



▶ NATUROPATHIC MEDICINE..... 1



▶ CUSTOMIZE YOUR INJURY..... 2



▶ HEALTHY EATING.....2

Healthy Living

NIAGARA'S LEADING MULTIDISCIPLINARY HEALTH CARE FACILITY

A Natural Approach to Health

Naturopathic Medicine is the practice of medicine using natural therapies to support the body to heal. It is based on the understanding that the body has the natural ability to heal itself. We experience disease (any form of it) when there is a breakdown of the normal functioning of this healing mechanism. When a patient has a concern, naturopathic doctors assess each patient through blood work, food intolerance testing, physical examinations and any other necessary tests to help patients get to the cause of their concern. Often people are used to taking medications or use treatments to get rid of a *symptom* (i.e. aspirin for a headache). Naturopathic doctors aim to investigate *the cause* of a recurrent symptom and treat the cause to prevent the symptom from happening. Through testing and assessing, treatment is then individualized and also aimed at preventing further 'breakdown'; improving a patient's health and state of wellness. Naturopathic doctors can also help improve the health of a person who already feels well, wants to stay that way and most importantly wants to prevent disease.

Dr. Ana Lara has been practicing as a naturopathic doctor for over 8 years in her own clinic in St. Catharines. One of her goals has always been to work with a multidisciplinary team in order to provide patients with the most complete form of health care which is why she is thrilled to be a part of the Accelerated Health & Wellness Centre.

Dr. Lara performs food intolerance testing and works with patients with various conditions. The most common being: skin issues, hormonal imbalances, cancer, digestive issues, osteoporosis, pediatrics and neonatal care.

Accelerated Health & Wellness Centre welcomes Dr. Lara to our Fonthill location. For more information or to book an appointment call 289-897-9099.



- ◆ Chiropractic
- ◆ Physiotherapy
- ◆ Massage Therapy
- ◆ Low Intensity Laser Therapy
- ◆ Vestibular Rehabilitation
- ◆ Smoking Cessation
- ◆ Spinal Decompression
- ◆ Acupuncture
- ◆ Physical Demands Analysis
- ◆ Return to Work/ Work Hardening
- ◆ Custom Orthotics
- ◆ Custom DonJoy Bracing





Custom Knee Bracing

Custom 'Defiance Knee Braces' are made to help individuals with ligamentous knee injuries and instability as well as individuals with arthritis. This carbon composite brace is custom made to fit the individual and their needs. The brace is light weight and durable and can be used during every day activities as well as an endless variety of sporting activities. The custom Defiance knee brace is designed to decrease the load on the knee joint while protecting it from external force or contact that may compromise the ligamentous structures of the knee. By combining revolutionary design, quality materials, and technology innovation this custom brace will provide sturdy support for mild to severe ligament instability of the knee. It is typically used after a ligament sprain and/or before and after surgery. The OA Defiance brace is for individuals who are limited in their activities of daily living due to the symptoms associated with osteoarthritis of the knee. This brace will help decrease the load on the knee, relieve painful symptoms often associated with this complex disease, and improve quality of life. The OA Defiance brace is ideal for individuals with mild OA who are looking to prevent or delay knee surgery.

If custom bracing isn't for you, we also offer a variety of non-custom braces for many common injuries. Non-custom braces can help to alleviate pain and provide support for injuries such as tennis elbow, ankle sprains and jumper's knee throughout the treatment and recovery process.

Please call our office for more information on how we can help customize your injury.



**NOW OPEN
IN
FONTHILL!!**

TEL: 289-897-9099

20 HIGHWAY 20 UNIT 14

Services Offered

- Chiropractic
- Physiotherapy
- Low Intensity Laser Therapy
- Naturopathic Medicine
- Acupuncture
- Smoking Cessation
- Spinal Decompression
- Custom Bracing
- Custom Orthotics



Healthy Eating Tips



Spring is a great time of year to get out of your bad winter eating habits and start to eat healthy!

Key points to remember when thinking about healthy eating:

- Instead of counting calories and portions sizes, look at colour, freshness, and variety
- Focus on foods you enjoy rather than forcing yourself to eat healthy things you detest
- Start slow, don't go cold turkey on all those unhealthy foods you love. Slow-

ly cut back and add fresh ingredients whenever possible

- Moderation is key, you don't have to eat 100% healthy all the time, allow yourself to enjoy those guilty food cravings but in moderation
- Make sure you eat breakfast and then multiple smaller meals throughout the day.
- Drink water to reduce hunger cravings

Focus more on how you feel and less on what the scale is telling you. Eating healthier can have a positive impact on your mood, your energy level and your waistline!



Berry Breakfast Smoothie!

1 banana
1/2 cup fat-free milk
1/2 cup low fat yogurt
1/4 cup frozen blueberries
1/4 cup frozen strawberries
1 tsp peanut butter
1/2 teaspoon honey
Blend all ingredients together in a blender and enjoy.



Feel free to add different fruits or flavoured yogurts and you could also sneak in a vegetable or two such as broccoli or carrots.