

Publication of The Pacific Wellness Institute • info@pacificwellness.ca • www.pacificwellness.ca

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It is also available on The Pacific Wellness Institute's website at <http://www.pacificwellness.ca>

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Wishing You a Healthy 2010



from All the Staff at The Pacific Wellness Institute!

If we are in good health, we dream, anticipate, create, joyfully express ourselves, and look happily into the future. We wish you that most crucial ingredient in life—good health in the New Year. We are glad to assist you in improving or maintaining your health, whether *by managing stress, improving sleep, aiding digestion, reducing weight, kicking a smoking habit*, or making some other positive change. We are here to support you in achieving your optimum health.

Join

To receive this newsletter and other information by email, please send a message with your name and email address to info@pacificwellness.ca

PACIFIC WELLNESS QUARTERLY promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

*Five Reasons to Buy Massage Session
Gift Certificates for Valentine's Day*



- Everyone loves massages
- Everyone wants to be cozy in the winter and relax muscle tension
- Everyone experiences fatigue from work
- Everyone wants to be cared for and cuddled a bit
- Everyone needs a little timeout

CLINIC NEWS

- **Leon Samadi**, Registered Massage Therapist, will be teaching at a massage college this year. He is available for therapeutic massage services at The Pacific Wellness Institute on Mondays, Tuesdays, and Thursdays for the time being.
- We would like to welcome new staff member **Nicole Basque, Registered Massage Therapist**. Nicole joined our professional team in November 2009 and has been practicing massage therapy on a full-time basis since then. To arrange your appointment with Nicole for a Swedish massage or deep tissue massage treatment, please call us at 416-929-6958.

A message from Nicole:

Hi! I am Nicole, the most recent addition to The Pacific Wellness Institute. Originally from New Brunswick, I obtained my bachelor's degree in Political Science before choosing health care as a career.



I studied Massage Therapy at the Canadian College of Massage and Hydrotherapy (CCMH) here in Toronto. I am certified in geriatric, sport, breast, and pregnancy massage and CPR/First Aid. I am also a Certified Personal Trainer.

Health can be defined in many ways. I equate health with a balance between mind and body, and believe that massage therapy is a fantastic way to gain body awareness and well-being. Whether you need a deep tissue treatment or relaxation/stress relief, I am confident that I can help you pursue your personal health goals through massage.

I am qualified to treat anything from daily stress to neurological conditions to various acute, sub-acute, or chronic injuries. I am excited to meet you!"

Thank You for Your Comments

Here are some of the comments we received recently from our clients. We would like to express our thanks for their positive feedback and their kind publishing permission.



Berenice is my little "Pacific Wellness Institute" girl and we will not forget it!

~ Estelle Halbach

Yoshi was great. As [I am] Japanese, it was great that I could communicate in my own language, rather than trying to explain medical issues with a foreign language.

~ Ritsuko Takebayashi

I truly believe that acupuncture was the key to finally getting pregnant after two years of frustration. Once I started working with Dr. Tanaka, my emotional and physical condition started to improve. I would recommend Pacific Wellness to anyone dealing with fertility issues.

Thank you from the bottom of my heart.

~ Sara Clark

Rahel has been a wonderfully skilled and responsive therapist and left me refueled and refreshed after each visit. I owe much of my sanity to our treatments! Thank you so much for your healing touch.

~ D. Colic

Mr. Toyama is a great doctor who completely cured my stiffness (problem with flexing) in my right finger on right hand. Now, I can again cut vegetables and do all work normally as before. I was not able to get a cure for over six months following the mainstream medicine & doctor's advice. I cannot thank Dr. Toyama enough for that. In addition, he has helped me with my degenerative arthritis of the knees so much that I don't need a cane any more & can walk four kilometers without having to sit down. That was like an impossible target for me till I got treatment from Dr. Toyama. My pain in my knee is also significantly reduced.

Thanks, Doctor.

~ Grace D.

...Your Comments (continued from previous page)

I cannot say enough about Pacific Wellness Institute. Initially I wanted to keep this place all to myself as I did not want people knowing my secret "escape," but alas, other people know too well that there's no other place like Pacific Wellness or another massage therapist like Rahel Kay. I have been getting regular massages from all over Canada for the last 25 years and she is by far

the most conscientious, calming person I have ever met. Combine that with my naturopathic (ever smiling) doctor Meera Dossa and Claudia at the helm and you can't miss. Thank you guys for your care, your thoughts, and the e-mail of encouragement during my recent hip surgery. You are by far the BEST!!

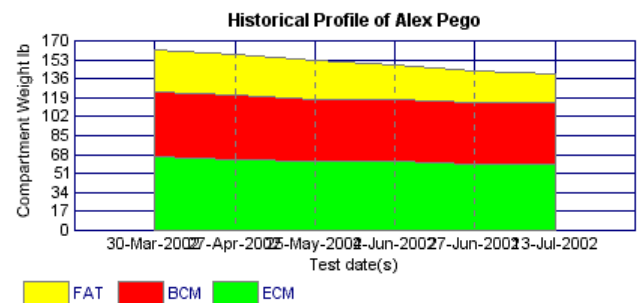
~ Davis Mitchell

Bio-impedance Analysis Available

Our research-grade bio-impedance analyzer provides an estimation of body mass, fat, and intra- and extra- fluid amounts. It's useful as a tool for evaluating your overall physical condition and as a yardstick in monitoring your nutrition and fitness program.

Bio-impedance Analysis is available for existing clients of The Pacific Wellness Institute for \$18 (test with report only).

Please call 416-929-6958 to arrange your test.



Available At The Pacific Wellness Institute



UltraMeal is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome, including central obesity, insulin resistance, and altered body composition.

Designed for those who want to improve their body composition, UltraMeal promotes body fat loss while helping to maintain lean muscle mass. UltraMeal also supports healthy heart function by providing 15 grams of soy protein per serving. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Soy protein has also been shown to have cholesterol-lowering effects.

- A delicious and satisfying high-protein/low-glycemic-index formula that ensures sound nutrition in the form of a convenient and delicious shake. (Glycemic index of 31 when referenced against glucose.)
- Delivers 17 mg of isoflavones per serving to nutritionally support estrogen balance.
- Provides a heart-healthy source of optimal foundational nutrition containing all the essential vitamins and minerals.
- A non-dairy source of calcium for bone health.
- Features PharmaSoy®—a technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium.
- Comes with a Quick-Start Guide or a more comprehensive Patient Guide for complete program guidelines.
- Available in a variety of natural and delicious dairy-free flavours.

Seasonal Recipe

BANANA BERRY BLAST

Meera Dossa, ND



Ingredients:

- 1/2 pear, cored
- 1/4 cup frozen blueberries or frozen mixed berries
- 1/2 banana
- 1/4 tsp ground cinnamon
- 1 scoop protein powder*
- 1 Tbsp ground flax seeds
- 1 Tbsp ground Salba (chia seeds)
- 3/4 cup water
- 3/4 cup milk or alternative**

* Options include good-quality whey, rice, or soy protein powder, depending upon preference or sensitivities.

** Options include almond, rice, soy, or hemp milk, depending upon preference or sensitivities. Adjust liquid volume to your desired consistency.

Directions

In a blender, process all the ingredients until thoroughly mixed. Serve.

According to polls, losing weight ranks among the top five New Year's resolutions each year. What better way to tackle that resolution than to start out your day with a protein-rich, fiber-dense, antioxidant-laced power shake?

Numerous studies have concluded that consuming breakfast daily actually aids in weight loss and is associated with better weight control. Why is this so? When you skip breakfast, your metabolism tends to slow down. This, in turn, causes fluctuations in blood sugar levels. The end result? Breakfast skippers become hungry and lethargic, leading to cravings for sugar-laden, caffeine-pumped snacks to combat that early-morning crash—and eventually, larger meals later in the day than those consumed by breakfast eaters. The math is simple. Breakfast skippers pack on the pounds. Breakfast eaters, on the other hand, can successfully maintain their current weight or shed some pounds, as they are less likely to snack impulsively and are satisfied with smaller portions.

If you fall into the “skippers” category, try out this shake—it’s a quick, easy, and nutritious start to your day. The berries provide disease-fighting antioxidants. The flax and chia seeds are great sources of heart-healthy essential fatty acids and fiber. And the protein powder and cinnamon not only enhance the taste, but also play key roles in stabilizing blood sugar levels, the better to avoid that crash!

Raise a glass (of this shake!) to fulfilling your New Year's resolutions. Cheers!