



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.

Patient Events:

Feb. 15th– Dr. Joshua and Lindsay Stehmeier's 8 year anniversary.

Clinic Events:

Patient Appreciation Day Winners:

Camera– Stephen B.

Sweater– Leslie I.

Chocolates: Tomas T.

Eat Clean Cookbook– Andre B.

Eight Movie Rentals– Jane B.

Congratulations to all the winners and thank you for everyone and their participation.

March 18th-Patient health class on Proper Posture: Learn with Dr. Stehmeier why the postural distortion you had is so damaging. Bring a friend and they can have their posture measured at no cost.

The Wellness Journal

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Welcome Stephanie Schmaltz, RMT

As of March 1st The Kelowna Wellness Clinic will have a RMT on site, which will be a welcome addition to the clinic. I have recommended massage many times to my patients and now they do not have to go very far to receive care from a great massage therapist. I have asked Stephanie to introduce herself in this month's newsletter.

Hello, I would like to take this opportunity to introduce myself. My name is Stephanie Schmaltz and I am a Registered Massage Therapist. I have relocated to the beautiful city of Kelowna, from Oliver, B.C. where I have been practicing massage therapy since graduating from the 3 year (3000 hour) program at Okanagan Valley College of Massage Therapy. I believe that massage can help to

facilitate the body's natural healing process by increasing awareness of the body, decreasing stress and maintaining and im-



Stephanie Schmaltz RMT

proving tissue health. I perform deep tissue massage, neuromuscular therapy, soft tissue release, athletic maintenance, injury prevention and rehabilitation. I also offer Swedish, hot stone and

maternity massage.

I spend my free time snowboarding, hiking, biking, rock climbing, practicing yoga and playing soccer because I believe an active lifestyle promotes good health.

I continuously update my knowledge of new techniques which enables me to offer my clients the most effective treatment for their individual needs. I am registered with the College of Massage Therapists of B.C. and am also a member of the Massage Therapists Association of B.C.

To welcome new clients I am happy to offer you an **initial one hour massage for \$40** a savings of 50%. This offer is valid for the month of March. To book an appointment, please call the Kelowna Wellness Clinic at 250-448-9097.

In the News...

The dietary ingredient of death...Sugar

When I talk with my patients about health, I tell them there are four simple things they need to do in order to be healthy. 1. Proper Posture 2. Natural diet 3. Sufficient Exercise and 4.) Being healthy emotionally. In many instances, the major detriment in a person's health is the deficiency and toxicity that is found in a person's diet. One common

misconception in diet is over the subject of fat. Yet the research shows that it is not fat that causes chronic disease, but rather it is sugar and more specifically fructose. Fructose is most commonly found in the form of High Fructose Corn Syrup or just corn syrup. This additive is the main ingredient in soda pop and sport drinks or

sweetened fruit drinks. One study done at Boston Children's Hospital found that for each additional serving of a sugar-sweetened drink, both body mass index and odds of obesity increased in the children studied, and another study done by JAMA in 2004 provided further evidence that sugared drinks cause type 2 diabetes. Cont.



Sugar in the diet Cont.

Many people will look at me and tell me that they eat healthy and do not eat all the junk food then ask, so why do they have diabetes or heart disease, cancer, etc.? What we do not realize is that our health is an accumulation of eating habits from the first day we are brought into this world to the present. Knowing this, maybe you should ask yourself some questions about your diet such as; was I breast fed or formula fed?, What foods did my parents feed me?, How often in my life did I eat sugary

foods such as ice cream, cookies or brownies? Does my diet consist of 80% fruits and vegetables? When you look at the reason behind many if not all chronic disease it is almost directly correlated to the increase in sugar consumption. As well, the dependence on refined flour in our diets contributes to increase in sugar levels and chronic disease.

In summary, when looking at your health and more specifically your diet, look at the ingredients and beware of the

sugar found in the form of high fructose corn syrup. It is truly amazing how much weight you can lose and how much your body will function better once you cut back on sugar.



Nature's Medicine: What is a good supplement?

Many people take supplements as a key component to improve their health. So the decision for most people is not Should I take supplements? But What supplements should I take? The key is to take a high grade supplement, not a generic wholesale one. You can determine this by making sure it says on the bottle "pharmaceutical grade". This means that the supplement has been through a purification process which should eliminate toxins. However, make sure that you read the ingredient label to verify this.

Also, make sure that your vitamins and supplements come from organic sources, try and avoid synthetic sources as many companies do this in order to boost yield and create more profit. Getting a supplement that mimics nature as close as possible is what you want to strive for. Do not settle for something that is not pure or does not have the sufficient amount of nutrients. Some

other things to look for are:

- Look for hypoallergenic products if you have sensitivity problems

- Avoid ingredients with wheat, yeast or corn.

- Check for an expiration date to ensure the product is fresh, if there isn't one then look for something else.

- There is not as stringent regulation for supplements as there is for pharmaceuticals so the content in the supplement may be different than what is written on the ingredient label.

You can check with the company to see if the product is third party tested and ask for a simple report on that testing.

A good company will let a consumer know who is testing the product and if it won't give out test results, then it should point you in the right direction to get those test results.

There are many products out in the market, many are good,

but many are not as good. Lots of people try and find a deal with supplements thinking of only how much you get in a bottle, but the important thing to remember is not the quantity but the potency. Think of it this way: A drug is effective if it is processed correctly and has the right amount of potency, not by how many you take.

So the next time you are shopping for supplements, keep these suggestions in mind as it will help you find what you are looking for and what your body needs. Getting your supplements from a health care practitioner or reputable distributor is always best, and if in doubt, always ask questions.



The Benefits of Massage Therapy

Massage therapy is the assessment and manipulation of the soft tissue and surrounding structures within the body. Massage therapy is a proven approach to pain management and rehabilitation. Therapeutic massage is an important part of your health maintenance plan. It provides relief for a wide range of conditions including:

- Stress
- Strains and Sprains
- Headaches and Migraines
- Overuse injuries (Sport/ Occupational Tendonitis)

- Whiplash
- TMJ dysfunction
- Carpal Tunnel Syndrome
- Thoracic Outlet Syndrome
- Postural Dysfunction
- Sciatica
- Chronic Pain
- Pregnancy
- Fibromyalgia

There are many other conditions related to soft tissue and joint dysfunction that can benefit from massage therapy. Massage can also

increase circulation throughout the body and enhance mobility and range of motion. Many clients find that they benefit physically as well as mentally from massage therapy. No matter what condition is present a full assessment will be performed, to provide a suitable effective treatment to meet the needs of each individual.

Stephanie Schmaltz, RMT

From the Desk of Joyce: Our Olympians

I am very proud of what Canadian athletes have accomplished in the 2010 Olympics. Canada did much better than I expected, in the beginning there so much negativity about the weather and about Vancouver being a poor choice of venues, but, it definitely had a plus side. People were able to enjoy Vancouver like never before, it was warm and the crowds could actually get out and enjoy the celebration to the fullest. Vancouver truly is a beautiful city.

One thing that really bothered me was the apologies from our Canadian athletes when they did not win a medal. They have not given themselves any credit for being among the best in the world even if they placed twentieth they are still among the best. It is almost like they have lost their ability to see their accomplishments, there is absolutely nothing to apologize for and we can be very proud of them for just making it to the Olympics.

We have finally won gold on our own soil and not just one, it is quite an accomplishment. We need to be very proud of our athletes who have worked so hard to represent Canada.

I have never been a real fan of the Olympics, as I believe if took the money we have spent and invested it in minor sports and schools we would better benefit our children and have a greater impact on our country's future. I must admit it has given me a sense a patriotism that I have never had before and I am very proud to be Canadian.

Clinic Corner: New Financial Policy at the clinic

We are happy to say that the patient appreciation day we held on Feb. 8th was a huge success! Many of our patients brought in family members and took advantage of the reduced fee for the initial exams, xrays and correction. We are happy to see whole families get the help they need without the stress of finances. Because of this success we have determined for an indefi-

nite amount of time, the fee for a new patient that is an immediate family member of an existing patient will be only **\$50.00** and the fee for an extended family member or friend of an existing patient will be only **\$100.00**. We are doing this to reward our existing patients by showing them we honor the referrals they send our way.

We hope by doing this we can further help those people that have chronic pain and discomfort while not breaking their piggy bank. We are excited about his and if you have any questions please as Joyce or Dr. Stehmeier.



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.

In honour of our first gold medal on Canadian soil I decided that this was a fitting picture. For those that do not know what I am showing here, this is Alexandre Bilodeau the freestyle skiing mogul champion. I remember watching his run and feeling proud to have this fine athlete represent our country. What a great picture and I hope that we all can take pride in what our athletes have accomplished.

Picture of the Month



Eating Clean Recipe: Bison Burgers

1 Tbsp of olive oil
3/4 Cup of finely chopped onion
2 Egg Whites
1/4 Cup oat bran or oatmeal ground up (you can use a coffee grinder or a Magic Bullet)
1/4 cup cooked, mashed sweet potato
1 Tbsp molasses
1 Tsp dried Oregano
1/2 Tsp freshly ground pepper
1 lb Ground Bison

1. Heat Olive oil over medium skillet. Cook onion until soft and golden
2. In a large bowl mix egg whites, oat bran/oatmeal, sweet potato, molasses, oregano, sea salt and pepper.
3. Stir in onions and bison meat. Mix the ingredients together with clean hands until nicely blended. Take a handful of meat and create a flat patty. Get the family involved and have each make a patty that fits them, it's fun.
4. Grill pattied for 7-10 minutes on each side or to your liking

Eating clean and healthy means

eating appropriate meats.

When eating meat you want to eat lean meats

when possible, and organic if possible. Bison meat 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!



*Taken from the Eat Clean Website by Tosca Reno