



Handprints

Preparing for Another Ontario Winter

The crisp fall days have given way to the cold and snow of winter - at least for now. We have been lucky with snow so far, at least in the southern most part of Ontario, but we know at some point we will have to shovel. *Digging Out With Ease* on page three, gives suggestions for shoveling safely and how to prevent injuries as much as possible! This is a very busy season for everyone. Between work, family, Christmas and Holiday Parties, we are pulled quite thin. *Hints for the Holidays*, on page 2, gives you some ideas to help reduce your stress at this time of year; from taking care of yourself to gift ideas. *The Important Things in Life*, on page 2, is a little story to remind everyone what is really important about this time of year - no matter how busy we think we are. And last but not least, I am pleased to welcome Kathy Venter, the newest therapist to join Halton Holistic Hands. Kathy is a very experienced Lactation Consultant that will be offering a Breastfeeding Clinic every Sunday;

providing support and advice for parents finding breastfeeding challenging. For more information about Kathy, see below!

As we are rushing around this time of year, don't forget about yourself. If you are prone to getting neck tension and/or headaches, remember to keep your shoulders down, even when carrying shopping bags; keep your neck warm and protected, especially when the arctic wind kicks up; and last but not least, don't forget about your stretching! If all else fails, come for a massage to enjoy your holidays without pain. (Holiday hours are on the back page)

Our sincerest wishes of health and happiness for you and your family over this Holiday Season and into the New Year.

Andrea & Kathy

Halton Holistic Hands

www.haltonholisticshands.ca

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Introducing Kathy Venter ~ Lactation Consultant

A lactation consultant is trained to provide professional support for breastfeeding women. Sessions can include:

- ~ Provide information regarding how breastfeeding works, getting off to a good start and ensuring success.
- ~ Help with challenges such as sore nipples, milk supply issues, engorgement, etc.
- ~ Information about adapting to special circumstances that lead to breastfeeding challenges such as: premature infants, near term infants, multiples, babies with physical challenges, babies not feeding effectively and adopted babies.
- ~ Provide the opportunity to weigh baby - to monitor appropriate weight gain and effective nursing.

Kathy became a Registered Nurse in Rhodesia (Zimbabwe) in 1978, then completed a midwifery diploma in South Africa, becoming an International Board Certified

Lactation Consultant in 1990.

Since then, she has gained experience and ongoing education through her work with local, national and international breastfeeding initiatives. She has been privileged to facilitate breastfeeding education programs for health professionals in Africa and Canada.

Kathy enjoys studying the science and art of human lactation, and promoting the Baby Friendly Hospital Initiative.

Kathy Venter

will be offering a Sunday Breastfeeding Clinic at Halton Holistic Hands from

11:00am to 3:00pm *New Hours*.

As well Kathy offers emergency calls during the week - call the clinic for details.

Hints For the Holidays– Dealing with Seasonal Stress!

For most of us, the thought of gift shopping any time between now and Christmas brings to mind fighting large crowds in parking lots and malls. For some this is a welcome part of the season, others need strategies to help calm themselves before a breakdown!

Try to avoid the crowds by shopping during the week - if possible. Take a long lunch break and pick up a few items close by. Try browsing the internet for online gifts, Chapters for the book worm or browse E-Bay – the possibilities are endless.

While you are out and about, try to keep your shoulders down and keep your neck covered up when in the cold. Carrying packages and bags can strain your neck and shoulders. Try bringing bags back to the car between stores. The quick walk outside will give you some fresh air and a break from the crowds - in case your nerves wear thin!

Take care of yourself. Stop for a break when you feel yourself becoming more anxious. Try to take a nice bath away from the world at the end of a long day.

When you are in stressful situations, shopping or with family - BREATHE. Taking long deep breaths can reduce stress levels and help calm you down. Don't forget you can always remove yourself from the stressful situation to get fresh air and clear your head.

I know we all have people in our families that we find difficult to buy gifts for, so here are some suggestions that are a little more health conscious:

- Hand Paraffin Wax Bath – These are wonderful for the

hands. They provide a deep moist heat which pamper your hands, restore some moisture and are especially helpful for those who suffer from arthritis.

- Relaxation Basket – Be creative! You can include scented epsom salts (available at the clinic), bubble bath, candles, relaxation CDs or tapes and a small pillow for the head to rest on in the tub! For those who enjoy scents, contact me about adding essential oils to personalize your gift or even an aromatherapy facial gift certificate! I also have car scent diffusers, they fragrance the air during car rides - great for commuters!

Most of all, take the time to enjoy the company of friends and family - that is what the season is about!

Gift Certificate Ideas from Halton Holistic Hands:

Baby Shower: Infant Massage, Massage for Mom, Lactation Consultant Gift Certificate

Christmas Bridal Showers or Wedding Gift: Aromatherapy Facial, Introduction to Massage for Couples

Someone who is just hard to buy for: Massage Therapy Session, Aromatherapy Facial

STOCKING STUFFERS

Available at Halton Holistic Hands:

Scent Ball Diffusers: for your car or at home - \$19.95+taxes

Essential Oils, many scents available.

Personalized Blend of Essential Oils 5mL \$6.00+taxes

Epsom Salts (unscented or scented) single use \$2.50/\$3.00+taxes or 4lb (unscented) for \$7.50+taxes

Theraphore 14"x27" Provides a deep moist heat \$105+taxes

The Important Things in Life!

A professor stood before his Philosophy class and had some items in front of him.

When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now" said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things - your God, family, your children, your health, your friends, and your favorite passions - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else-the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you."

Pay attention to the things that are critical to your happiness.

Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal.

Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked."

"It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Digging Out With Ease!

We have already seen some of the white stuff, luckily it has not been substantial for most. It is the season where shoveling is inevitable unless you live in a condo! There are some things that you can do to avoid the aches and pains that shoveling can bring!

Equipment: Get a good shovel. Look for a lighter weight shovel (plastic rather than metal) that suits your size. Grasp the handhold at the end of the shovel with one hand. Place your other hand about 18 inches (45cm) from the point where the handle meets the blade. If your hands are a little more than shoulder width apart, you have the right shovel for you. A smaller blade can be better than a larger one as it avoids the risk of you trying to pick up a pile of snow that is too heavy for you to carry, especially over a period of time. A curved or ergonomic shovel can be a good bet as it allows you to keep your back straighter when shoveling. **Dress in layers.** By layering, you can avoid becoming overheated as you work. You don't want to get overheated as it can cause your blood vessels to dilate, blood will pool in your legs, and your blood pressure can fall. This causes your heart to pump harder and increases your risk of a heart attack (See: *Heart Smart Shoveling* below). Keep your low back covered and warm to prevent muscles from

getting cold and tight to prevent injury.

Work Smart: Let morning snow go. If at all possible, avoid morning shoveling immediately after waking up. Many disc problems occur in the morning when there is increased fluid pressure in the disc because the body has been at rest all night. As well, most heart attacks occur in the morning because blood is more prone to clotting after you have been sleeping. Allow yourself to wake up and warm up (e.g. take a warm shower), allow yourself 1-2 hours before shoveling. **Pace yourself.** Start shoveling soon after newly fallen snow since it will be lighter than heavily packed snow, and take small breaks between sections - it is a marathon not a sprint! **Push rather than lift.** When you can, push the snow away rather than lifting. One caution, tip the shovel up so you won't catch the shovel on uneven ground or sidewalk cracks. When you reach the end, use small portions to clear the pile you have created. Remember to keep your back as straight as possible, avoid twisting to throw the snow and use your legs by bending at the knees to lift the snow. Pay attention to your breathing while shoveling. We have a tendency to hold our breath while shoveling, which can put a strain on your heart and a possibility for a heart attack (See *Heart Smart*

Shoveling below). **Watch out for ice.** Always watch ice hidden under snow that can cause you slip and jar your body or fall.

Body Awareness: Warm up. Before you begin shoveling, take 5 minutes to warm up your muscles and stretch; this can be a warm shower, some jumping jacks or even running up and down the stairs a few times (whether on purpose or in your regular routine!). As you begin to shovel, make the first several shovels half the amount of snow that you normally would, to allow the specific muscles you are going to use to warm up. **Listen to your body.** If you start to get sore or achy, stop for a break and do some stretching. Try alternating your hand positions, hand dominance does not play a big part of shoveling. When you are done, do the stretches below, drink water to re-hydrate, take a hot bath or hot tub, and come in for a massage! If you experience tightness, burning or pain in your chest, feel dizzy, light headed or short of breath call 911 - these are possible signs of a heart attack!

Stay healthy this winter and keep an eye on elderly neighbours who may need a hand when the heavy snow falls!

Stretches for Shoveling

Below are a few stretches that you can use to stretch out before and after shoveling, in no particular order. I have focused on stretches that can be done outside so you can incorporate them while you are shoveling (some will have to wait till you come inside). These are only a few that I have recommended in the past. Feel free to use any of the stretch sheets that describe these stretches to do them correctly and don't forget to do both sides, where appropriate. Remember to stabilize yourself, by holding on to something, when standing and stretching to get a better more concentrated stretch. Hold stretches before shoveling for 15-20 seconds, and after shoveling for 30 seconds or longer for tight, problem areas. Watch your posture to make sure you have good alignment. If you are unsure of how to do any of these stretches or where you should be feeling them, contact me at the office, or book an appointment and we can go through a stretching program for you for any time of the year.



Remember to stretch until you feel a stretch NOT until you feel pain. During a stretch, use the exhale of deep breathing to help increase flexibility.

HEART SMART SHOVELING. Snow shoveling is a strenuous activity that can change blood flow. This is particularly risky for people over 60 who are sedentary, people with a history of heart trouble, or are unaware they have heart disease and/or ongoing health concerns. If you are out of shape, the chances that you will have a heart attack in the hour following a physically draining task, like snow shoveling, are 52 times greater than that for a person who is physically active. Avoid caffeine or nicotine before shoveling, since these stimulants can increase your heart rate and cause your blood vessels to narrow, which puts extra strain on your heart. Also, don't eat a big meal before shoveling as the digestion process draws blood and less blood will be circulating to the rest of the body and cause a strain to your heart.

Snow blowers make your work easier and puts less stress on your heart rate and blood pressure. But even with power assistance, the demands of snow removal can still be high for inactive people who have heart disease.

Before you decide to clear any snow, ask your doctor if it is safe for you to do so!



Halton Holistic Hands

massage therapy and wellness clinic

**5295 Lakeshore Road Unit 4,
Burlington, On L7L 1C7**

(On Lakeshore Road, west of Burloak Drive on the north side behind the PetroCanada gas station)

~ Phone: 905~632~HAND (4263) ~
~ 1 (866) 377~HAND (4263) ~

www.haltonholistichands.ca
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Halton Holistic Hands Hours:

Monday to Thursday: 10am to 7pm

Friday: 10am to 5:30pm

Saturday: 10am to 4:30pm

Sunday: 11:00am to 3:00pm

***New Hours* Breastfeeding Clinic**

Childbirth Education Classes - Prenatal Classes

Content includes:

- * Anatomy and physiology of pregnancy, labour and birth
- * Stages of labour and emotional responses
- * Pain reduction methods (natural and pharmacological)
- * Breastfeeding
- * Newborn characteristics and care
- * Infant massage **AND MORE.....**

For more information please contact the office!

*Great Gift Idea - Gift Certificates are available
for all services at Halton Holistic Hands!*

Holiday Business Hours:

Saturday December 24: 10am-2pm

Sunday December 25—Tuesday December 27: Closed

Wednesday December 28: 10am-6pm;

Thursday December 29: 10am-6pm

Friday December 30: 10am-4pm; Saturday December 31: 10am-2pm

Sunday January 1: Closed - Happy New Year!



Now that it is cold, are you having a hard time getting your water in? Try it at room temperature, and you can still add different fruits - cranberries for the season! Also, decaffeinated herbal teas are great, and can warm your hands on a cold day!

References:

Page 3 - *Digging Out with Ease; Heart Smart Shoveling:*

- **MotherNature.com:**
www.mothenature.com/Library/Bookshelf/Books/12/18.cfm
- **AARP:** www.aarp.org/health/articles/a2003-10-23-a2003-10-23-shovelsnow.html
- **Canadian Physiotherapy Association:**
www.physiotherapy.ca/release2003_9.htm

Page 3 - *Stretches for Shoveling*

- **Stretch & Strengthen.** By Judy Alter c - 1986
- **Stretching on the Office.** By Bob Anderson c - 2002
- **Fitness: Stretching.** By Karen Andes c - 2000
- **Myofascial Pain and Dysfunction: The Upper Extremities.** By Janet Travell and David Simons c - 1983

If you do not wish to receive the Handprints please let me know either by phone or email and I will remove you from the mailing list!

Halton Holistic Hands

Breastfeeding Clinic Price List

Lactation Consultation (60min)	\$75.00
Weight Check (15min)	\$10.00

Stocking Stuffers:

<i>Scent Ball Diffuser</i>	\$19.95*
<i>Essential Oils</i> 10mL	\$7.50 - \$12.50*
Scents in stock: Lavender Mist, Ginger Snap, Citrus Alive, Interlude, Solstice, Breathe With Ease, Clarity, Lavender, Tea Tree and Eucalyptus. Other scents available - contact the office.	
<i>Essential Oils: Personal Blend</i> 5mL	\$6.00*
<i>Scented Massage Lotion</i> 30mL	\$5.00*
<i>Scented Epsom Salts</i> (single use)	\$3.00*
<i>Epsom Salts</i> (single use/4lb)	\$2.50/\$7.50*
<i>Thermaphore</i> 14"x27"	\$105.00*

* PRICES DO NOT INCLUDE TAXES *

~ Gift Package ~ Gift Wrapped ~

Massage Gift Certificate
Car Scent Ball Diffuser and Refill Pads
5mL Essential Oil Blend
Scented Epsom Salts (single use)
30min - \$80.00 incl. taxes
45min - \$95.00 incl. taxes
60min - \$110.00 incl. taxes

More Products coming soon!

Payment Methods: Cash, Cheque, Visa, MasterCard and Debit