

As a small business owner, I found myself in a typical routine. After working a full day, I sat down for dinner and then proceeded to watch a few hours of television as I was too tired to do anything else. When I decided to change my way of living, I found I had a better mood, more energy and more strength. If you are also interested in these improvements in your life, then read on.

If you are like me, it often seems there are not enough hours in the week to get all the things done that you feel need to be done. As I did, you think these responsibilities are more important than you are. Wrong!

As a business owner, parent or caregiver, if you are responsible for other people, then you need to take care of yourself first. If you are not in shape, you won't deliver the best you can do in any situation.

Busy Schedule? Make the time for your health.

By: Dr. Nik Bair-Patel,
Chiropractor



Stress plays a role in putting you out of shape. When you have too much stress, you are not able to think as clearly as if you had less stress. You will also not be as productive with a lot of stress as you could be without so much stress. Often people think of interpersonal issues as being the only sources of stress, however, stress can originate from lack of sleep, lack of exercise and poor diet.

From the chiropractic

perspective, all these stressors cause abnormal functioning of the spinal tract that leads to malfunction of the small joints of the spine, and internal "noise" is created. This increased internal noise is similar to trying to hear a song on a radio station that is not tuned in - it takes a lot more energy to make out the words. This "internal noise" translates to abnormal signals to your muscles and joints. It also sends stress signals to your

organs, which, depending on the organ, can either over-react or under-react. This causes stress to beget more stress from both the outside and inside the body.

Taking care of yourself is important if you want a healthy company, a healthy family or a healthy life for yourself. We often feel we haven't earned time for ourselves, but in reality, we need to focus on ourselves if we hope to be beneficial to others. Only then can we be truly productive.

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City Services. Country Lifestyle.

For a small community, we have a lot to offer residents and visitors.

Our **sporting activities** include organized clubs and recreation, a provincial park and a variety of municipal parks. Plus, there are plenty of programs for youth.

For **the arts**, we are home to an incredible variety of amateur and professional artists and art organizations.

Seasonal festivals bring out the breadth of talent that has homegrown in our township.

Essential **health services** include traditional and alternative options. We cover everything from pre-natal to senior health requirements, including a Service Ontario office for health needs.

We are a community that invests in the health of our residents.

Visit our website for community resources and recreational activities, plus download our community newsletter! Join our Facebook page for event updates: [NaturallySpiritedKillaloeHagartyRichards](https://www.facebook.com/NaturallySpiritedKillaloeHagartyRichards)

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