



**SPECIAL
CLINIC AND
PATIENT
EVENTS:**

In this section we are intending to put our patient's special events that we think ought to be shared and celebrated by all. We will ask if you want your special event included or not.

Clinic Events:

Jan. 28– February 18th: Dr. Stehmeier presenting to City of Kelowna Employees on the importance of Posture and Exercise

Feb. 8th– Patient Appreciation Day– All friends and family members of existing patients get the initial fee reduced from \$295.00 to only \$50.00 !!

Feb. 13th– Presentation to Arthritis Society of Canada

“Be always at war with your vices, at peace with your neighbours, and let each new year find you a better man.”

Benjamin Franklin

The Wellness Journal

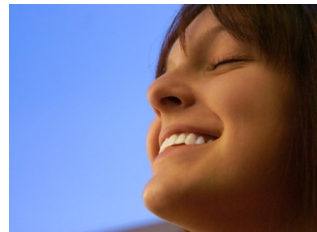
VOLUME 1, ISSUE 1

JANUARY 15, 2010

Our Patient Appreciation Day

I am happy to wish everyone a Happy New Year. It seems incredible to me that we have just finished a decade and are at the beginning of another incredible year. Like many of you I am trying to always better myself and find the best way of doing things. The start of a new year is a great time to look ahead and pursue different avenues and interests. One interest I decided to pursue this year is to pass on more effectively, health information to my patients. I always find it difficult to communicate all that I have learned to all my patients in the short time I have to see them. Thus, the creation of The Wellness Journal. In these monthly newsletters I hope to elaborate on current health trends, debunk some health myths, update you on different

programs in the clinic, and basically give any information that will keep you healthy, strong, and functional. When you receive



Make this year on to smile about.

this newsletter, there is something with which you would like more information on or care to comment on, then please let myself or Joyce know, and who knows, you may have a spot in

the following issue.

The big news we want to share this month is our patient appreciation day scheduled for February 8, 2010. I want to give back to my patients a little bit and make it a little easier for friends and family to get the help they need. On February 8th any person who is a friend or family member of an existing patient will be able to receive their first correction and all it entails for only \$50.00, which regularly is \$295.00! This is only happening for one day, so if you want to schedule a friend or family member for a future appointment and take advantage of the offer then you or them can call and make an appointment. Make this a year free from pain and poor health, start today!

In the News...

Exercise improves memory of older adults.

Two recent studies detailing the effects of exercise on cognitive function show what has been known for a long time ..when you are mobile and active you are healthy! The great thing about these studies are that they show how exercise affects the mind and not just the cardiorespiratory system or the muscular system. The Mayo Clinic looked

at 1,324 people between age 50-65 without dementia. But of the 1,324, 198 had mild cognitive impairment after the two year study period. Those who reported engaging in moderate physical activity showed a 39% reduction in the odds of developing mild cognitive impairment.

In another study from the University of Washington, it was

found that moderate physical activity can treat mild cognitive impairment. Of 33 patients, 23 were assigned to high intensity physical exercise 45-60 minutes each day while the other 10 were only assigned to do stretching. Fitness testing, body fat analysis, blood tests and cognitive function showed those in the
Cont., Pg 2

Exercise and Memory Cont.



High intensity exercise program experienced improved cognitive function compared with those in the stretching group. According to Laura Baker of the University of Washington School of Medicine “ Six months of behavior intervention involving regular intervals of increased heart rate was sufficient to improve cognitive performance for an at risk group without the cost and adverse affects associated with most pharmaceutical therapies.”

Some may ask, well how is this possible? One possible explanation is found in what is called the stress response. When your body is stressed either physically, mentally or nutritionally it will release a cascade of hormones which break down the body. In this particular example the stress response hormones, or catecholamines, actually cause cells in the hippocampus (the part of your brain for memory and cognition) to shrink! Whereas increased movement, creating stimulation of the cerebellum,

causes the cells to increase in size. Also, when the stress response is chronic, serotonin levels decrease creating depression, irritability, anxiety, and decreased sex drive to name a few.

So patients, please focus on getting more movement into your daily routines, it will do you a world of good, and keep that mind sharp well into your later years.

Nature's Medicine: Joint Supplements

This section of the newsletter is designed to provide information on the many forms of vitamins and supplements that are in the marketplace. Most of my patients take a supplement in one form or another, and in many cases this was not due to my recommendation but rather a recommendation from a friend or even from a TV commercial. Supplementation is necessary for good health. Our food is not the same as what it once was 500 years ago, nutrients in soil are depleted and toxicity is prevalent due to pollution and pesticides.

If we were to look at supplementation only in terms of a deficiency issue then it would be easy, however certain products can assist greatly in treating a problem which then makes the issue more complicated, for example how much should I take? How often?, etc. In this particular issue I want to address the two most common supplements for joint pain; these

are namely, Glucosamine Sulfate and Chondroitin Sulfate. Most have heard of one or the other. The interesting thing to note is that only one is effective. If you are guessing as to which one the answer is Glucosamine Sulfate, not Chondroitin Sulfate. If you are taking Chondroitin Sulfate then unfortunately you have been taking something that cannot work. If you have been taking and swear by it's results then I guess you have a powerful placebo effect!

The problem with Chondroitin Sulfate is that the molecule is too big to be absorbed by the gut, thereby not rendering any useful treatment. Your best bet is to use only Glucosamine Sulfate. What needs to be mentioned is that Glucosamine Sulfate works well with mild to moderate osteoarthritis, in repairing the cartilage, reducing pain, and does not have harmful side effects.

One disadvantage that Glucosamine Sulfate has is the length of time that it takes to really work. It is common for the effects of the supplement to take up to 2-3 months to be really effective, which is natural considering it has to help the body in repairing years of damage. In contrast, a prescription medication is far more potent and can work within hours, but you have more dependency and stress on the liver and other body systems.

When looking to find relief from painful osteoarthritis, you have to concentrate on three things 1. Keep your spine aligned: A balanced structure puts less weight on those weight bearing joints. 2. Exercise– Keep moving and 3. Eat a good diet with lots of veggies. Supplementation with Glucosamine Sulfate may be necessary, but our goal should be to not have to.



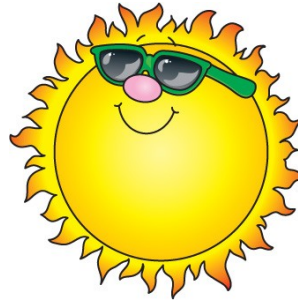
From the Desk of Joyce

I can't believe February is almost upon us and the first crocus bloom will soon pop. As a rule, the start of spring begins in March and I am finding myself ecstatic about losing our grey winter clouds in just a matter of weeks. Even though it has been a very warm winter, and the walking has been awesome, there has been a rather drab feeling in the valley and people have often complained of anything from migraine headaches to depression. I would be lost without the discovery of vitamin D and it has been my win-

ter life saver; after all it has been labelled as the "sunshine vitamin".

As Canadians in the winter we do not get enough sunshine to naturally synthesize vitamin D in our bodies, hence the Canada Food Guide recommends a daily supplement of 400 IU of vitamin D for anyone over fifty. For myself, I am not yet fifty and I rarely miss a day, it has made me a much easier person to live with, so, when the sun shines get out and enjoy it for

all it's worth and don't forget your vitamin D.



Out & About: A fun day at Sovereign Lake

A wonderful thing about living in BC is the great scenery and outdoor activity we get to partake of every single day. The purpose of this section is to help our patients become more aware of the multitude of outdoor activities and hidden gems that exist in the wonderful Okanagan area.

The place of interest this month is the Sovereign Lake Nordic Center located right beside Silver Star

Mountain Resort. It boasts 50km of Nordic trails and 14km of snowshoe trails, as well as full service day lodge, night skiing and ski school. Cross country skiing is a fantastic cardiovascular activity, you are able to tone and increase the working function of the cardio-respiratory system simultaneously. As well, it is very affordable for individual and families.

Over the winter season many

people come to my office feeling guilty that they haven't done enough exercise and have even put on a few pounds due to the Christmas season, yet do not enjoy going to the gym day in and day out. Regardless of how you feel about the gym you need to exercise! So, try and find ways to do something different and possibly involve the whole family. Cross country skiing is a wonderful alternative and who knows it may be something that becomes a family tradition. So get out there, get fit and have fun!

Clinic Corner: Patient Appreciation Day!!

We are happy to say that we will be holding a patient appreciation event on Monday February 8, 2010. Why is this event so special? First of all we wanted to express our appreciation for the patients that have put their health in our hands. It is always a great thing to see when people come to the clinic in pain and leave feeling great. We want everyone to have the health

they deserve so for one day only Dr. Stehmeier is reducing the 1st patient visit from \$295.00 to only \$50.00! What this means is that for all existing patients, if you want your friend, spouse, or family member to receive the same opportunity to get well, this is your chance. What this also means is that when your friend or family member books an appointment, it has to be

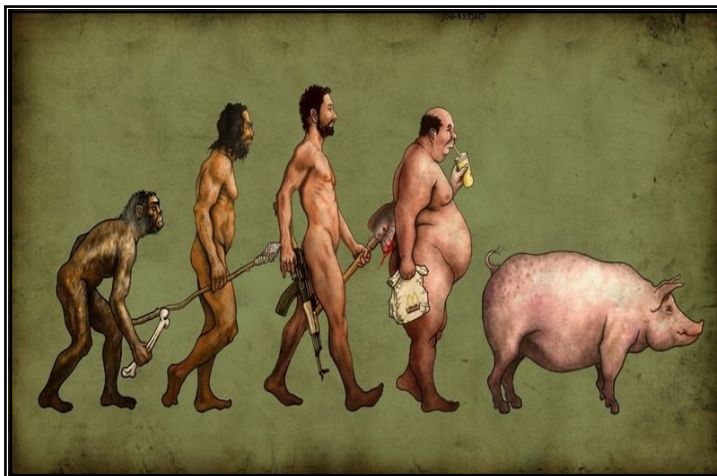
done on Monday February 8th but can be seen up to two weeks later. We will also be giving away some prizes for our patients so take advantage of this great day where we celebrate health and vitality!



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 we will put it in, (which shouldn't be to hard).

Many of you have seen this picture before in one of my presentations. I found this on the internet and found it quite humorous, maybe even a little offensive. As you can evidently see our current evolutionary path is heading to a dismal future. Instead of planet of the apes we are turning into planet of the pigs! I personally do not believe in human evolution so I don't believe that we will eventually become pigs, but what this cartoon does is help us think a little bit more about ourselves when we lose control of our eating habits and forget to exercise.

Picture of the Month



Eating Clean Recipe: Chicken Picadillo

4 Tbsp/60ml extra virgin olive oil
 1 large yellow onion, peeled and coarsely chopped
 1 large green bell pepper, coarsely chopped
 1 1/2 Tbsp/22.5 ml chili powder
 2 cups/480 ml fresh tomatoes coarsely chopped
 5 cloves of garlic, peeled and passed through a garlic press
 1/2 tsp/2.5ml ground cumin
 1 tsp/5ml dried oregano
 1 tsp/5ml sea salt
 2 chicken breasts. Cooked and diced
 1/2 cup of raisins
 Pinch of fresh ground pepper
 1 bunch of green onions, trimmed and chopped

1. Heat Olive Oil in large skillet over medium-high flame.
2. Add onion and pepper and cook until onion is soft.
3. Add chilli powder, tomatoes, garlic, cumin, oregano and sea salt. Cook for several minutes until fragrant
4. Add chicken and raisins. Heat another 10 minutes. And adjust seasoning with salt and pepper.
5. Serve over beans, or you can make it into salad.
6. Garnish with green onion or cilantro.

Remember that eating healthy does not have to be eating tasteless and boring food, in fact it is quite the contrary!



This is one of our families favourite recipes. I remember coming home from work one day and Lindsay told me she tried something new for dinner. Always enticed by that phrase I was pleasantly surprised by this wonderful meal. She also had a bean salad and some multigrain tortilla shells for the kids to make some burritos. A wonderful dish that everyone in the family can enjoy.

*Taken from the Eat Clean Cookbook by Tosca Reno