

Dr. Chris Harvey joins Back to Health

The Back to Health team would like to formally welcome Dr. Chris Harvey to the clinic!

Growing up in a Chiropractic family was amazing and inspiring. Every day I got to see what life was like feeling truly healthy, rarely if ever getting sick, and getting over any ailment faster than any of my friends. Playing competitive sports was hard on my body, from the workouts before and after the games, the body checks on the ice, the 100 plus pitches thrown in a complete game, and being able to play a round of golf pain free hitting 300 yard drives (albeit not always straight). I knew after receiving Chiropractic adjustments all my life, I wanted to help people the way my father helped me.

When I heard about Palmer College of Chiropractic and how it was the first ever Chiropractic college in the world, I had to visit and see what it was all about. It was rich with history dating back to 1897, and the philosophy was written on the walls above every doorway; I knew it was for me. I packed my bags and moved to Davenport, Iowa to attend the school of my dreams, not knowing what was in store for the next 5 grueling years. After completing the first 4.5 years, I decided I deserved a reward for my accomplishment. I applied to the Clinic Abroad Program to go to Vietnam and work in the hospitals alongside their doctors to diagnose, treat and adjust patients. I think I could write a novel about my experiences there, but I'll leave the stories for another newsletter. When you see me at the office just stop and ask me about it, I would enjoy sharing. What I will say is that I went to Vietnam a Chiropractic student and I came back a Doctor of Chiropractic.

Now after graduating, finishing my American and Canadian national board exams, and changing my mind a thousand times about where I was going to start working, I've landed back home. Working with the people that inspired me to dream big, to work hard and love



what I do. After one month of practice, I now know why my father has been so fulfilled in his work for the past 31 years, and I can't wait to give you my very best service for the next 30 years.

Health and Happiness,

Dr. Chris Harvey

Chiropractic care during pregnancy

Chiropractic care is important at any stage in life, however, it can be very beneficial during the changes that occur to your body while you are an expecting mother. Pregnancy related low back pain, sciatica, neck pain, headaches and foot pain are all common conditions that many women experience as their bodies undergo biomechanical changes. The symptoms associated with these conditions usually start out mild, but often worsen as the weeks pass! Chiropractic care is a natural, drug free approach to alleviating the painful symptoms that may arise during the course of your pregnancy. Chiropractic care is safe for the expecting mom and the baby.



Chiropractors are specially trained to care for women during all stages of pregnancy and will adapt their technique and equipment to make sure you are comfortable. At Back to Health we believe that when your joints, nervous system and muscles are functioning properly, your overall wellbeing will be improved. Expectant mother's are encouraged to take vitamins and alter their diet during pregnancy for the wellbeing of their babies. Taking good care of your body through regular chiropractic care, stretching and physical exercise will also improve your quality of life during this wonderful time.

Back to Health welcomes all pregnant women and new moms to our office to experience the benefits of chiropractic care for **optimal health** and the alleviation of common pregnancy related conditions.

Helping the Cirque Du Soleil



During the first week of June, I found myself working with the Cirque Du Soleil Quidam show at the John Labatt Center. No, not walking the high wire but providing much needed massage therapy for the performers pre and post show.

I've worked with these types of shows in the past and thoroughly enjoy the experience of being able to help these elite athletes with the wear and tear they put their bodies through. The physical condition of these athletes is nothing short of incredible. A number of them have international and/or Olympic accomplishments on their resumes.

They hailed from all over the world and had some very interesting stories to share. My son Joshua and I had backstage access and had the opportunity to watch the rehearsals and warm-ups as well as meet a number of the performers.

This is a picture of Joshua with Sasha and Natalia from Russia. They are a married couple who have an amazing act in the show together involving balancing on top of each other in a variety of poses requiring the highest levels of strength, stamina and focus.

The show was amazing and it was a great experience to be a part of it.

Did you know?

Cirque Edition...

- In 1984, 73 people worked for *Cirque du Soleil*. Today, the business has 5,000 employees worldwide, including more than 1,300 artists.
- More than 100 types of occupations can be found at Cirque.
- The company's artists represent close to 50 nationalities and speak 25 different languages.
- On June 16, 2009 Cirque set a Guinness World Record for Most People Simultaneously Walking On Stilts— (737).





The "Back" Page

Clinic News!

Dr. Green has now returned to the clinic after her maternity leave. She is accepting new patients and you can call the office to make an appointment. She would like thank everyone for their warm wishes and looks forward to treating you and your families again!



Healthy Fruit Punch

- 2 cups raspberry puree
- 1 cup pineapple puree
- 1/2 cup carrot puree
- 2 cups cold water
- 1/4 cup sugar

Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at info@backtohealthchiro1.com



Combine raspberry, pineapple and carrot purees, water and sugar in a blender. Process until smooth. Serve over ice. Enjoy!

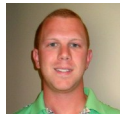
Our Team:



Dr. Jim Harvey
Chiropractor



Dr. Shawna Green
Chiropractor



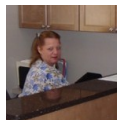
Dr. Chris Harvey
Chiropractor



Shawn Chapin
RMT



Debbie
Admin



Penny
Admin

Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Reflexology

Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.

Visit us on the web:

www.backtohealthchiro1.com

Monday	8:00am – 8:00pm
Tuesday	8:00am – 8:00pm
Wednesday	8:00am – 8:00pm
Thursday	8:00am – 8:00pm
Friday	8:00am – 12:00pm
Saturday	9:00am – 12:00pm
Sunday	closed

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