

Wellness for Life

Lets Get Outside

Now that the weather is better in this wonderful country of ours, it's time to get outside. The benefits of being active outside are huge. Absorbing vitamin D from the sunshine improves our moods, makes our skin healthier and makes our bones stronger.

Walking , biking, swimming are all great activities to keep our bodies strong and balanced.

Outdoor sports like baseball, soccer, Dragon boating build friendships and team dynamics.

Spending time in nature refreshes the spirit and relaxes the body and mind.

We were meant to be part of the outside world.

Let's enjoy it!

Dr. P for life



Meditation, Outdoors...

We all try to pack as many activities as possible to enjoy the short summer in this part of the world! It's important we take some time out to breathe deeply & meditate. It's imperative that we teach our young ones early on the value of meditation.

You are probably wondering what a crazy thought to sit and meditate when you can enjoy the outdoors! Well who said anything about sitting quietly indoors?! It's fun and greatly beneficial to do the silent walking meditation. This would be wonderful to do as a family.

Start off in the backyard for 5 minutes. It would be a fun game for the kids to walk in slow motion. Make it as a competition to see who can last the longest without talking. Gradually you can increase the time and change the venue to a park or soccer field. Let them pick the location to get them involved in this fun exercise which benefits the whole family.

Enjoy your silent walking meditation in the nature.

Vana Dineshkumr, Reiki Master

Summer is Here!

Please join us and participate in our **Summer Referral Fest**

June 21st to September 21st

Refer friends, family, neighbours, co-workers, and be entered to win a one hour massage

Get more details at the front desk!



**WE NOW OFFER BIOPUNCTURE THERAPY:
A complimentary therapy that merges the concept of Acupuncture and
Homeopathic Medicine**

Biopuncture is a safe and effective therapy in complementary medicine that combines the concept of acupuncture and homeopathic medicine. It is a new innovated technique in natural medicine consisting of injecting natural remedies under the skin or into the muscles. Biopuncture is injected into acupuncture and trigger points to stimulate the body's own healing mechanisms thus speeding up the process of injury recovery, natural rejuvenation/repair and also lowers pain and inflammation.

Dr. Cecilia Ho, ND

**Don't forget to check our
website
www.pickchiro.com
for dates and times for our
upcoming seminars and
workshops.**



Massage Therapy:

Massage Therapy is the manipulation of soft tissue and joints within their normal physiological range for therapeutic purposes.

At the Pickering Chiropractic Health Centre we provide Swedish Massage therapy. This type of massage is very useful in increasing blood circulation, flushing out the tissues of lactic acid build-up and encouraging lymphatic drainage.

Summer time has arrived which is a great time to go out and enjoy the weather. Massage therapy is a wonderful way to loosen up the muscles, decrease muscular aches and pains which will allow you to get out and enjoy the weather.

Massage therapy is a great way to address physical and emotional stress. It is very effective in reducing muscular tension, promote flexibility, relieve headaches and decrease swelling. Research has also suggested that massage therapy is a great way to help decrease cellulite and encourage weight loss.

Miriam Gondo, RMT



Meet the Staff

Dr. Sharon Peterkin, DC
Dr. James Boylan, DC
Dr. Michelle Frazier, DC
Dr. Steve Lester DC
Chiropractors

Dr. Cecilia Ho, B.SC., ND
Doctor of Naturopathic Medicine

Melissa Lester, RMT
Sarah Risebrough, RMT
Miriam Gondo, RMT
Stephen Lam, RMT
Registered Massage Therapists

Jennifer Papaconstantinou, C.N.P.
Certified Nutritional Practitioner

Vana Dineshkumar
Reiki Master

Lynda Holmes
Bobbie-Jo Craig
Chiropractic Health Assistants

Editor: Bobbie-Jo Craig