

# 10th Anniversary

~2010 Spring / VOL.4~



## Welcome to the second decade of my chiropractic career

I cannot believe it's been ten years!!! Where did all those years go??? I can still feel the nerves and excitement of the first day, but now, I'm a grizzled veteran. I would like to thank all my patients, mentors, colleagues, friends, family, and especially my wife who have helped, guided and supported my career. Nothing is more fulfilling than seeing my patients get well and stay healthy. Sorry, I have to go back to work, I getting behind again! 😊



Dr. Kevin Shimizu, DC

## What causes spinal misalignments?

*If the spine is subjected to a force strong enough to overcome the resistance of the body's muscles and ligaments, the vertebrae will misalign. This is a very simple principle. If you lightly tap a nail into a wall, nothing happens, because the force of the hammer is not strong enough to overcome the internal resistance of the wall. Strike the nail with force, the nail will move. There are a variety of external forces that affect the spine, but the three basics are: physical, chemical, and emotional.*

### Physical forces

*Physical forces are the most easily understood. Falling down the stairs or an automobile accident causing whiplash can cause vertebral misalignments. Repetitive trauma such as a mailman carrying a heavy mail bag on only one shoulder or the receptionist who sits in front of the computer all day are physical traumas that can cause the spine to misalign.*

### Chemical forces

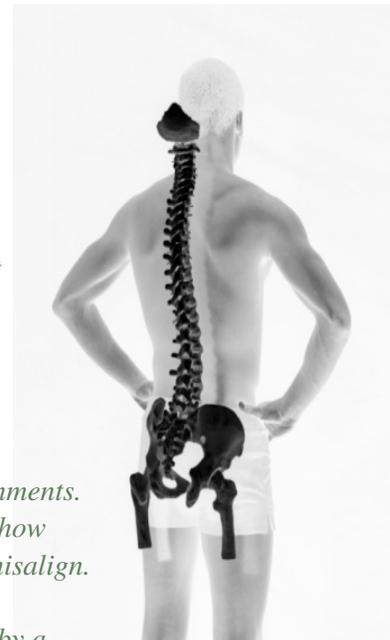
*It is an accepted fact that chemicals can affect muscle tone. Remember that spinal alignment is dependent upon muscle tone. For example, lack of calcium or a build-up of lactic acid (a by-product of muscle exertion) can cause muscles to cramp. Our body has a delicately balanced chemistry. Anything that upsets this chemistry such as smoking, alcohol, caffeine, processed foods, pollution, and food hypersensitivities (allergies) can irritate the nervous system causing abnormal functioning of the muscle fibers, upsetting the muscle tone, and cause our vertebrae to misalign.*

### Emotional forces

*Our lifestyle, the fast-paced, stress filled society is, by far, the most common cause of spinal misalignments. If you have ever been in a tense or emotional situation (worry, fear, anger, etc.), you can remember how the muscles in your neck and shoulders tightened. This muscle tension can cause the vertebrae to misalign.*

### Combination of all three

*Although each of these three forces can cause spinal misalignments by themselves, most are caused by a combination of the three. A slight physical trauma, which ordinarily would not cause the vertebra to misalign, does so because of muscle tension due to emotional factors. Normal stress of daily life may prompt muscles that are full of toxins to allow spinal misalignments to occur. With all the physical traumas, emotional tension and chemical toxins that our bodies are subjected to each day, it is not difficult to see how our spine can become misaligned. We can and should make every effort to keep our spine free of misalignments. Some may be prevented by common-sense living but many will still occur. It is important to have our spines checked regularly by our chiropractor in order to correct misalignments as soon as they occur.*



# "Our Doctor Says Do Yoga - For Your Heart"

*Dr. Scott MacDonald-Mainland clinic*

I am enthusiastic over yoga. I do yoga almost every day. Fortunately, here in Yaletown, and Vancouver there are many places to practice yoga and many inspiring teachers. I have been practicing for about ten years now. I started practising in Toronto and I took classes in the gym. It was a small group, and the classes were only one hour but it was challenging and fun; I looked forward every week to the class.

Ten years ago, in Toronto, I sometimes got comments that it was 'surprising' or 'unusual' for a doctor to do yoga. Then, about seven years ago, I moved to Vancouver and here everyone seemed to do yoga. Here, I am often one of a few doctors' in the class and nobody seems surprised. I am fortunate to have so many readily accessible yoga studios and so many friendly yogis to place my yoga mat beside.

My main studio now is Yaletown Yoga, part of the YYoga group. The studio is located just over the Mainland Medical Clinic, but their entrance is off Homer Street. They have a variety of yoga classes, including Hatha and Power. Some of the classes are taught in a 'hot' room, I will occasionally do a 'hot' class.

But my favourite classes are the 'Anusara -Inspired' classes they offer. These are taught in a warm room, but it's not too hot. Anusara is a Hatha based class, in these classes there is a progression through yoga poses, with a focus on breath as you hold the poses. There are two things that make Anusara particularly enjoyable to me.

Firstly, it has a heart-oriented focus, the teachers and students of Anusara look for the good in each other and themselves. And second, what the founder of Anusara Yoga, John Friend, calls the 'Universal Principles of Alignment'. For me they just work; on a good day I can balance on my forearms and touch the back of my head with my toes. Ten years ago that would have seemed impossible.

Yoga for me is exercise, which is what brought me to yoga. But, it has grown to be so much more. It is also a path to get reconnected. Every class is a time to feel expressive, free and joyful as well as an opportunity to heal and restore. Over time, and with discipline, an invitation to cultivate a determined heart; an invitation I can no longer refuse.



## Put Some Spring in Your Step

By Nicole Fetterly, RD

Many people feel low in energy, especially during the winter months. Adding a few essential foods to what you're already eating can help give that boost you need to step into spring.

Fibre is key to stabilizing blood sugar and blood pressure, preventing chronic diseases and also to keeping us feeling full and energized. Most North Americans are deficient in fibre, but choosing whole grains more often and adding legumes, berries, dried fruit and leafy greens every week will be sure to top you up. Substitute legumes (meaning beans, peas and lentils) for meat at least 2 or 3 times a week and remember to limit refined and processed food so you're eating as close to nature as possible.

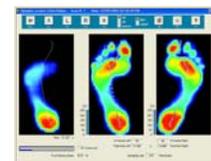
Vitamin D is made in our bodies when we are exposed to sunlight, which doesn't happen in Vancouver in the winter months. This means we need to eat foods rich in vitamin D, like fish, egg yolks and fortified milk. Include fish in your diet at least 2 or 3 times a week for a bounty of health benefits. Check out my website and blog at [www.vancouverdietitian.com](http://www.vancouverdietitian.com) for other suggestions and recipe ideas, or make an appointment for nutrition counselling today.



**Clinic news:** We would like to introduce our clinic newest staffs:

Registered Massage Therapist:  
**Nathan Skirrow, RMT & Karlie Yamamoto, RMT**

\*Nathan Skirrow is featured on winter 2010 "Massage Matters" magazine, check it out now: <http://www.massagetherapy.bc.ca/magazine>



**10<sup>th</sup> Anniversary promotion – 10 % off Custom fitted Orthotics from April 1<sup>st</sup> to April 30<sup>th</sup>**

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