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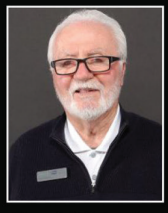

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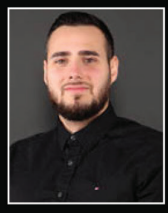

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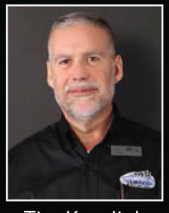

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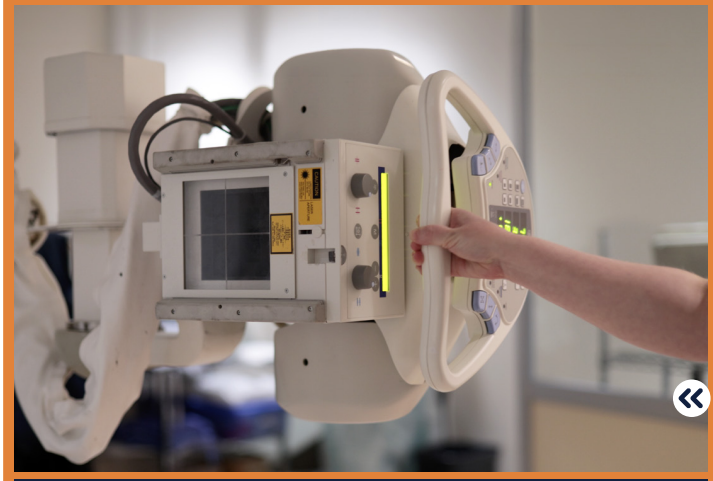
CHATHAM-KENT Health Alliance FOUNDATION

2025-2026 DONOR IMPACT REPORT

$1,377,737

COMMITTED TO CKHA FROM APRIL 1, 2025 TO MARCH 31, 2026





PROGRAMS SUPPORTED

- Dynamic Simulation Program
- Patient Assistance Fund
- Additional Supports

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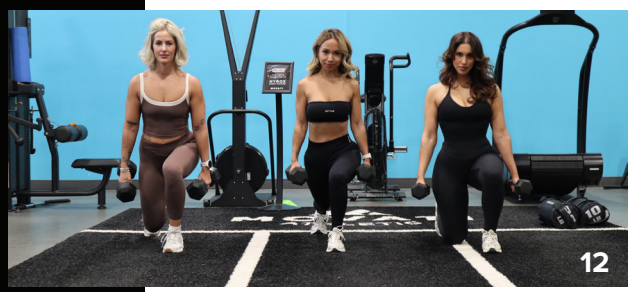
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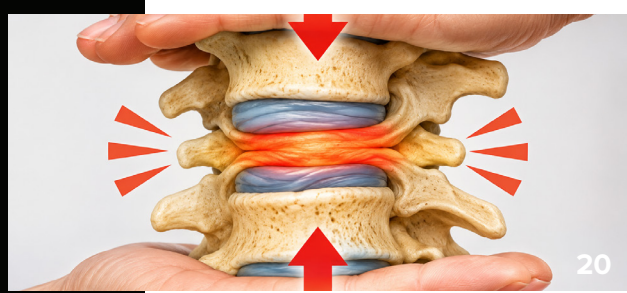
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ISSUE NINTY-SEVEN



MYNDLOGIC PUBLISHING





BEYOND BEAUTY

The Science of Medical Aesthetics

The Windsor clinic combines advanced aesthetic procedures, knowledgeable practitioners and education for medical professionals.

Story by Paula Just

As the field of medical aesthetics continues to evolve, more people are exploring ways to care for their skin, address specific concerns and maintain a refreshed appearance. From cosmetic injectables and advanced laser treatments to skin resurfacing and body contouring, today's therapies offer a wide range of options for people seeking personalized care.

In Windsor, Skin Medical Aesthetics has spent nearly a decade helping clients navigate those choices. Its services include Botox, dermal fillers, laser treatments, skin resurfacing, procedures for vascular lesions and melasma, body contouring and more. Alongside its aesthetic treatments, the clinic is also dedicated to educating and training professionals seeking to advance their expertise. Owners Sean Bellemore and Diane Nix take pride in the high standards maintained by their team. “We’ve invested in cutting-edge technology and continually expanded our options to give people access to some of the most innovative procedures available in the region,” Sean says.

“For us, being at the forefront of medical aesthetics means combining state-of-the-art equipment with the knowledge to use it effectively,” adds Diane. “We want our clients to benefit from high-quality treatments delivered by a team that understands both the technology and the science behind it.”



Left to right: Jaclyn Cordeiro, Holly Beckstette, Sean Bellemore (Owner), Diane Nix (Owner), Elizabeth Fashola, Maya El Sawani

Sean, a registered practical nurse (RPN) and Certified Advanced Cosmetic Injector, brings close to 20 years of experience. His expertise includes cosmetic injectables, laser procedures and energy-based care.

Diane is a certified medical esthetician with more than 20 years of experience, specializing in skin analysis and treatments designed to address a variety of dermatological concerns. The team also includes Holly Beckstette, a medical esthetician, Maya El Sawani, a registered practical nurse (RPN) and Elizabeth Fashola, focused on client relations.

Diane and Sean are also welcoming Jaclyn Cordeiro, BScN, RN, a registered nurse and founder of JACFIT, a brand focused on fitness, health and wellness. Jaclyn has developed expertise in neuromodulators, dermal fillers and collagen-stimulating treatments, bringing an integrative approach that connects aesthetic care with overall health and well-being. “We’re thrilled to welcome Jaclyn to our team and look forward to having her holistic approach complement the care we provide,” Sean says. Together, their complementary backgrounds allow Skin Medical Aesthetics to offer an extensive menu of services.

Botox, a neuromodulator therapy that softens the appearance of dynamic facial lines, is among the most popular. “When appropriate for the client, it can help create a smoother, refreshed appearance while maintaining a natural-looking facial expression,” Sean explains.

Dermal fillers provide another alternative for those interested in restoring facial volume. They can be used to enhance the lips and cheeks, improve facial contours and soften certain lines and folds. Biostimulating injectables, such as Radiesse®, are also available to support collagen production. For clients seeking rejuvenation, the centre provides platelet-rich plasma (PRP) treatments, microneedling, chemical peels, dermaplaning and other facial services.

“These procedures address concerns such as uneven skin texture, visible pores, acne scarring, pigmentation and signs of ageing, depending on the procedure selected,” adds Diane. Laser and energy-based services represent another important part of the clinic's offering. Laser Genesis®, one of its most popular treatments, is used to improve redness, uneven skin texture, fine lines and the visible effects



"Personal attention is central to our identity. We aim to understand each client's goals and create an environment where they feel comfortable asking questions and making informed decisions" - Diane Nix

of sun damage. Other options include solutions for pigmentation, vascular lesions, unwanted hair and skin laxity, as well as radiofrequency skin tightening and fractional CO_2 laser procedures.

Body-contouring and fat-reduction procedures are also available, along with spa options. The selection of medical-grade skincare products complements the treatments, with locally made products also featured to support Canadian companies.

While client care remains the top priority, professional education has become another defining part of the business. The clinic runs training programs for eligible medical professionals and aspiring medical aesthetics practitioners who want to expand their knowledge, develop practical skills and introduce additional services.

Courses cover neuromodulators such as Botox, hyaluronic acid dermal fillers and biostimulators, as well as regenerative and collagen-stimulating treatments. "The introductory injection sessions provide a foundation in toxin and hyaluronic acid fillers. And our advanced filler training is designed for practitioners who already hold introductory certification and have hands-on injecting experience," Sean explains.

Their educational offerings also extend beyond injectables, covering clinical aesthetics procedures such as microneedling, dermaplaning, laser hair removal, facials and other technology-based therapies. The programs emphasise a hands-on approach. "They are designed to give participants practical experience with the techniques and equipment used in medical aesthetics," Diane says.

Advanced instruction includes techniques such as cannula use, with a focus on patient comfort and professional practice. For Sean, ongoing learning and skills development are closely connected to the quality of care provided to clients. "Medical aesthetics is constantly evolving, so staying up to date is essential," he states.



“We’ve invested in cutting-edge technology and continually expanded our options to give people access to some of the most innovative procedures available in the region,” - Sean Bellemore



Nine years after opening its doors, Skin Medical Aesthetics values its connection to the county and the relationships it has built with the people it serves. “We are a community-based centre and we are here to serve all people throughout Windsor-Essex,” Diane says.

The clinic combines experienced practitioners, evolving technology and, above all, personalized client care. Before recommending a procedure, the team conducts consultations to discuss the client's expectations and potential options. The approach prioritizes individual needs rather than a one-size-fits-all solution.

“Personal attention is central to our identity. We aim to understand each client's goals and create an environment where they feel comfortable asking questions and making informed decisions,” Diane explains.

“Aesthetic treatments should never be about following trends or changing who you are”, Sean notes. “They should be about understanding what matters to each person, knowing what is appropriate for their needs and helping them make choices they feel confident about.”

Skin Medical Aesthetics is located at 5951 Wyandotte Street East.

To learn more about treatments, products and professional training opportunities, or to enquire about a consultation, visit skinmedical.ca or call 519-979-3877.

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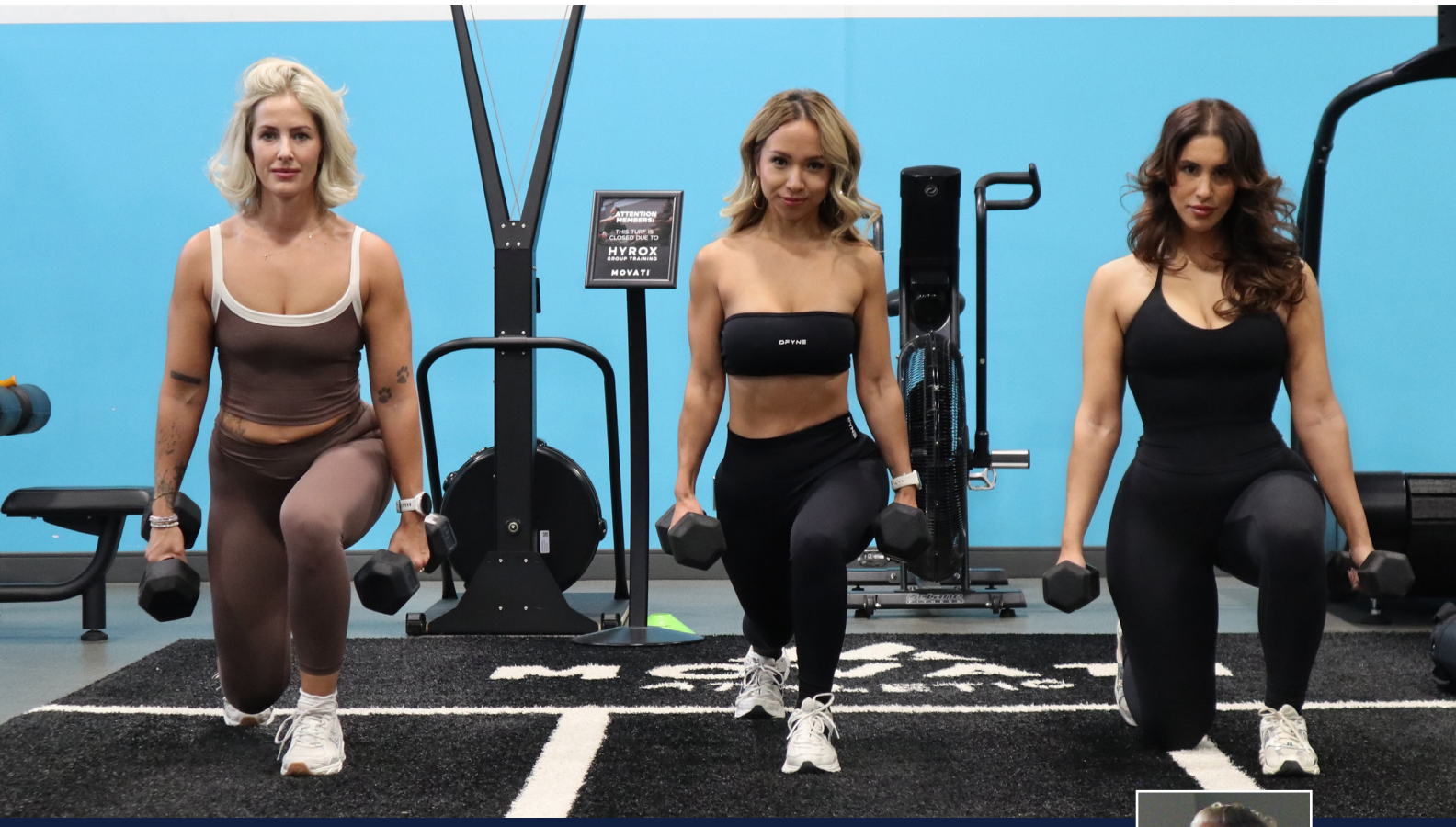
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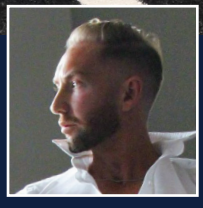
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The Woman Behind the Supermom



By Jono Macri

Disclaimer: I'm not a physician, and nothing in this article should be considered medical advice.

Why every mother deserves to feel as good as the people she spends her life taking care of.

There are a thousand little things that make a mother extraordinary.

She remembers the birthdays, books the appointments, plans the meals, keeps the household moving, and somehow knows when someone needs a hug before they even ask. Whether she's building a career, managing a household full-time, or doing both, a mother's mental checklist never seems to end.

But somewhere between everyone else's needs, her own can quietly slip to the bottom. Here's a reminder every mother deserves to hear: you deserve to feel as good as you make everyone else feel.

You deserve strength, confidence, energy, and time to invest in yourself.

Three Workouts. A Stronger You.

You don't need hours in a gym or a complicated training program to get started. Three focused strength-training sessions per week can help build muscle, improve strength, and support muscle definition when paired with consistent activity and balanced nutrition.

Aim for 30–40 minutes per session. Choose weights that challenge you while allowing good form, and rest for 60–90 seconds between sets.



New to exercise?
Start with two sets per movement and lighter weights. Build gradually; consistency matters more than intensity.

Motherhood is a beautiful journey! Keep investing in your health, building your dreams, and creating a life you love while becoming the woman you want to be. When you become the best version of yourself, your children and family get the best of you, too. Never forget that taking care of yourself is part of taking care of the people you love.
- SOPHIA LI, mom of 1







The best decision I've ever made was prioritizing my health. It has helped me become a better wife and a better mother to our children. It's what keeps me disciplined. Before I made every excuse why I was out of shape but when I finally decided to take accountability and cut out bad habits that kept me stuck, my life changed forever. If I could do it as a devoted wife and busy mom of 6, anyone who is willing to put in the time and effort can also do it
- MONET FLOWERS, mom of 6





"For me, staying fit as a mom goes beyond physical appearance. It's about showing up for myself every day and honouring my body through movement & every stage of life. I believe that when I prioritize my own physical and mental well-being, I'm able to pour from a full cup and give my son the best version of me. My motivation comes from knowing that taking care of myself isn't taking away from motherhood; it's what allows me to show up stronger, healthier, and more present for him."
- NOOR RESLAN, mom of 1



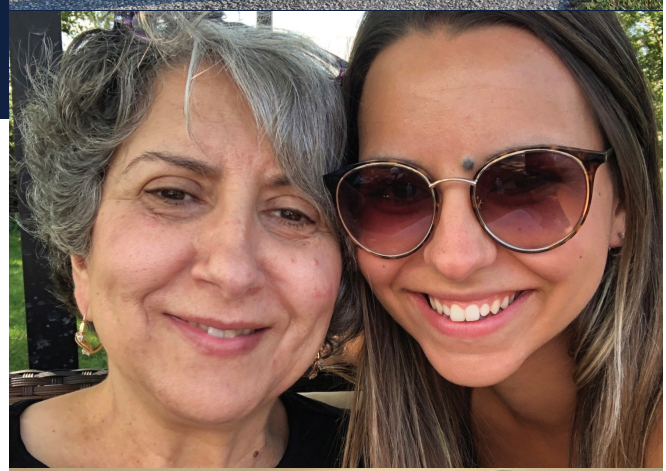
I'm a mother of four, but motherhood isn't my entire identity. Fitness keeps me grounded, and chasing big, sometimes ridiculous athletic goals keeps me feeling alive. Sports taught me resilience long before I became a mother, and they've carried me through some of life's hardest moments. I want my children to grow up watching me work hard, embrace discomfort, and never stop pursuing the things that light me up. Most importantly, I want them to know that becoming a mother doesn't mean you stop becoming yourself.
- MARIANNE SOUKAS, mom of 4

CHATHAM-KENT Health Alliance FOUNDATION

Drive Out Breast Cancer

It Starts with Something Personal









How personal connections inspire extraordinary support for Chatham-Kent Health Alliance.

For Monica Couto, the reason to give back had a name: Mom.

When her mother, Maria, was diagnosed with breast cancer in 2020, the Wheatley resident wanted to do something to help. A former employee of Talbot Trail Golf Club, Monica drew on a place and a community she knew, organizing a golf tournament that would become an annual tradition.

Her decision to direct its proceeds to Chatham-Kent Health Alliance Foundation was rooted in her family's experience.

"All of my mom's treatment took place at CKHA," Monica explained in an earlier Foundation interview. The hospital that cared for her mother became the hospital she wanted to support.

Maria passed away in 2023, but Monica's commitment continued. Today, Mamma Maria's Drive Out Breast Cancer Tournament honours her memory while helping other families facing their own uncertain moments. Its 2026 edition in Wheatley supports CKHAF's Mammography Campaign, helping fund replacement breast imaging technology at Chatham-Kent Health Alliance.

Behind the golfers, sponsors and donated prizes is a daughter who found a meaningful way to act on something deeply personal. Her story offers a glimpse into how community fundraising begins.















A reason to take the first step

A hospital can become important to someone through a single experience or a relationship built over years. For some, the connection comes from care received by a parent or partner.

For others, it grows through the work they do every day. Shannon Verschraegen and Kristen Fife know that connection well. Both are Registered Nurses in CKHA's Women & Children's Program, where supporting patients and families is part of their daily work.

They also saw an opportunity to contribute beyond their shifts. Together, they founded Strong Starts for Tiny Hearts, a community 5K run, walk and stroll supporting women's and children's care at CKHA. The inaugural event brought families, colleagues, volunteers and supporters to Chatham's Mud Creek this spring, raising more than $24,000.

Speaking to the Chatham Voice ahead of the event, Shannon explained the motivation: "We really do care about what we do and we really do care about the people we treat and that we help."

That care became an invitation others could answer. Participants could run, walk or bring their children along in strollers.

Volunteers could lend their time. Businesses could contribute. The nurses created a way for people with different abilities and resources to work toward the same goal.







A Night of Comedy

Giving people a way to help

This is where a personal commitment can gather momentum. An organizer takes the first step, then others find their own place in the effort.

In Wallaceburg, the A Night of Comedy organizing committee has demonstrated just how much that shared effort can accomplish.

Over two sold-out events, the volunteer-led initiative has raised more than $71,000 for CKHAF's Our Hospital, Our Future Wallaceburg Redevelopment Campaign. The campaign supports the redevelopment of CKHA's Wallaceburg hospital site, helping prepare it to serve patients and families for generations to come.

The laughter fills a room for an evening. Making that evening possible takes months.

Committee members approach sponsors, collect silent auction items, sell tickets, promote the event and coordinate the details that make guests feel welcome. Their commitment gives local businesses, performers and attendees a practical way to invest in the hospital's future.

The same willingness to contribute runs through Monica's tournament and Strong Starts for Tiny Hearts. Someone supplies a prize. Someone invites friends. Someone volunteers for a job that needs doing. An idea becomes a shared undertaking because people are given a way to participate.

A connection that continues Through Chatham-Kent Health Alliance Foundation, those efforts support equipment, improved hospital spaces and patient care at CKHA's Chatham and Wallaceburg sites.







The connection is tangible. A tournament rooted in one woman's breast cancer experience now supports mammography. Nurses turn their understanding of patients' needs into support for women's and children's care. A committee brings neighbours together to help build the future of Wallaceburg's hospital.

Each event also creates relationships that can outlast the day itself. Participants return, sponsors renew their support, and a cause becomes part of a community tradition.

For Monica, that tradition keeps her mother's memory connected to the care of others. For a first-time organizer, it might begin with a much smaller step: talking to friends about an idea, bringing a suggestion to work, or asking how a favourite activity could support CKHA.

You do not need to arrive with a sold-out event or a committee already assembled. A conversation with the CKHA Foundation team is a place to begin.

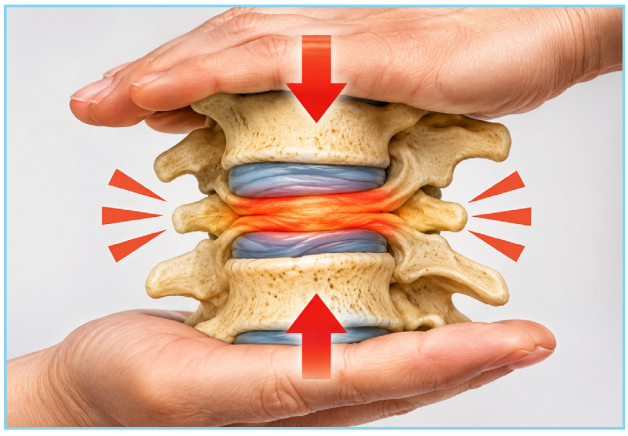
If there is a person, an experience or an area of care at CKHA that matters to you, your connection could become an opportunity for others to help.

To explore organizing a fundraiser in support of CKHA, contact Tracy Oswald at toswald@ckha.on.ca or learn more about Chatham-Kent Health Alliance Foundation at ckhaf.ca.

CKHAF.CA

SECOND OPINION
By Dr. Craig Schisler





The World's Worst Sandwich

Is Your Spine Getting Squeezed?

What a squashed sandwich can teach us about sciatica, pinched nerves, and an increasingly researched non-surgical treatment that's helping some people get back to living.

Imagine ordering a sandwich at your favourite deli.

You ask for something simple. Turkey, cheese, lettuce, tomato, and perhaps a generous helping of mustard.

Instead, the fellow behind the counter piles everything into a towering monstrosity, puts it under a hydraulic press, and squashes it flatter than a pancake.

Not exactly what you had in mind.

Well, believe it or not, something similar can happen inside your spine. And unlike a disappointing lunch, the consequences can be downright miserable.

Welcome to the world's worst sandwich.

Your Spine: A Delicatessen of Moving Parts
Your spine is an extraordinary piece of engineering. Its vertebrae, discs, muscles, ligaments, and nerves work together to keep you upright and moving.

Think of the vertebrae as slices of bread, with the discs acting as cushions between them. Now, running through this arrangement are some rather important customers: your spinal nerves.

These nerves carry messages between your brain and the rest of your body. They're responsible for sensation, muscle activity, and countless functions you probably never think about.

Until something goes wrong.

Over time, discs can lose height, joints can develop arthritic changes, and ligaments may thicken. Sometimes a disc bulges or herniates, crowding the space around a nearby nerve. Suddenly, our comfortable little sandwich is getting rather crowded. And the nerve?

It's the unfortunate pickle caught in the middle.

When the Pickle Starts Complaining
Here's where things get interesting.

You might expect a problem in your lower back to cause back pain. Not necessarily!

An irritated spinal nerve can produce symptoms surprisingly far from where the trouble begins.

Pain shooting down your buttock and leg? That's often called sciatica.

Tingling in your foot? It could involve a lumbar nerve. Burning, numbness, or weakness in your arm?

Sometimes the culprit is hiding in your neck.

I've had patients tell me, "Doc, my back doesn't even hurt. It's my leg that's killing me!"

That's because nerves are rather like electrical extension cords. Irritate one near the wall socket, and the trouble may show up farther down the line.

Of course, not every tingling foot or painful leg comes from the spine. That's why identifying the actual source matters.

And while many spinal problems improve, progressive weakness or loss of bladder or bowel control can signal a serious condition requiring urgent medical attention.

What Happens When We Take the Pressure Off?
Imagine you've spent the afternoon wearing boots two sizes too small.

Your toes ache. Your feet throb. You're miserable. Wouldn't it feel wonderful to loosen those laces? That's part of the thinking behind non-surgical spinal decompression.

Specialized equipment, such as the **DRX9000**, uses carefully controlled cycles of traction and relaxation intended to reduce mechanical loading on selected spinal structures.

But does it actually help?

The research offers some encouraging numbers.
In a 2025 study published in Military Medicine, researchers Schueren and colleagues reviewed 267 patients treated with non-surgical spinal decompression across seven clinics.

Following treatment, **90.5% of patients with recorded pain outcomes reported improvement,** with average pain scores falling from 6.9 to 2.5 on a ten-point scale.

Even more interesting, patients reported improvements in everyday activities, including walking, dressing, and sitting or standing.

And isn't that what most people really want?
Not simply a better number on a pain scale, but the ability to enjoy life again.

Getting Your Life Back on the Menu
Here's what I find most encouraging. The goal isn't simply to make an MRI look prettier. It's to help someone return to gardening, golfing, travelling, walking the dog, or picking up a grandchild without constantly worrying about their back.

For some patients, improvement occurs over several weeks. Others require longer, and no treatment can promise success for everyone.

The important thing is understanding your condition and choosing a sensible course of action.

Not every disc problem requires surgery. Not every painful back needs decompression. And sometimes the best approach involves exercise, rehabilitation, chiropractic care, or another treatment altogether.

So, What's on Your Menu?
At Schisler Spine Centre, we believe the right treatment begins with the right diagnosis.

Our approach starts with understanding your symptoms, examining your spine, reviewing relevant imaging, and determining whether non-surgical spinal decompression may be appropriate.

Because investing in your spinal health isn't simply about paying for treatment.

It's about protecting your ability to enjoy the things that make life worthwhile.

If persistent back pain, neck pain, or sciatica has been taking a bite out of your life, call Schisler Spine Centre to arrange a free consultation.

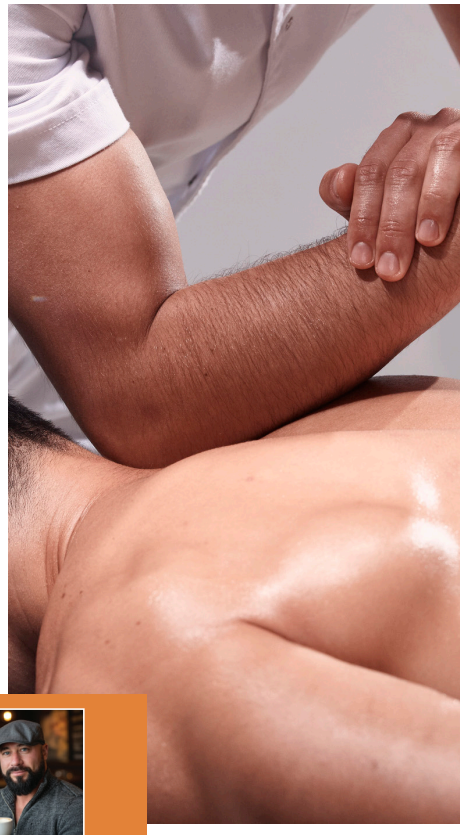
Let's find out what's causing your symptoms and discuss what you can do about it.

After all, life is too short to spend it feeling like the pickle in the world's worst sandwich.

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Rubbing It In

The Science of Sports Massage and Injury Recovery

Jerry Poirier, RMT

Ah, the thrill of athletic endeavor!

There is truly nothing quite like pushing the human body to its absolute limits, whether that means crushing a personal record on the squat rack, sprinting for a game-winning goal, or attempting a desperate lawn sprint after a stray frisbee without blowing out an Achilles tendon. Unfortunately, alongside the agony of defeat and the ecstasy of victory sits a third, far more common athletic reality: the groaning, dramatic experience of a sports injury.

When muscle fibers scream and tendons throw a temper tantrum, athletes historically react in one of three ways: denial, iced bags of frozen peas, or frantic late-night internet searches. However, buried under the pile of foam rollers and compression socks lies one of the oldest, most evidence-backed tools in the rehabilitation arsenal: sports' massage therapy.

Far from a mere spa day featuring scented candles and gentle pan flute music, targeted manual therapy is a high-octane physiological intervention. Sound complicated? Not really. Painful and scary? Nope, it's not really that either. Want to learn more? Well just sit right back and let me take you on a joyful ride into the biomechanics, neural tricks, and physiological principles of why getting kneaded like a loaf of bread is precisely what your broken body needs.

What Happens When We Get Hurt?

Before we talk about fixing the machine, we must look at how we broke it. In the high-stakes theatre of human movement, athletic injuries generally fall into two broad categories: acute catastrophes and chronic slow-burns.

Acute Injuries make instant headlines. One moment you're striding toward glory, and the next you've planted your foot, heard a sharp snap-crackle-pop, and have surrendered to a full theatrical monologue of regret while desperately clutching your calf. Muscle strain tears and ligament sprains are the undisputed stars of this painful genre.

Overuse Injuries are the sneaky culprits such as tendinopathies, plantar fasciitis, and shin splints. These occur when repetitive mechanical loading outpaces the tissue's structural rate of repair, creating micro-tears faster than your body can patch them up.

Regardless of how you manage to derail your physical machinery, your body responds with a well-intentioned but chaotic party known as the inflammatory cascade. With this type of injury, neutrophils and macrophages flood the scene, fluid accumulates, pain receptors ignite, and the tissue responds by laying down disorganized, sticky webs of Type III collagen, otherwise known as scar tissue. Left to its own devices, this biological patch job behaves less like spandex and more like duct tape stuck to a wool sweater.

How Manual Therapy Does the Work

When a trained therapist digs their elbows, thumbs, or palm heels into traumatized tissue, they aren't just giving you a firm hello; they are executing precision, biomechanical, and neurological manipulation. And yes, in truth, it does sound more complicated than actually is. So, let me give you a breakdown and show you what is really happening.

1. Hemodynamics and Microcirculation:

When muscles spasm or suffer micro-trauma, intramuscular pressure rises, constricting microvascular beds and creating a localized ischemic zone. Toxic metabolic byproducts hang around like uninvited party guests who refuse to leave. Deep tissue manipulation applies mechanical shear forces that temporarily compress and release blood vessels. This mechanical "sponge effect" enhances capillary perfusion, speeding up the delivery of oxygenated blood and essential amino acids while encouraging lymphatic drainage.

2. Neuromodulation:

Have you ever bumped your shin on a coffee table and immediately rubbed it? That instinctual reaction is the Gate Control Theory of Pain in action. Fast-conducting A\beta mechanoreceptive nerve fibers triggered by tactile pressure travel up the spinal cord faster than the slow, aching C-fibers carrying pain signals. Massage essentially clogs the spinal switchboard, telling your brain, "Don't worry about that aching hamstring right now, we're busy feeling this nice, firm pressure." Furthermore, manual therapy stimulates the central nervous system to release endogenous feel-good hormones blunting pain signaling.

3. Myofascial Realignment:

When muscles heal after trauma, scar tissue forms in a chaotic, cross-hatched pattern. Transverse friction massage and myofascial release apply targeted directional stress to these fibers. This mechanical load encourages collagen fibers to realign along natural lines of tensile force. The result? Tissues regain their sliding capacity, joint range of motion expands, and your likelihood of re-tearing the same spot drops significantly.

What the Science Tells Us: A Look at the Physiology

Lest you think this is all wishful thinking and biological fairy dust, clinical research in sports medicine and rehabilitation clearly demonstrates how soft tissue work affects us at a systemic and cellular level.

Cellular Repair & Inflammation

Muscle biopsy studies following intense exercise reveal that just 10 minutes of targeted massage therapy mitigates muscle damage at the cellular level. Massage actively suppresses key nuclear inflammatory pathways while simultaneously boosting mitochondrial biogenesis. In plain English? Massage tells your cells to stop burning down the house and start building better energy factories!

Soreness & Power Recovery

Extensive clinical reviews evaluating recovery strategies prove that massage consistently outperforms passive rest in reducing Delayed Onset Muscle Soreness (DOMS) and accelerating the return of peak muscle power output.

Circulation & Fatigue Reduction

Physiological testing confirms that deep soft tissue interventions lower systemic fatigue markers, increase localized intramuscular microvascular blood flow, and immediately reduce passive tissue stiffness.

Tailoring the Technique:
Matching the Stroke to the Strain

Not all sports massage techniques are created equal. You wouldn't use a sledgehammer to fix a wristwatch, and you shouldn't throw heavy, brutal deep tissue pressure at a brand-new, acute Grade II ankle sprain. Clinical application requires picking the right tool for the job:

Effleurage (Light, Gliding Strokes):

Perfect for early-stage rehab or warming up tissue. It promotes venous return without placing excessive mechanical stress on delicate, newly forming tissue networks.

Petrissage (Kneading and Wringing):

Mobilizes deeper muscle belly layers, releases localized hyperirritable spots (trigger points) and encourages fluid exchange.

Friction Therapy (Cross-Fiber Friction):

The specialized weapon for chronic tendinopathies and mature scar tissue. By breaking down random adhesions, it triggers a controlled micro-inflammatory response that restarts stalled healing processes.

Active Release and Assisted Dynamic Stretching:

Combining active movement with targeted anchor pressure helps restore normal sliding planes between separate fascial sheaths (e.g., separating a stubborn biceps femoris from a jammed IT band).

The Verdict

While a sports injury is never on anyone's weekend agenda, recovering from one doesn't have to feel like a sentence to a bleak, mechanical purgatory. Sports massage stands at the joyful intersection of rigorous physiological science and restorative human touch. By modulating neural pain pathways, clearing out inflammatory congestion, encouraging proper cellular remodeling, and boosting mitochondrial production, targeted soft tissue work bridges the gap between lying helpless on an ice pack and striding triumphantly back onto the field.

So, the next time your hamstring decides to go on strike mid-stride, don't despair. Embrace the rehab, respect cellular biology, and book time with a skilled registered massage therapist (RMT). Your myofascial network and your inner athlete will thank you!

SEVERE
BACK PAIN ADVISORY!



Windsor's premier centre for non-surgical treatment of spine related pain has just undergone an upgrade. Inclusion into the prestigious Disc Centers of America (DCOA), the largest group of non-surgical spinal decompression doctors in the world, puts Windsor's own Schisler Spine Centre at the forefront treating conditions such as severe back, neck, and sciatic pain.

The very first Disc Centre of Canada (DCOA) has opened and Dr. Craig Schisler of the Schisler Spine Centre couldn't be happier.

"The association with DCOA gives us access to all the latest cutting-edge research and technologies related to the non-surgical treatment of the spine. Why shouldn't Windsor have the very best the world has to offer?" says Dr. Schisler.

Chronic back pain and sciatica have reached epidemic proportions affecting millions of people worldwide.

Chances are you or someone you care about is suffering from debilitating back or neck pain, and have tried many different medications and therapies that simply didn't work. Right now, there is a way for all of that to change, right here in Windsor, Ontario. A technology called Non-Surgical Spinal Decompression offered at the Schisler Spine Centre is offering an alternative path for those who may end up needing surgery.

For the last 20 years, Dr. Craig Schisler and his team have been dealing exclusively with chronic and serious cases of back pain, neck pain and sciatica and have kept hundreds from needing surgery.

"Our approach differs from traditional methods because we use the latest technologies proven by research to offer long-term relief and correction of bulging and herniated discs," says Dr. Schisler.

It's true. Published studies show an amazing 85% success rate for those who qualify for this revolutionary treatment.*

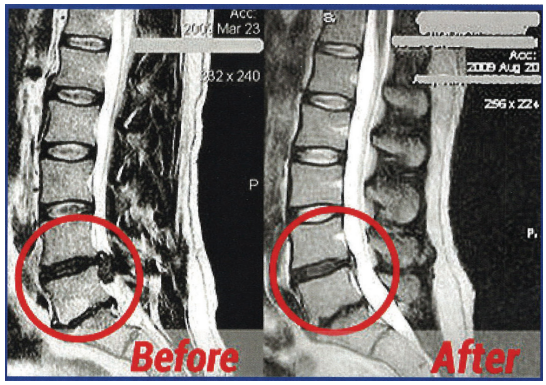
"Now as the first Disc Centre of Canada, we'll be able to improve on our record. One of the secrets to our success is we treat each patient individually and only accept those patients who we feel will benefit from our unique approach," says Dr. Schisler.

In the last 20 years Dr. Schisler has developed proprietary protocols to treat such painful conditions as bulging and herniated discs, spinal stenosis, facet syndrome and sciatica.

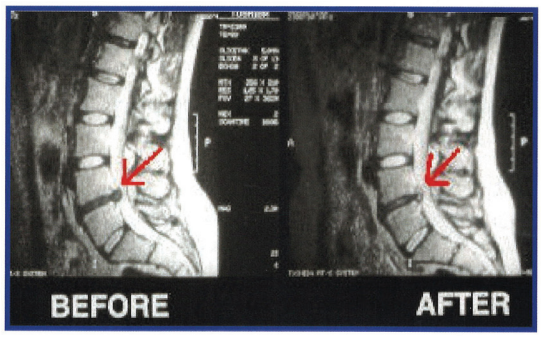
At the cornerstone of the technology is the DRX9000 the state of the art, gold standard for all decompression devices.

How it Works: the process creates a negative pressure within the disc drawing in any bulge or herniation. This stimulates "fibroblast activity" producing fresh cells and tissues within the disc. This restorative action allows the damaged disc to heal naturally, and proper function is restored to the spine.

More information can be found at The Disc Centres of Canada website, www.ontariodisccentre.ca, where you can get a free copy of The Patient's Guide to Severe Back, Neck and Disc Pain immediately.



Actual reduction of disc bulge using Non-surgical spinal decompression.



If you or someone you care about is suffering and looking for a non-surgical solution for back neck or disc pain, there's great news. Mentioning this article will get you a free, no-obligation consultation with Dr. Schisler.

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The Holidays Can Be Hard on Your Pelvic Floor, Too

By: Stephanie Neskas

The holidays are often described as the most wonderful time of the year — but between packed calendars, long travel days, hosting, shopping, rich meals and disrupted routines, they can also be one of the most stressful. While the season brings opportunities to connect with family and friends, it can also leave us feeling overwhelmed, exhausted and struggling to maintain our usual healthy habits.

And while we tend to think about stress affecting our sleep, energy and mood, it can affect our pelvic health, too.

The pelvic floor is a group of muscles that supports the bladder, bowel and reproductive organs and plays an important role in bladder and bowel control. These muscles also help support core stability and contribute to everyday activities, from walking and lifting to laughing, sneezing and exercising. When the pelvic floor isn't functioning as it should, symptoms such as bladder leaks, urinary urgency, frequent bathroom trips and difficulty controlling bowel movements can interfere with daily life.

During periods of stress, we may unconsciously tense these muscles, making it harder for them to relax when needed. Busy schedules can also mean putting off bathroom breaks, drinking less water to avoid stopping during a road trip, consuming more caffeine or alcohol, or spending more time sitting than usual. Even changes in sleep, exercise and eating habits can influence how our bodies feel and function.

For those already experiencing bladder leaks, urgency or frequent trips to the bathroom, the holiday season can make everyday activities feel even more challenging. Long car rides, crowded gatherings, travelling away from home or simply trying to make it through a family dinner without constantly thinking about where the nearest bathroom is can take some of the enjoyment out of the season.

These concerns are more common than many people realize, yet pelvic health is often a subject people feel uncomfortable discussing. Some assume that bladder leakage is simply a normal part of aging or an unavoidable consequence of pregnancy and childbirth. Others may believe they have to limit their activities or plan their lives around their symptoms.

The reality is that pelvic floor concerns are common, and there are options available to help.

Small Changes Can Make a Difference
As the holiday season approaches, a few simple habits may help support pelvic health. Try to maintain a regular bathroom routine rather than repeatedly postponing trips. Drink water consistently throughout the day instead of significantly restricting fluids, and pay attention to whether caffeine or alcohol makes your symptoms worse. When travelling, plan comfortable rest stops and give yourself enough time to take breaks.

It can also help to make time for movement, gentle stretching and relaxation. Since pelvic floor muscles can become tense under stress, learning how to relax them is just as important as learning how to strengthen them. Pelvic floor exercises are not one-size-fits-all, so the right approach depends on your individual symptoms and muscle function.

Most importantly, don't let embarrassment prevent you from seeking help. If bladder leakage, urgency or other pelvic health symptoms are affecting your comfort or confidence, speaking with a qualified pelvic health professional can help you better understand your options.

A Local Solution for Better Pelvic Health
The good news? You don't have to simply put up with it. Fortunately, there is a solution, and it is located right here in your neighbourhood.

UROSPOT, Canada's largest private pelvic health provider, offers innovative solutions designed to strengthen and restore pelvic floor muscles affected by pregnancy, childbirth, aging and everyday life. UROSPOT uses Health Canada-licensed technology that delivers thousands of pelvic floor contractions in just 28 minutes, simply by sitting on a chair fully clothed. Treatment is non-invasive and requires zero downtime or recovery, making it a convenient option for people looking to prioritize their pelvic health without adding another complicated commitment to their schedules.

The technology is complemented by a team of pelvic health experts who create a personalized care plan that can include education and health coaching. This approach helps clients better understand their pelvic health, learn about their symptoms and feel more confident in their progress.

Whether you're preparing for a busy holiday season, returning to activities you've been avoiding or simply



looking to feel more comfortable in your everyday routine, taking the time to address pelvic health can be an important step toward improving your quality of life.

It's also worth remembering that pelvic health isn't just a concern for new mothers or older adults. People at different stages of life can experience pelvic floor symptoms, and seeking support doesn't have to wait until those symptoms become disruptive.

Make Your Comfort a Priority This Holiday Season
The holidays should be about enjoying time with loved ones, creating memories and participating in the activities that matter most to you — not worrying about leaks, bathroom access or whether your symptoms will get in the way.

Taking care of your pelvic health is one more way to invest in your overall well-being, both during the holidays and throughout the year.

Curious if UROSPOT is right for you? Consultations are always complimentary, and you can even try the chair!

Take the first step toward feeling more confident and comfortable this holiday season and beyond.

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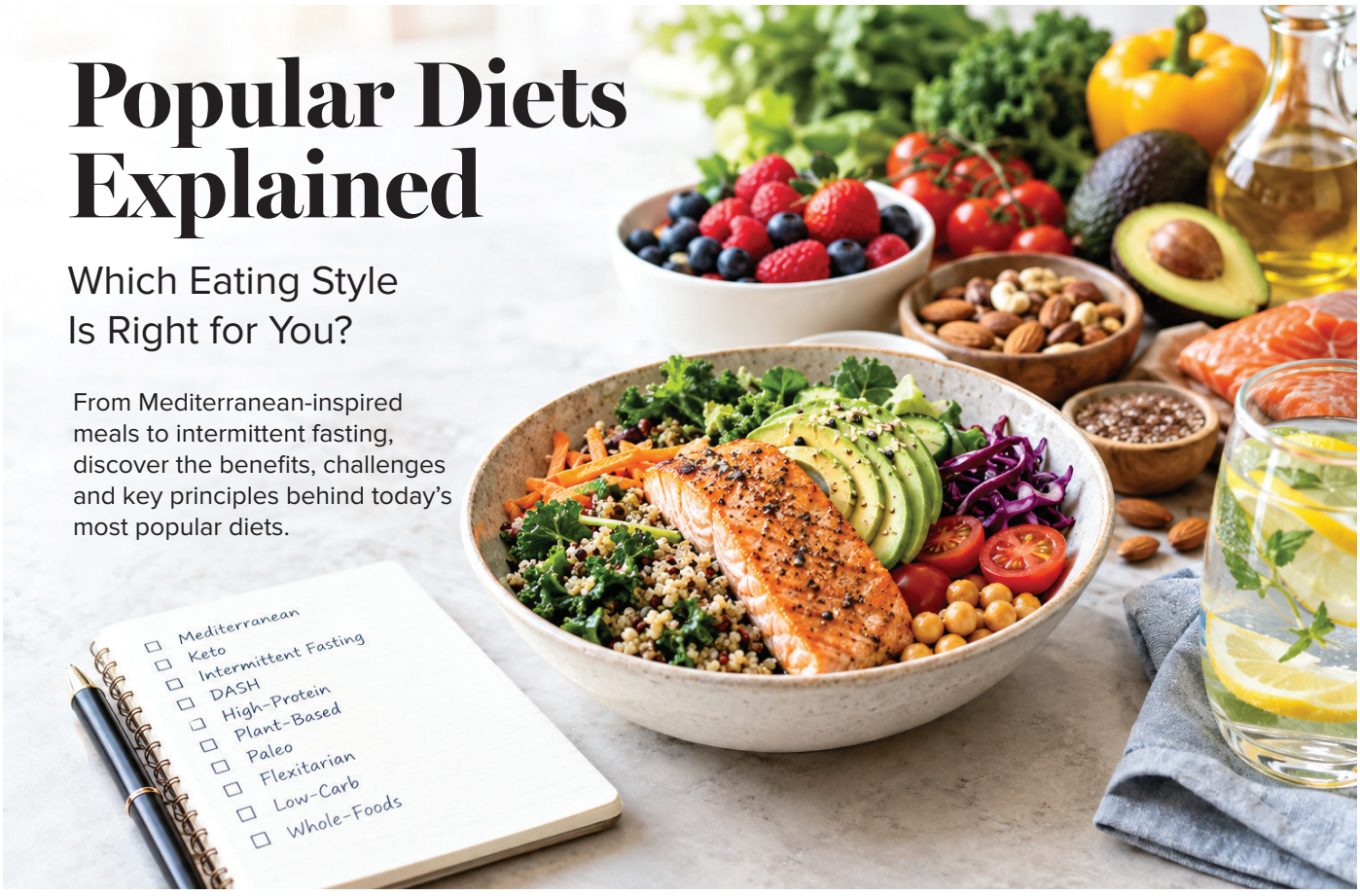

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Popular Diets Explained

Which Eating Style Is Right for You?

From Mediterranean-inspired meals to intermittent fasting, discover the benefits, challenges and key principles behind today's most popular diets.



Walk into a grocery store, scroll through social media or search for ways to improve your health, and you'll find no shortage of diets promising better energy, weight loss and a healthier lifestyle. Some focus on cutting carbohydrates, others emphasize whole foods, while a growing number centre on when you eat rather than what you eat.

With so many options available, it can be difficult to separate sustainable eating habits from short-term trends. The truth is that there is no single diet that works best for everyone. Individual health needs, personal preferences, activity levels and lifestyle all play a role in determining which approach is most appropriate.

Understanding the basics of popular diets can help you make informed decisions about your nutrition without getting caught up in every new food trend.

1. The Mediterranean Diet
Best known for: Heart health and long-term wellness.

The Mediterranean diet consistently earns recognition as a well-rounded approach to healthy eating. Inspired by traditional food patterns in countries bordering the Mediterranean Sea, it emphasizes vegetables, fruits, whole grains, legumes, nuts, seeds, olive oil and fish.

Poultry, eggs and dairy products are generally eaten in moderate amounts, while red meat and highly processed foods are limited.

Rather than eliminating entire food groups, this approach focuses on variety, balance and nutrient-rich ingredients. It can also be adapted to different budgets, cultures and dietary preferences.

The takeaway: A flexible, sustainable eating pattern that supports overall health without strict calorie counting or rigid food rules.

2. The Keto Diet
Best known for: Very low-carbohydrate eating and short-term weight loss.

The ketogenic, or keto, diet dramatically reduces carbohydrate intake while increasing fat consumption. The goal is to encourage the body to enter ketosis, a metabolic state in which it uses fat-derived ketones as a major energy source.

Foods commonly included are eggs, fish, meat, cheese, oils, avocados and low-carbohydrate vegetables. Bread, pasta, rice, most sweets and many fruits are significantly restricted.

Some people experience short-term weight loss on keto, partly because of water loss and reduced food intake. However, the diet can be difficult to maintain, and poorly planned versions may be low in fibre and certain nutrients. It may also increase LDL cholesterol in some individuals.

Food quality remains important. Eating mostly highly processed foods during an eating window is unlikely to provide the same benefits as a balanced diet.

The takeaway: Meal timing may work well for some lifestyles, but fasting is not a requirement for weight management or good nutrition. It may be inappropriate for people with a history of eating disorders, those who are pregnant or breastfeeding, and some people with medical conditions or medications that affect blood sugar.



The takeaway: Keto can be useful in specific clinical situations, including certain forms of epilepsy, but it is restrictive and isn't necessary for most people seeking better health.

3. Intermittent Fasting

Best known for: Structuring meal times and simplifying eating routines.

Intermittent fasting focuses on when you eat rather than prescribing a specific list of foods. Popular methods include the 16:8 approach, in which meals are consumed within an eight-hour window, and the 5:2 approach, which involves substantially reducing calorie intake on two days of the week.

Some people find that having a defined eating window helps them reduce late-night snacking or manage their overall calorie intake. Research suggests intermittent fasting can support weight loss for some individuals, but it is not consistently more effective than other approaches that create a similar calorie deficit.

4. The DASH Diet

Best known for: Supporting healthy blood pressure.

DASH stands for Dietary Approaches to Stop Hypertension. Developed to help prevent and manage high blood pressure, this eating pattern emphasizes vegetables, fruits, whole grains, legumes, nuts, low-fat dairy products and lean sources of protein.

It encourages limiting sodium, saturated fat, sugary drinks and highly processed foods.

Unlike many trendy diets, DASH was designed around a specific health goal and is supported by substantial research. It can also be adapted to suit different calorie needs and food preferences.

The takeaway: An evidence-based choice for people looking to support cardiovascular health, particularly healthy blood pressure, while maintaining a balanced and varied diet.



5. The High-Protein Diet
Best known for: Muscle maintenance, recovery and feeling satisfied after meals.

High-protein diets prioritize protein-rich foods such as eggs, fish, poultry, lean meats, dairy products, tofu, beans and lentils. They are especially popular among people who strength train, participate in sports or want to preserve muscle while losing weight.

Protein supports muscle repair, tissue growth and numerous essential functions throughout the body. It can also help people feel fuller after meals.

However, more protein is not automatically better. The appropriate amount depends on factors such as age, body size, activity level and health status. A well-designed high-protein diet should still include fibre-rich carbohydrates, healthy fats, fruits and vegetables.

The takeaway: Protein is an important part of a balanced diet, particularly for active individuals, but quality and overall nutritional balance matter more than simply maximizing intake.

6. The Plant-Based Diet
Best known for: Increasing whole plant foods and reducing reliance on animal products.
Plant-based eating emphasizes foods such as vegetables, fruits, whole grains, beans, lentils, nuts, seeds and plant-based protein sources. Some people follow a fully vegan diet, while others include eggs, dairy, fish or occasional meat.

A well-planned plant-based diet can provide plenty of fibre, vitamins, minerals and beneficial plant compounds. It may also support heart health when it emphasizes minimally processed foods.

The important distinction is that plant-based does not automatically mean healthy. Highly processed snacks, sugary drinks and refined foods can also be plant-based.

People following a vegan diet need a reliable source of vitamin B12, usually through fortified foods or supplements, and should pay attention to nutrients such as iron, calcium, iodine, vitamin D and omega-3 fats.

The takeaway: A flexible way to improve diet quality and increase fibre intake, provided nutritional needs are met.

7. The Paleo Diet
Best known for: Focusing on minimally processed foods.

The paleo diet is inspired by foods believed to resemble those eaten by early human hunter-gatherers. It typically includes meat, fish, eggs, vegetables, fruits, nuts and seeds while excluding grains, legumes, dairy products and most processed foods.

Supporters appreciate its emphasis on whole foods and reduced consumption of highly processed products. However, eliminating entire food groups can make the diet unnecessarily restrictive and may remove nutritious, affordable sources of fibre, calcium and plant protein.

There is also limited evidence that following a strict paleo diet offers unique long-term benefits over other balanced eating patterns built around minimally processed foods.

The takeaway: Its emphasis on whole foods can be helpful, but excluding grains, beans and dairy is not necessary for most people to eat well.

8. The Flexitarian Diet
Best known for: Balance, flexibility and a practical approach to plant-forward eating.

The flexitarian diet combines the principles of vegetarian eating with the flexibility to enjoy meat, fish and other animal products occasionally. There are no universally defined rules about how often these foods can be eaten.

The focus is on making plant foods the foundation of meals while incorporating other foods according to personal preference.

For example, someone might choose oatmeal with fruit for breakfast, a lentil bowl for lunch and grilled fish with vegetables for dinner. Meat can remain on the menu without being the centre of every meal.

Because it doesn't require strict elimination, this approach may be easier to maintain over time than more restrictive diets.

The takeaway: A realistic option for people who want to eat more plants, improve food quality and maintain flexibility without following rigid rules.

9. The Low-Carb Diet
Best known for: Reducing carbohydrate intake to support weight management and blood sugar control.

Low-carbohydrate diets reduce foods such as bread, pasta, rice, sweets and sugary drinks to varying degrees. Unlike keto, they do not necessarily require carbohydrate intake to be low enough to induce ketosis.

The quality of the foods replacing carbohydrates makes a significant difference. Replacing refined grains and sugary snacks with vegetables, legumes, nuts, seeds, fish and other nutrient-rich foods can improve overall diet quality. Replacing them primarily with processed meats and foods high in saturated fat may offer fewer benefits.

Some people with type 2 diabetes may benefit from a lower-carbohydrate eating pattern, but medication adjustments and blood sugar monitoring may be needed under professional guidance.

The takeaway: Reducing refined carbohydrates can be helpful, but carbohydrates from whole grains, fruits, vegetables and legumes can be part of a healthy diet.

10. The Whole-Foods Diet
Best known for: Keeping nutrition simple and limiting highly processed foods.

Rather than following strict macronutrient targets or meal schedules, a whole-foods approach prioritizes foods close to their natural state. This includes fresh or frozen produce, whole grains, beans, nuts, seeds, eggs, fish and minimally processed meats.

It does not require eliminating every packaged food. Frozen vegetables, canned beans and plain yogurt, for example, can be convenient, nutritious choices.

The main goal is to make nutrient-rich foods the foundation of everyday meals while reducing reliance on foods high in added sugars, sodium and less beneficial fats.

The takeaway: A straightforward approach that can make healthy eating more practical, affordable and sustainable without following a rigid diet plan.

Finding an Approach That Lasts

Although these diets differ in their rules and restrictions, many share important principles: eating more vegetables and fruits, choosing fibre-rich foods, including appropriate sources of protein, limiting excessive added sugars and highly processed foods, and developing habits that fit everyday life.

The best approach is not necessarily the one that promises the fastest results. It is the one that provides adequate nutrition, supports your health goals and feels manageable over the long term.

Before making major dietary changes, consider speaking with a registered dietitian or healthcare professional, especially if you have a chronic condition, take medication or have specific nutritional needs.

Healthy eating does not have to mean following the latest trend or eliminating the foods you enjoy. Often, lasting progress begins with small, consistent changes that you can maintain well beyond the first few weeks.

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