

"guiding you to a healthier lifestyle"

WINDSOR

BODY mag

\$3.99 ISSUE 39

[www.windsorbody.com](http://www.windsorbody.com)

**Why Chiropractic  
Care Should Be  
Part Of Your Life**

*with Dr. Dianne Miskus*

*What Women  
Really Want  
This Valentine's Day*

**Get Back In Shape  
With Our Time  
Saver Workout!**



## feature

- 5** Why Chiropractic Care Should Be Part Of Your Life With Dr. Dianne Miskus
- 12** What She REALLY WANTS This Valentine's Day

## health

- 18** Acupuncture For Dummies, A Quick Overview Of Its History And Inner Workings
- 25** Oh, My Aching...Leg?

## fitness

- 27** Setting Personal Fitness Goals & Sticking To Them!
- 29** Windsor Women's Fitness & Weight Loss Centre Time-Saver Workout
- 33** Ask The Trainer

## nutrition

- 26** Healthier Choice - The Pour House



## life

- 21** Embracing A Postive Attitude... The Key To Longevity
- 36** Kersey's Korner
- 39** Astrology & Numerology By Helen

## beauty & fashion

- 10** Burning Questions: Planning That Perfect Southern Getaway
- 15** A Decade Of Influence: Fashions Of This Decade As We Enter Into A New
- 24** Featured Spa: Anthis' Esthetic & Wellness Day Spa

## mind matters

- 38** Advice By Cassandra

## body 55

- 41** Love, Sex & Health: Another Way to Exercise Your Heart
- 43** Intravenous Vitamin Therapies: From The Common Cold To Cancer





# Why Chiropractic Care Should Be Part Of Your Life

with Dr. Dianne Miskus



By: Stephanie Sobocan, Windsor Body Magazine

When one walks into the office belonging to Chiropractor, Dr. Dianne Miskus, one becomes acquainted with feelings of comfort, of ease, of welcome. The office is anything but an office with its uplifting coloured walls, contemporary design and big city feel; all proportionate with the kind of modern Chiropractic practice that makes Dr. Miskus unique.

One entire wall expands to reveal a Hippocrates quote reminding visitors that health is the greatest of all human blessings, a suitable resolution for those first walking into the office. Meeting with Dr. Dianne Miskus at Optimal Chiropractic wellness centre was equally as captivating of an experience, as she educated me on the valuable outcome of incorporating Chiropractic care in one's life.

**Dr. Dianne Miskus, please enlighten. Where does your practice vary holistically and philosophically from other Chiropractors and their disciplines? How does the Chiropractic discipline look in the modern age?**

As a Chiropractor, it is my job to look at the body as a whole instead of its parts, a practice rooted in vitalism. My approach to healing rejects simplifying the episode and instead looks deeper into how the body has compensated its pains, and how the body has shown itself as a symptom.

Chiropractors consider all things. You look at certain aspects of how the body is working; you strive to find the root of the problem and the best correction for the client.

One must keep in mind that every tug, pull or compensation in the body may not reveal itself as a symptom until much later down the road. Cumulative stresses will often become symptoms over time.

Historically, the public viewed chiropractic as necessary to only correct back pain. This is no longer the case. In our office, we use **NASA Space Certified Technology** that shows us where there is interference in the nervous system. We can then take measures to be more specific in locating and correcting the problem. This sort of chiropractic technology detects the body's early struggles instead of waiting until pain accumulates into an advanced case of degeneration.

Using an Insight Technology Scan, we can actually view the troubled areas that require correction. We can then show people the functional health changes that the chiropractic adjustment has made by looking at pre and post scanning images.

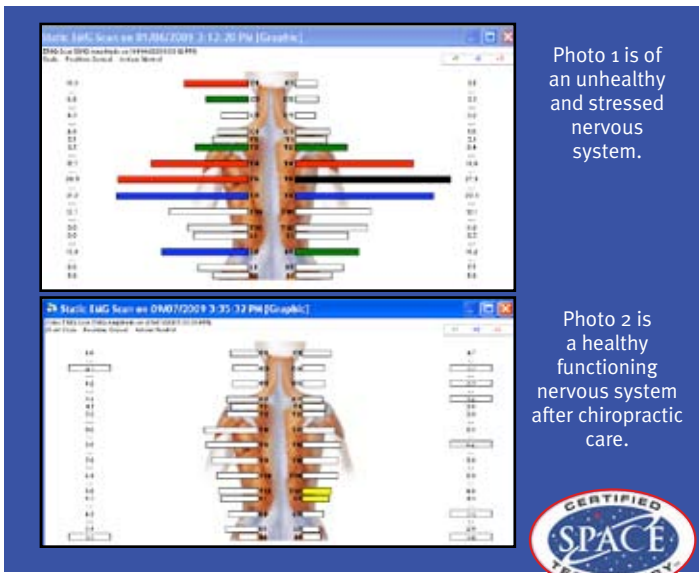


Photo 1 is of an unhealthy and stressed nervous system.

Photo 2 is a healthy functioning nervous system after chiropractic care.

### ***Is there a spiritual component to your work?***

Absolutely! Chiropractic is not only based on science and art, our *philosophy* is fundamental to the profession. The philosophy of chiropractic care acknowledges the living body as a self healing, self regulating mechanism. Deepak Chopra M.D. reinstates, "Our own inner intelligence is far superior to anything substituted from the outside." Chiropractic care focuses on the nervous system as the master control system of our body. In order for us to be healthy and well, we have to first acknowledge the role of the nervous system and all of its functions.

### ***What is the importance or function of the nervous system in one's body?***

Since the nervous system works to control the body, we then understand that the nervous system is involved in every dimension of the human experience--everything you think, feel and do is processed through that system. When information is not being processed through the nervous system with ease, we compromise our health and our well being. To summarize, the nervous system is the root or origin of every ache, pain or illness we can have, its maintenance being vital to everyday, healthy living. Chiropractors work to correct nerve interference that can cause pain, the kind of interference which prevents our bodies from performing necessary tasks.

We take for granted the amount of effort our bodies and our nervous system intakes. Everything we do in a day, whether it is driving to work or investing in emotions, these activities challenge our nervous system. When we overload our bodies with stress, these same bodies will eventually offer resistance through pain.

### ***Does one always have to experience back pain to see a chiropractor?***

Over 50% of people coming into the office do not suffer from back pain. Modern day chiropractic care is associated with performance and optimal health. **Visiting a chiropractor will allow you to have a much healthier immune system, cope better with stress and provide people with an ability to think clearer.** As your body heals, your mind heals. It also gives you an edge in life and allows for better performance.

### ***When should one consider a chiropractor?***

I would strongly advise people to care for their nervous system from day one. We often assume our body is working well because we may eat right or exercise regularly--this is a myth. Remember there are no definite signs of nerve interference.

A healthy diet and exercise are useless if the nervous system is blocked from putting those things to good use! If we have persistent nerve interference, then we have reduced communication of the body's ability to regulate digestion and repair muscle tissue.

The first part is always trying to help clients to get rid of their initial complaint. We must understand why there are pains and give individuals the tools and awareness to prevent further breakdowns. Our goal is to help people with their symptoms--to clear the body well enough so they're stronger at the core and as a result, more stable. We look to correct the problem before it becomes a larger health issue.

### ***How is chiropractic care beneficial for children?***

Often a chiropractor's work includes the care of children. Although children may not experience the kind of arthritis or degeneration adults do, children may have had a bad fall or have experienced a sports related injury that requires immediate care and chiropractic attention to prevent chronic strain on the spine. By having your child checked and scanned, a chiropractor can detect early stress on the spine and monitor their correction as well.

There is also a lot of research showing how chiropractic care has helped improve conditions relating to ear infections, asthma, and ADD, in children. There is no better time to care for the body than while it is still young, growing and developing.

### ***What is an example of a sign or symptom relating to the breakdown of the nervous system?***

Actually, the first sign may not show up as symptom. This is why people can have serious health issues without pain. Headaches, fatigue and back pain are not part of our body's natural functions and therefore call for chiropractic attention. The Insight Technology Scan allows me to identify spinal nerve breakdown before it becomes a health problem.



### **What is a stress check up and when should you have one?**

A stress check up is a comprehensive measurement of the changes affecting the spine and the nerves inside the spine. The stress check program involves computerized technology scanning the movements and functions of the vital internal functions that keep us alive and energized. The program even measures the effects of stress on the rate and rhythm of the heart.

Chiropractors can use the stress check program to prevent and understand the damages caused on the spine. The stress check up is a convenient procedure that can be done in less than twenty minutes. The procedure is incredibly accurate and gives us a starting point of how to begin or manage your stress.

We often advise clients to minimally do 2-3 stress check ups a year to watch how the body is coping with daily stress.

### **Who uses the stress check program?**

The stress check up is available for everyone. We do not encourage people to wait until back pain is a problem. We want to work with people to allow them to understand what their bodies are telling them. Since stress is all encompassing, we constantly meet with people who suffer with much more than back pain. We work with people who suffer from all sorts of afflictions, such as headaches, high blood pressure, digestive upsets and chronic pain.

### **What can one do to upkeep and maintain a healthy nervous system?**

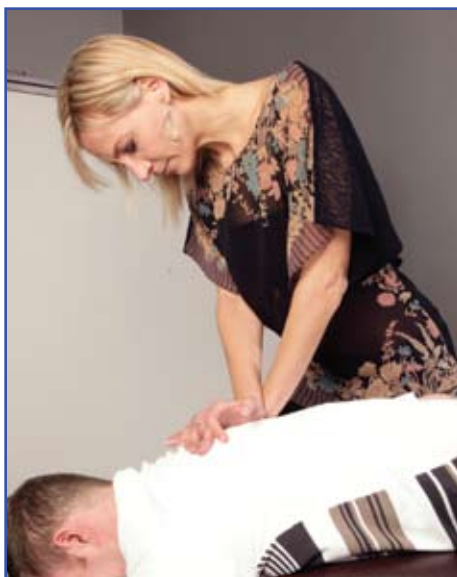
There are three common stresses affecting our nervous system. Physical stress (like poor posture, accidents and repetitive movements); chemical stress (from the air we breathe to the food and medications we take); and emotional stress (as a result of work, home and family life related issues) all greatly weigh on the nervous system.

Seeing your chiropractor regularly will help you identify and reduce these damaging stresses on the body.

### **What inspirations drive your work as a chiropractor? What are some of your professional goals?**

I am inspired by my patients. Every chiropractic success story that comes through my office gives me a greater sense of purpose.

*"Since treatment, I have improved movement, flexibility and ease in my day-to-day tasks. I have more energy and my pain has decreased. I have noticed fewer colds and a decrease in my stress level."  
--Connie I.*



*"I have experienced life at a level that I never thought was possible. My mobility has increased to the point where I can enjoy playing and even coaching my son's sports teams. Before Chiropractic care, none of this was possible. Thank you for my life back."  
--Cary N.*



My goal is to use chiropractic care as a means to help as many people as I can achieve a healthier lifestyle, naturally. I am definitely motivated to provide a greater awareness regarding the value of chiropractic as a lifestyle choice.

The first and foremost thing to remember is that you are designed to be healthy. Dr. Miskus reminds individuals that it is imperative to have the spine checked. After all, if the nervous system is healthy, then all other systems of the body will be as well. Experience chiropractic!

**Book your appointment by March 31st and receive a complimentary initial assessment to review your health status.** For consultation on chiropractic services or inquiries regarding the bi-weekly health classes offered, contact Optimal Chiropractic Wellness Centre today.

Practicing in Windsor for 10 years, Dr. Dianne Miskus resides in Lasalle with her husband, Todd and their two healthy children, Jesse, 9, and Dalton, 7.

**Optimal Chiropractic Wellness Centre is located at 2605 Howard Ave, Windsor ON.**

**For hours, location and information regarding chiropractic care and services, visit our website at [www.optimalchiropractic.ca](http://www.optimalchiropractic.ca).**

**Call 519-250-5780 or e-mail Dr. Miskus at [drdianne@optimalchiropractic.ca](mailto:drdianne@optimalchiropractic.ca)**

The inviting atmosphere and open concept layout of Optimal Chiropractic make clients feel at home.

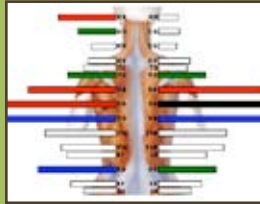


**BOOK YOUR COMPLIMENTARY ASSESSMENT TODAY, AND START LIVING PAIN AND STRESS FREE.**

**Dr. Dianne Miskus**  
chiropractor/owner  
**Dr. Jennifer Meret**  
chiropractor  
**Olivia Schneider**  
RMT

**519.250.5780**

BEFORE TREATMENT



STRESSED OUT SCAN

AFTER TREATMENT



STRESS FREE SCAN



Dr. Dianne Miskus & Dr. Jennifer Meret

**2605 Howard Ave. | Windsor, ON | [www.optimalchiropractic.ca](http://www.optimalchiropractic.ca)**

[www.sunsetterstanning.com](http://www.sunsetterstanning.com)

# Sunsetters *Premiere* Tanning

**WINDSOR**  
Roundhouse Centre  
519-966-7181

**LEAMINGTON**  
249 Erie St. S  
519-326-0151

**DON'T BURN...  
GET A BASE TAN!**

Tanning... LOOK GOOD. FEEL GREAT!

DESIGNER SKIN™ CALIFORNATAN™



High Pressure



Built in  
Shoulder Tanning



## Good Health Starts Here!

TRADITIONAL CHINESE MEDICINE & ACUPUNCTURE ARE PROVEN EFFECTIVE FOR:

WEIGHT LOSS • HOT FLASHES • SCIATICA • INFERTILITY  
DEPRESSION • STOP SMOKING • PMS • INSOMNIA  
DIGESTIVE PROBLEMS AND MORE!

Natural Chinese medicine is used by over a billion people worldwide and is by far the most trusted form of complementary medicine.

Since 1985 we have been keeping the people of Windsor healthy. Our goal is to help you achieve wellness that allows you to live life to the fullest, no matter what your age.

**Cheung's Trading Company**  
2030 Wyandotte Street West, Windsor  
(519) 252-9228 [www.cheungstrading.com](http://www.cheungstrading.com)

TAKE ADVANTAGE! ACUPUNCTURE IS NOW  
COVERED BY MOST HEALTH PLANS. CALL TO  
SET UP AN APPOINTMENT TODAY!



Mable Cheung, B.Sc., D.Ac., D.TCM  
Acupuncturist & Chinese Medical Practitioner