



**SPECIAL
CLINIC AND
PATIENT
EVENTS:**

In this section we intend to put our patient's special events or celebrations, events that ought to be shared and celebrated by all, which of course we will ask if you want your special event included or not.

Clinic Events:

Dr. Stehmeier will be teaching a four part lecture series to the Society of Learning and Retirement.

**Quotable
Quote:**

“ To feel fit as a fiddle you must tone down your middle.”

-Unkown

The Wellness Journal

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Happy Easter: A family thought

I am greatly appreciative of Holidays. Not so much because it is time off work, I do work that I greatly enjoy, but more so because it is a great time to be together as family. I have asked many of you how you spent your Easter holiday, and most answers were “ We had all our family over this past weekend” or “We went to a family member’s house for the weekend.” As for my family, we went to Kamloops and spent time with my wife’s whole family. We had a good time together and I even got in a round of golf on Friday. It was a great weekend.

The reason why I am choosing this particular topic this holiday season is that it brings to my mind the question “ what is it that really makes us happy?” A modern theologian David O.

Mckay said “No Success can compensate for failure in the home.” I truly believe that principle, and unfortunately we can see



Hope you all had a great easter celebration with family and friends.

examples of that in Modern society. One of the most obvious being Tiger Woods. The most famous athlete on the planet, having money, talent, good looks, lost what should have been the

most precious, his family. In my experiences not only as a chiropractor, but as a husband, father, and in my youth a missionary, I have come to realize that nothing will give you greater happiness than a loving family.

Due to circumstances in life a traditional family unit may not be possible to achieve or even desired, but the principle of happiness in the family still remains, unconditional love for those with whom you associate.

If you are looking to be happy and fulfilled, look to your family, do something nice for them, reunite with them and show your love for them. I know that if you make the effort you will enjoy real fulfillment and happiness.

In the News...

Balance, Body Awareness and Chiropractic

Have you ever wondered how you know where your fingers are, even when you are not looking at them? Most people are surprised to learn that your joints actually provide a great deal of information about the position of your body to the brain. Specialized nerve receptors in the joints called proprioceptors feed directly to a part of

your brain called the cerebellum which coordinated body movements, posture and almost every physiologic process.

Other sources of information required for balance come from the inner ear and the eyes. The vestibule-ocular system (eyes and ears) helps keep your eyes focused on an object, even when your head is moving. People that

have problems with vertigo for example, can have a problem with either the tiny crystals that occupy the inner ear or in the transmission of the signals going to the inner ear from the brain.

Joints and muscles are key to body balance, conditions that affect these areas such as the atlas subluxation complex may contribute to balance problems.



Balance and Chiropractic cont.

Research into trauma induced vertigo reveals that people who have had injuries to the head and neck, such as whiplash, are more likely to benefit from a spinal correction.

One chiropractor reviewed 60 cases of chronic, trauma induced vertigo that she treated over an 8-year period. Of these patients, 56 recalled having experienced trauma to the head and neck prior to developing symptoms. All these patients responded favorably to chiropractic adjust-

ments to the upper cervical area. And 48 patients were completely symptom free after one to six months of chiropractic care.

Another study showed a group of 50 vertigo patients were given an orthopedic assessment, then treatment of their symptoms. 31 of the 50 patients were identified as having cervical spine dysfunction. Of the 31 patients 24 improved and 5 became fully free of vertigo.

Aside from vertigo, an upper cervical misalignment can create a myriad of health problems. The most common are musculoskeletal complaints, but other problems such as digestive issues, anxiety, ear infections, and high blood pressure have been helped by a specific upper cervical correction. Are you balanced?



Nature's Medicine: The wonders of CoQ10

CoQ10 is a naturally occurring compound found in the energy producing units of the cell called mitochondria. CoQ10 is involved in making a very important molecule known as ATP, which is the cell's major energy source. ATP drives all cellular processes such as muscle contraction and enzyme activity. As well, CoQ10 acts as a powerful antioxidant.

Antioxidants are molecules that scavenge for free radicals which breakdown the cell, causing cell damage in the cell membrane and also in the DNA.

CoQ10 boosts energy, enhances the immune system and when used in conjunction with other nutritional supplements can aid in preventing and reversing many ailments including but not limited to these two common problems.

Heart Disease:

Researchers believe that the

beneficial effect of CoQ10 in the prevention and treatment of heart disease is due to its ability to improve energy production in cells, inhibit blood clot formation, and act as an antioxidant. One important clinical study, for example, found that people who received daily CoQ10 supplements within 3 days of a heart attack were significantly less likely to experience subsequent heart attacks and chest pain. In addition, these same patients were less likely to die of heart disease than those who did not receive the supplements.

High Cholesterol:

Levels of CoQ10 tend to be lower in people with high cholesterol compared to healthy individuals of the same age. In addition, certain cholesterol-lowering drugs called statins (such as atorvastatin, cerivastatin, lovastatin, pravastatin, simvastatin)

appear to deplete natural levels of CoQ10 in the body. Taking CoQ10 supplements can correct the deficiency caused by statin medications without affecting the medication's positive effects on cholesterol levels. Plus, studies show that CoQ10 supplementation may decrease the muscle pain associated with statin treatment.

CoQ10 can be found in a healthy diet in the form of organic oily fish and organ meats, as well as organic whole grains. If this is not something that you have thought of taking but feel that it may help let me know and I can point you in the right direction.



The Benefits of Massage Therapy

It seems that spring is springing and we all know that means it's time to get out there planting the garden and fixing the house. For most of us that means sore backs and stiff necks. With all that spring cleaning and renovating going on don't forget to take care of your body as well.

Often times just a simple glass of water combined with stretching, will be enough to ease your aching muscles.

Due to the overwhelming positive response to my March promotion, I have decided to extend my 50% off

1 hour massage for first time clients. Because I appreciate referrals from my clients, I am happy to reduce the price of one 1 hour massage to \$60 every time an existing patient refers a new client to me starting Monday April 12.

I was sad to see big white close after that last big snowfall last week, but with all this warm weather and sunshine I think I hear the biking trails on Knox Mountain calling my name. I'm excited to continue to get to know Kelowna and the people that live here.

Stephanie Schmaltz, RMT



From the Desk of Joyce: Spring Gardening

Spring is here and I find myself with a primeval need to garden and get back to nature. The human race has always been dependent on plants for survival, for anything from food, clothing, and shelter to medicine. Gardening has mental health benefits such as acting as an outlet for frustrations. Weeding and digging are one of my mental therapies and it works.

Gardening is one of the Okanagan's favourite pastimes which I affection-

ately regard as ecotherapy. All you have to do is drive by the Greenery in May and you will see by the sheer numbers of vehicles in the parking lot to realize that there are a lot of gardeners in Kelowna. When I plant, I plant hope; I sow the seeds and literally hope they grow. I water, weed, fertilize and baby my seedlings along, creating a feeling of self satisfaction. There are also the benefits of being outdoors with exercise which together im-

prove my wellbeing. The charity Thrive in the UK promotes horticulture therapy, by maintaining gardens in London and Berkshire.

Kelowna as a pesticide free zone is actually working; it surprised me how well the eco products actually work. Shell Busey has a formula for weed killing on driveways and sidewalks, it is very simple: 4 cups of white vinegar, ¼ cup of table salt, 2 tsp dish soap, mix in a spray bottle and spray on a warm hot day. But do not spray around or where you want to plant. I use this around patio stones and it works.

Clinic Corner: Promoting Health in the Community

One of many things that I find rewarding in my job is promoting health to the community. The way I do that is by putting on lectures to different businesses or associations. I have done this for City of Kelowna employees, arthritis society, diabetes association, presentation for ladies night at Kelowna Springs golf club, and many more.

Observing people acquire new information and seeing the change that takes place brings real fulfillment not only to myself but for that particular individual who is benefiting from the presentation.

This month I will be doing a four part lecture series for the members of The Society for Learning in Retirement every Tuesday for the

month of April. As well as a health fair presentation to care aid workers at Cottonwoods Retirement home on April 28th.

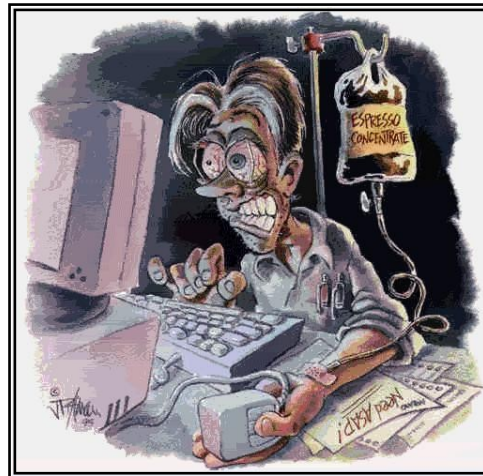
If you think your place of work or association could benefit from a presentation then please let me know. I would be happy to work with your group and set something up, and by the way it is all free!



You can submit your favourite picture to our newsletter, we would love to see all the great photographic skill our patients possess or at least what you find beautiful, crazy, awe-inspiring, or silly. Let Joyce know and if it meets are standards of excellence (which shouldn't be to hard), we will put it in.

Our lives should not be full of stress and irritation. If we do find ourselves over-worked and overstressed we need to find ways to cope. This could be in the form of picking up a consistent exercise routine, talking walks outside with family, pursuing a hobby such as painting, modeling etc. Life is too short to become embroiled in the details of day to day living. Enjoy what you have and be grateful for what you receive. Take a minute to prioritize what is really important.

Picture of the Month



Eating Clean Recipe: Salmon Pesto

Ingredients:

6 Tablespoons of chopped fresh herbs such as thyme, marjoram, oregano, savory or rosemary alone or in combination

Half or 1/4 cup cherry tomatoes

Salt, pepper and press chopped herbs onto both sides of salmon and set aside for at least an hour.

Pesto Sauce

1 large bunch of basil
2 cloves of finely chopped garlic
1/3 cup of extra virgin olive oil
Salt and pepper

1. Puree all the pesto sauce ingredients together in a blender.
2. Put cherry tomatoes over stove top in a skillet and gently heat until juicy, just before serving.
3. BBQ the Salmon skin side down. Put a dollop of pesto sauce on top of Salmon followed by a spoonful of cherry tomatoes. Enjoy!

*This month's recipe was generously shared by Karen L. one of our great patients!

Eating clean and healthy means eating appropriate meats. When eating meat you want to eat lean meats when possible, and organic if possible.



Salmon is a great lean meat and full of essential fatty acids. Some may say that you do not eat meat to be healthy but that is a fallacy. A natural diet is one that includes meat, the stipulation is that it should be a lean meat and does not need to be consumed everyday. Enjoy this recipe on the barby this summer!