46 assists (both team highs) and was +48 on a Majors' club that had the OHL's best record. Justin spent the entire 2011 season at the AHL level for the first time, ranking second on the team with 75 games played. He finished sixth on the team with 38 points, tied for fourth on the team with 16 goals and was sixth with 22 assists, all of which were career highs. Shugg is expected to make his NHL debut this season with Carolina.

Stroke Recovery and Exercise

Stroke is currently one of the leading causes of disability in Canada and the 3rd leading cause of death in Canada (stats Canada 2012.) Approximately 315,000 Canadians are currently living with the effects of stroke (DHAC, 2011c). All evidence strongly supports the benefits of physical activity and exercise for stroke survivors yet it continues to be an underused component of post-stroke care.

Stroke survivors are often deconditioned and predisposed to a sedentary lifestyle that affects their activities of daily living, increases the risk for falls and may contribute to an increased risk for recurrent stroke and other CVDs. Regular physical activity and exercise can improve mobility and may help maintain bone density in individuals with chronic stroke (Pang et al, 2005). According to the American Heart and Stroke Association post stroke, the goals of physical activity and exercise prescription for the patient need to be customized to the tolerance of the patient, stage of recovery, environment, available social support, physical activity preference and their specific impairments, activity limitations and participation restrictions. Emphasis should be on progressive task difficulty, repetition and functional practice. Practitioners should help facilitate the stroke survivor to develop and maintain an active lifestyle that meets the recommended physical and exercise guidelines for prevention of recurrent stroke and cardiac events as well as to maintain or improve physical function (American Heart and Stroke Association 2014). Current research has found that a combination of aerobic and progressive resistance training improve muscle strength, power and endurance, and produced larger effects than either single modality for mobility and impairment outcomes, such as balance and stair climbing power (Lee et a, 2008). This research also found that the underlying cardiovascular and musculoskeletal impairments can be significantly modifiable years after a stroke with targeted robust exercise.

At NOI we focus our stroke rehab on an individual basis, one on one coaching and education with a mix of cardio and strengthening exercise, and manual therapy as needed. Our team members will work with your health care team to keep them informed of your progress and focus our therapy on your own functional goals.



Health Corner

Healthy Halloween!



Healthy Halloween Tips!

With Halloween right around the corner, NOI would like to pass along some information and healthy tips for getting through the Halloween candy crush. Consuming too many sweets can lead to many health issues, such as suppression of the immune system and fluctuation of energy levels. High intake levels of sugar can lead to hyperactivity and impulse behaviours, increase in insulin levels, elevate your bad cholesterol (LDL) and decrease your good cholesterol (HDL). Long term consumption can contribute to diabetes and heart disease. Balance and moderation will be the key to allowing your children to enjoy their Halloween sweets while preventing any negative side effects. Start by removing about 50% of the candy so there is less to choose from. Limit the number of treats you will allow each day, making sure they know this is a treat and not to be overindulging. Be sure to be a role model for your children by eating any treats in moderation yourself. Start with a healthy balanced meal allowing for a small treat afterwards, removing all treats can lead to temptation and the more likelihood of binge eating if the feeling of deprivation is high. Lastly encourage 60 minutes of moderate to vigorous daily physical activity as recommended by the Canadian Physical activity guideline (CSEP, 2014).

