

We've Got Your Back

Health Care Coverage from your Extended Health Benefits at Work

Wow only four months left of 2011. It's been a good year. Many people have healthcare coverage for Naturopathic Medicine, Massage and Chiropractic. Have you taken advantage of these benefits? You may want to check your coverage and get the benefits of it before the end of the year.

We're here to help you become your best self.



Fall Back into Shape Challenge

Our "Fall Back into Shape Challenge" is a 12 week weight management program! It involves medical and nutritional supervision with Dr. Cecilia Ho, Naturopathic Doctor, and group boot camp with Dr. Steven Lester, Chiropractor/Sport Rehab.

The program starts September 12 and runs through until December 5th, 2011.

More information available at the clinic!



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Pickering Chiropractic Health Centre

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HOLD ON

Before you buy your new fall shoes... do you need new orthotics?

Orthotics do a great job for about one year but lose some of their support after that. Check your coverage, some plans cover more than one pair every year.

Wearing orthotics supports the foot properly and all the structures above that in your body. So this treats and prevents problems in your feet, ankles, knees, hips, and the whole spine.

The feet are the foundation of support for the whole body so make sure you're getting the support you need.

We have a great variety of orthotics, athletic shoes, casual and dress shoes and even boots available.



Our Look is Changing!

Over the coming weeks we are making some changes to our website. Check back often to see the changes as they happen.

Is there something on our site that you would like to see there? Your input is invaluable! Let our front desk staff know, or you can drop us an email at pickchiro@bellnet.ca with your suggestions.



You can now find us on facebook! Pickering Chiropractic Health Centre—come and check us out!

VERTEBRAL COLUMN

Cervical Vertebra

- C1 - Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system, eyes
- C2 - Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart
- C3 - Cheeks, outer ear, face, bones, teeth, trifacial nerve, lungs
- C4 - Nose, lips, mouth, eustachian tube, mucous membranes, lungs
- C5 - Vocal cords, neck glands, pharynx
- C6 - Neck muscles, shoulders, tonsils
- C7 - Thyroid gland, bursa in the shoulders, elbows

Thoracic Vertebra

- T1 - Arms from the elbows down, including hands, arms, wrists and fingers, esophagus and trachea, heart
- T2 - Heart, including its valves and covering, coronary arteries, lungs, bronchial tubes
- T3 - Lungs, bronchial tubes, pleura, chest, breast, heart
- T4 - Gallbladder, common duct, heart, lungs, bronchial tubes
- T5 - Liver, solar plexus, circulation (general), heart, esophagus, stomach
- T6 - Stomach, esophagus, peritoneum, duodenum
- T7 - Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum
- T8 - Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve
- T9 - Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine
- T10 - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine
- T11 - Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
- T12 - Small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve

Lumbar Vertebra

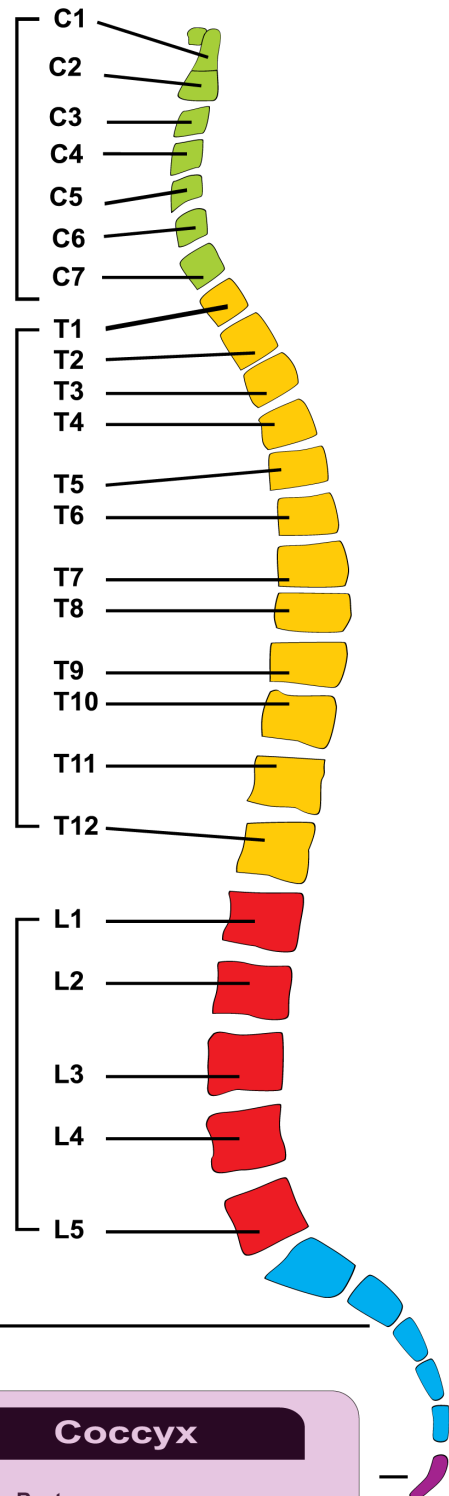
- L1 - Large intestine, inguinal rings, uterus
- L2 - Appendix, abdomen, upper leg, urinary bladder
- L3 - Sex organs, uterus, bladder, knees, prostate, large intestine
- L4 - Prostate gland, muscles of the lower back, sciatic nerve
- L5 - Lower legs, ankles, feet, prostate

Sacral Vertebra

- Sacrum - Hip bones, buttocks, rectum, sex organs, genitalia, urinary bladder, ureter, prostate

Coccyx

- Coccyx - Rectum, anus



The spinal nerves coming from your spinal column control the various parts of the body.

