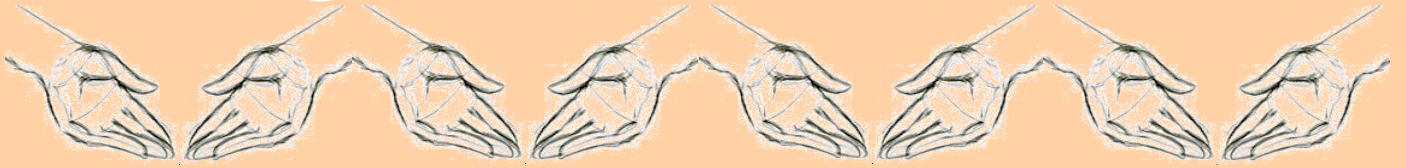


Healing on the Danforth



1397 Danforth Avenue, Toronto, Ontario, M4J 1N2 (416) 850-6241 www.healingonthedanforth.com

Newsletter: #005 Winter 2008

Welcome to Our Winter 2008 Newsletter

It is almost a year since publication of our last newsletter. It is not for lack of anything to say. Perhaps there has been too much going on.

November 1st marked the celebration of our fifth year in business as Healing on the Danforth. I think back to the early days of business and wondered whether I had made the right move. Would my clients follow me to the new location? I am forever grateful that they did. So I offer a big thank you. Would I be supported by my new Danforth community? It took perhaps three weeks before any locals ventured in. Gradually more and more people have experienced our treatments and helped spread the word.

Susan Dekker has now been with us for more than four years. I forever marvel at her skills and knowledge as a therapist. With her, Aromatherapy is an art and a science.

We are very pleased to be joined by **Katherine Downey**. She offers Reflexology, Reiki and Indian Head Massage. She is also a volunteer therapist with Alliance Hospice, helping take care of people in their great hour of need.

The latest addition is acupuncturist **Paul Marchinko**. Read his article below, which gives clarity to the subject matter and helps demystify the field of this ancient healing art. Paul is also working towards his doctorate in Traditional Chinese Medicine.

I look around at the people who work at Healing on the Danforth and realize that it is as a team that we have survived and flourished. I am always learning from my colleagues and very much value their contribution. So, along with **Natalie Fullerton** offering Thai Yoga Massage and **Gwen Cortis**, our resident expert on Nutritional healing, we now have a team of five.

This year I returned to school to get my credentials as a Registered Massage Therapist. There are several reasons for having taken this step. Many clients' private plans cover massage therapy and it can be an allowable tax expense. I felt an overwhelming need to undertake further study in a related health discipline. It has been an arduous process involving many early morning and late evening hours of preparation for mid-term and final exams. This was in addition to time spent looking after my existing client base. However, it has led me to an even better understanding of my shiatsu therapy and why shiatsu is such an effective health discipline.

This October, I taught University of Toronto second year medical students about the role of our therapies in modern health care. I am very pleased that mainstream medicine is finally taking a serious look at what it is that we do. The word *alternative* is, to my mind, too confrontational. I have always preferred the label *complementary*, which suggests a team approach to health care. If someone breaks a leg, I would hope that their first port of call is to visit their local hospital. Perhaps I can help with the healing process to support surrounding tissue and to speed recovery. Together, as a team, we can return someone to good health. That is the way that it should be.

There is good news for the Danforth community. Two years ago, a group of businesses between Greenwood and Coxwell got together to form the a Business Association. I was part of this group. The purpose was to showcase some of the businesses and to encourage residents to shop locally. Several events raised our profile, including several "Family Fun Days", with a Healing on the Danforth work station offering mini treatments, and "Sing-alongs with Santa". At the beginning of December we were informed that area property owners had decided to become a designated Business Improvement Area (BIA). For the minimal additional cost in commercial property taxes, the advantages are overwhelmingly favourable. It is always

possible to recognize instantly areas designated as BIAs. Notice planters full of flowers, lights in the trees and other beautifying features. For examples of a successful BIAs, look at Greek town, Bloor West Village, Church Wellesley, Gerrard India Bazaar and the Beach. Our name is Midtown Danforth. This is an exciting beginning to the rejuvenation of this part of the Danforth and I will look forward to seeing the changes over the coming years.

As 2008 gets underway, I will be departing for Mexico to again teach local massage therapists how to incorporate Shiatsu therapy into their treatment protocols. Despite my inadequacy in the Spanish language, there is universality when it comes to the subject of touch.

I wish you good health, prosperity and the very best in the New Year.

Diversity of Traditional Chinese Medicine (TCM), Healing with Acupuncture, Herbs and Diet , by Paul Marchinko D.Ac, CNPA

Traditional Chinese Medicine (TCM) is a holistic culmination of nutrition, psychology, physiotherapy, and personal training into a single alternative practice. TCM incorporates acupuncture, herbs, diet, and exercise to promote healing, examining how internal organs interact and how they are influenced by emotions and diet. Conversely, TCM also examines how the internal organs affect the emotions, diet and external organs. While Western medicine tends to separate human health into distinct areas of specialization, TCM looks at the body as a whole.

Nutrition_

In the theory of TCM the type of food, preparation method and spices all have a direct effect on your body. Therefore, depending on the condition, a TCM practitioner may suggest a change in diet to help combat an illness or restore balance to the body. Although the body naturally desires foods that will help it feel better, excessive consumption may in fact weaken the internal organs.

Psychology

A person's emotions and general state of mind have an enormous impact on their overall health. For example, excessive stress often brings forth dietary problems such as diarrhoea, upset stomach or weight gain or loss. A TCM practitioner performs an in-depth analysis of the

patient's physical and emotional health in order to assess if the health problem is the result of a dysfunction of an internal organ generating a specific emotional response, or if an emotional response is affecting the internal organ. Treating the stimulus should mitigate the physical and emotional.

Physical Fitness

The current trend in physical exercise is to work the 'core' of the body. TCM has long concentrated on strengthening the *Dan Tian* - the lower abdomen and 'core' of the body. Tai Chi is an exercise that is associated with TCM in many ways. It is a set of smooth, flowing exercises used to improve or maintain health and create a sense of relaxation. TCM uses the combination of acupuncture and Tai Chi to strengthen and heal the body from the inside out. Every movement that the body takes in its daily routine should originate from the Dan Tian (or core.) Lifting, walking and running should employ the inner energy of the lower abdomen and pelvis. This type of movement will help to keep the body from being injured. This example of core training and ancient practices is a perfect illustration for tying many eastern and western concepts together.

Kinesiology

TCM, through acupuncture, seeks to rectify the cause of pain as well as its impact on movement. Using fine needles and certain points on the body, a TCM practitioner can adjust the body's reaction to pain. Once pain has been reduced the bodies balance and movements should see a great improvement. Though pain is a specific problem, a TCM practitioner never isolates it and will always take into account the other areas of the patient's health in the treatment.

When it comes to health there will always be the need to seek out specialized western practitioners. TCM, at its most basic level, examines how all areas of health, physical and mental, impact each other. A patient might find satisfying answers and results from seeking the treatments of TCM acupuncture as it examines their health from a holistic culmination of nutrition, psychology, physiotherapy, and personal training.



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