



Newsletter

WINTER 2010

BEST WISHES FOR A POSITIVE 2010!

Another new year is upon us. Where does the time go? It is hard to believe that 10 years has past since we reached the year 2000. Remember Y2K?

This year marks another milestone in my life as the beginning of **my thirtieth year** in practice. In June I am planning to attend my class reunion with the other 1980 graduates of the Canadian Memorial Chiropractic College. The years have brought many changes to our country. In 1980 Trudeau was still PM! There have also been many changes to the Chiropractic profession in thirty years. Many of the changes have been good. There has been a growing realization that all health practitioners need to work together in the best interest of our mutual patients. It has been my pleasure to cooperate in patient care with many Family Physicians, Massage Therapists, and Physiotherapists. I trust that in the coming decade this trend continues!



Recently we received this unsolicited endorsement after LASER Treatment.

*Dear Dr. Paisley,
Since June of '09 I've experienced terrible pain in my knee. After sitting for a couple of hours I could hardly walk. The pain would wake me up in the middle of the night. I went to the doctor and I'm now scheduled to have a MRI. I'm so glad that you suggested Low Intensity Light Therapy for it. I cannot express what it has done for me. Even after the first treatment I noticed a difference. Now after 10 treatments, I feel I will soon be able to start jogging again. I recommend anyone who is experiencing joint pain to give it a try.
Thanks a lot Dr. Paisley,
Mike N*

**Note: Not all joint conditions will respond this well to Laser
Thank you Mike!**

Questions & Answers:

Q: I want to learn all I can about my health care. I have been warned not to use the INTERNET for health information. What should I do?

A: Great question! Although you need to use wisdom in looking up health info on the INTERNET; the web can be a source of **good health info**. As health practitioners we rely on the web on a daily basis. The key issue is going to the right source. There are valid health sites as well as ones which are rubbish. **Key point:** Know the source and purpose of the website. Is it selling a product, or is it operating for public health? Here are a few sites that I use and recommend:

a/ nlm.nih.gov/medlineplus/
National Institute of Health

b/ mayoclinic.com
Famous Mayo Clinic in USA

c/ northfieldchiropractic.ca
Hardly in the same league as the two sites above!! But on our office website you can find Links to info on back pain and chiropractic.

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