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TABLE OF CONTENTS

Welcome 3
 Multi-disciplinary Approach 4
 Physiotherapy 5
 Traditional Chinese Medicine 5
 Naturopathic Medicine 6
 Innovative Business Solutions 7



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Welcome to Optimum Wellness Magazine



President/CEO: Dr. Shane Kraft, BSc., DC

For the next few minutes while you read this, I would like you to consider that it is time to change the way we view our healthcare in Canada.

Few if any of us would argue that we live in one of the most desirable countries in the world today. We have an abundance of clean water, open space, quality food and universal health care for all. Our governments spend billions and billions of dollars annually on healthcare. We have modern, state of the art, high tech hospitals, and the latest high tech equipment like MRI's. We have well-educated, dedicated healthcare specialists to combat illness and disease.

In Alberta this year almost 40% of the entire budget will be spent on healthcare (est. at 12.9 Billion) and the costs keep rising. Many economists say the rising costs of healthcare in this country are unsustainable and will bankrupt our economy. As a nation we spend more on healthcare per capita than almost any nation on Earth.

So one would assume that our healthcare system AND the health of our citizens would be one of the world's best and a model for other nations, yet the reality is harshly different. Long wait times in emergency rooms, or to see a specialist or to get an MRI, not enough general practitioners, and the general poor health of many of our fellow citizens are just a few of the problems.

Two studies released in 2009, one by the Canadian Medical Association and one by Health Consumer Powerhouse, rated Canada's Healthcare System very poorly. The later ranked Canada's Healthcare System 23rd among 32 nations surveyed for quality, innovation, and access. How can that be when we live in one of the richest, most developed nations on earth and where our governments spend so much money on healthcare?

The next time you are in group, look at the person to your left and the person to your right; one will, by government statistics, die of cancer and the other heart disease. These diseases are largely diseases of lifestyle and thus mostly preventable. Yet, greater than \$0.95 of every healthcare dollar spent goes to treating diseases once they have already occurred.

I submit to you that the present model of healthcare is fundamentally flawed, that spending more on healthcare will not improve our healthcare system nor the health of our fellow citizens and that the present system is unsustainable from an economic perspective. It is time to recognize and acknowledge that it is only through prevention that we can keep people healthy and reduce healthcare costs.

It is time to transform our "sickcare" system into a "healthcare" system – to keep people healthy not just treat them when they are sick. It is time to for the coordination and cooperation amongst the various healthcare providers and to put an end to the bias and discrimination that has so often played a role in the current system.

There needs to be an integrative approach to healthcare that takes the best of Western Medicine and combines it with the best of Complimentary Alternative Medicine.

I believe Optimum Wellness Centres is the front runner in creating a new vision for the health and wellness industry. Our 19 locations and our Optimum Onsite Division offer integrated, multidisciplinary healthcare along with compassion and interest in with well-being of our patients. We provide comprehensive healthcare via a variety of conservative disciplines (e.g. Chiropractic, Physiotherapy, Traditional Chinese Medicine, Naturopathic Medicine and Massage Therapy), that work collaboratively with our medical colleagues.

Our focus is on wellness and prevention through evidence based and outcome based treatment, along with educating our patients with respect to the importance of how low cost, low tech treatment such as exercise, balanced diet, proper rest and the care of ones physical and mental well-being can optimize their health. We are doing this one patient at a time..., one group at a time..., and one community at a time..., while we wait for those leaders in Business and Government to "see the light" and change OUR healthcare of the future, FOR THE BETTER!

Respectfully Submitted

Dr. Shane Kraft
 CEO, Optimum Wellness Centres

A Multidisciplinary Approach to Health and Wellness



Dr. Brent Brown, DC , Tommy Hureau, patient and Dr Nicole Carson, DC

The key to building healthier communities is in creating healthy individuals. At Optimum Wellness Centres, they take a team approach to ensuring their patients get the services that will help them overcome health issues and keep them well in the future. What is unique about Optimum Wellness Centres, is that they practice within a multidisciplinary team model, encouraging their patients to have choice in the kinds of services that will heal their bodies naturally. Being outcome based, they can make available the best strategies to target patient needs and ultimately impact patient recovery times.

At each of their 19 clinics, you will find a variety of services being offered from: Chiropractic, Traditional Chinese Medicine, Physiotherapy, Naturopathic Medicine, Laser Pain Therapy, Orthotics, Therapeutic Massage as well as a new soft tissue technique called Graston. The model is designed to meet the changing needs of their client population. Tommy Hureau, a patient of Optimum's multidisciplinary approach speaks about his journey to renewed health.

"As an amateur weightlifter and personal

trainer, I always considered myself a healthy individual. However, when my hips started bothering me I had to decelerate my performance. I had to quit my favorite pass time all together when back pain developed. It was within a short time from that I realized other daily activities became arduous at best with a constant fear of sharp, paralyzing pain at the slightest movement. I felt inadequate and vulnerable because I was a healthy and strong 25 year-old male with barely enough agility, speed, or strength to get through the day. I spoke to practitioners in the health field such as doctors, physiotherapists, sports therapists, and other personal trainers and chiropractors to no avail after months assessments and an x-ray to show nothing but conflicting diagnoses.

Dr. Nicole Carson, DC was the first chiropractor who showed genuine concern, interest and care for my well-being. When I went to her, I knew I was on the right road to recovery. Dr. Nicole used Graston Technique to alleviate some of my pain and free up scar tissue that had collected. After some headway was made, she told me to see Dr. Brent Brown, as his specialty with spinal injuries would be a step further toward a diagnosis.

Dr. Brent Brown, DC worked with my spine to allow me to move freely and increase my daily activity. The support that Dr. Brent Brown and his staff gave me was invaluable as my spirits picked up and my life was getting back on track. Dr. Brent Brown referred me to Amanda Irving after further treatment was showing that my muscles were still fighting to keep me out of injury.

Amanda Irving, RMT was able to dial into the muscular problems that triggered my injury and steadily resolve the remaining back pain. During the time I was injured, I found massage to be painful but with due diligence I am actually relaxing through massage processes that would previously challenge my pain threshold. With each passing week I am experiencing more and more confidence in my once strong and healthy back since Amanda has been able to finally pin point the muscular malfunction that caused my back pain in the first place.

Thanks to the Optimum Wellness Staff across two locations, I have experienced the first pain free day!"

If you have any questions about Optimum's multidisciplinary approach, contact any one of their locations to get your questions answered. □

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Optimum Health and Physiotherapy



Tamara Gogol BSc. P.T. M.B.A.

Our philosophy at Bowmont Physiotherapy centers on spending the time to listen to patients, provide them with personal care, and focus on their goals. We strongly believe in providing clients with a complete understanding of their injury or condition through assessments, simple explanations and education. We believe that patient education and treatment techniques should be based on scientific, medical research and evidence-based knowledge. We use a multidisciplinary approach at Bowmont and link patients with other professionals in order to accelerate the healing process wherever possible. At our clinic, we have access to a range of health professionals including: Chiropractors, Acupuncturists, Traditional Chinese Medical Doctors, Registered Massage Therapists, and Orthotics Services to care for your well being.

Most people think physiotherapy is something a medical doctor prescribes due to an injury. The truth is most patients come to us without a medical prescription. Most patients we see at Bowmont Physical Therapy are self referred. Even though patients are self referred most physiotherapy treatments fall under the paramedical services category which are included in health spending accounts, and many group benefits plans.

Some of the reasons people choose our physiotherapy services:

Sports Performance Training/Injuries: Rotator cuff strains, tennis elbow, golfer's elbow, swimmers shoulder, running injuries, ankle sprains, and overuse injuries.

Work Related Injuries: Low back pain, repetitive strain injuries, neck pain, tendonitis, carpal tunnel syndrome, and muscle strains.

Motor Vehicle Injuries: Whiplash, Low back pain, headaches, thoracic spine pain, jaw pain, and neurological symptoms.

Post Operative Rehabilitation: Total and partial hip/knee replacement rehab., ACL rehab, recovery after surgery, and arthroscopic repairs.

Personal Care: Conditions such as osteoarthritis, sciatica, strained muscles, issues related to an aging population/seniors care, management of incontinence, and so much more.

We have an open door policy, so if there is anything you would like to share or discuss please feel free to contact us. We welcome you to visit our clinic to access any of our services or to book a consultation. Remember.....do not be afraid to ask any health professional questions about what options are available to you. Knowledge is power. □

Wisdom of the Ages: Traditional Chinese Medicine



Dr. Chen Yang, R.Ac, TCMD

In the book, *Between Heaven and Earth*, the authors compared the human body to a garden. I find this a suitable analogy for the start of summer and for the brief introduction to what Traditional Chinese Medicine is about.

Gardens are self-regulating systems that transform sunlight and water into living tissues of vegetation. They are ever-changing with the different seasons – there is a time for sprouting, maturing, ripening, harvesting and composting. The cycle is continuous, and with the right conditions, a healthy and beautiful garden can be achieved.

Maximum growth comes from a proper balance of water and heat and sunlight. When optimal conditions are present, plants grow and are resilient to tolerate adversity such as an occasional period of drought, a spring storm, an infestation of insects, or the mouldy fungus that grows during periods of extended humidity. Once the hardship has passed, the garden recovers and continues with its cycle of life.

It is not the gardener that makes the garden grow, it is nature. The gardener's role is to assist nature by preparing the soil, sowing the seeds, watering and weeding, placing plants in the proper relation to each other and the sun. Untended, the garden can grow wild and be overtaken by adversity.

So it is with your body. Sunlight can be compared to Yang and water to Yin. With a perfect balance of Yin and Yang, your body functions well and is able to withstand adversity. Unfortunately, our bodies are often weakened and overtaken by internal and external factors (e.g. prolonged emotional factors, dryness, heat, poor diets).

It is the role of the Traditional Chinese Medicine Doctor (TCMD) and Acupuncturist to help your body find its perfect balance again. Your TCMD will nurture some areas and suppress others in order to provide optimal conditions for your body to function at its best. He/she will use various means to accomplish that balance in your body (such as acupuncture, herbs, cupping, moxibustion, and electrostimulation).

For more information, please contact:

Dr. Betty Lew, R.Ac, TCMD at Glamorgan Optimum Wellness 403-246-2640.

Dr. Chen Yang, R.Ac, TCMD at Shawnessy/Optimum Wellness 403-256-1377.

Dr. An Xie, R.Ac, TCMD at Crowfoot Optimum Wellness 403-241-2225.

Dr. Stacey Edwards, R.Ac, TCMD at Airdrie Active Optimum Wellness 403-948-4800.

Article written by Dr. Betty Lew. Reference made to *Between Heaven and Earth*, written by Harriett Beinfeld and Efrem Korngold ©1991. □

Q & A What is Naturopathic Medicine?

What is Naturopathic Medicine?

Naturopathic medicine blends modern scientific knowledge with traditional and natural forms of medicine, to treat the underlying cause of an illness. This distinct system of healthcare views health as balance, including all aspects of an individual's life that may contribute to overall well being.

How was my Naturopathic Doctor trained?

Naturopathic Doctors (ND's) must complete a minimum of 7 years of post graduate training at an accredited medical school prior to qualifying for national and provincial board exams, and subsequently obtaining a license to practice.

How does naturopathic (ND) medical treatment differ from allopathic (MD) medical treatment?

Both ND's and MD's receive similar basic medical training, but diverge in treatments: MD's use drugs and surgery, while ND's utilize acupuncture, nutrition, botanical medicine, nutritional supplementation, homeopathy, Traditional Chinese Medicine, physical therapy and hydrotherapy and in some provinces, minor surgery. ND's may obtain additional training to provide other services, such as parenteral (IV) therapies or FirstLine Therapy®. In British Columbia, ND's are licensed to prescribe the same medications as MD's.

ND's follow basic principles that encourage the body to heal itself, and encourage interventions that treat the whole person, not the condition or disease.

What exactly does a Naturopathic Doctor (ND) do?

Naturopathic doctors are able to spend more time with each patient, where a detailed account of your medical history, lifestyle, nutrition and other aspects of your life that may contribute to your health, are obtained. In order to fully comprehend what the underlying cause of your health concerns are, your ND may also conduct a physical exam, review bloodwork or request other laboratory testing, assess tongue and pulses (Traditional Chinese Medicine), or use additional tools to seek the root cause of what may contribute to your present state of physical and mental health.

Some examples of testing include: blood and urine tests, a body composition analysis (BIA), saliva hormone testing, hair analysis or testing for: heavy metals, food allergies, parasites or nutritional deficiencies, including others.

Whether acute or chronic conditions, ND's choose the appropriate treatment based on each individual, so each plan is specialized and efficient.



Dr. Aparna Taylor, BSc, MSc, ND

When would I need to see my ND?

Reaching your optimal health may include managing a chronic condition (diabetes, heart disease), treating skin conditions, mood and anxiety disorders, digestive discomfort, pain and fatigue, nutritional support, weight loss or just a general checkup to ensure your lifestyle and health is achieving balance. If you have questions, call for a free meeting with one of our ND's, and let us guide you to the answers to your health questions.

In Chestermere: Dr. Natalie Waller BKin, ND 403-235-3717

In Calgary: Dr. Aparna Taylor, BSc, MSc, ND 403-293-4404

ADHD Study: An exciting part of patient care, is medical research, which encourages continued learning and the opportunity to teach patients and doctors about current efficient treatments in medicine. As the co-investigator in a medical trial based out of Lakehead University's medical school and psychology department, Dr. Taylor is enthusiastic about involving Optimum Wellness Centres and their patients.

Children between the ages of 8-14 with ADHD have limited options for treatments that are safe and tolerated well; this clinical trial involves using an essential fatty acid supplement to treat and manage attention difficulties, without drugs. The supplements and visits with Dr. Taylor are free of charge and this supplement has already proved safe and effective in research conducted in Europe. For further information, contact Dr. Taylor at 403. 293.4404 or sunridge@optimumwellnesscentres.com. □

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Innovative Business Solutions: Optimum on the Leading Edge

Creating and maintaining a healthy workplace is the #1 priority for all companies in this day and age. Businesses of all kinds (from oil and gas to automotive shops) are now offering group benefits plans to not only attract new employees to their organization, but to encourage their employees to choose healthier lifestyles. Companies have typically relied on benefits planners to help them get their healthy workplaces in order. Group benefits plans have offered businesses a way to give their employees an incentive to stay and be cared for from a health and wellness perspective. As the clock ticks on our aging population, and benefits costs continue to rise, will a benefits plan be enough? Will workplaces be able to sustain the rising costs of pharmaceutical drugs and the traditional health care approach to wellness?

Optimum Wellness Centres CEO, Dr Shane Kraft knows this business crisis all too well. "Businesses are approaching us daily with concerns about employee's not being able to access to health care services fast enough. This traditional health care model has also had a direct impact on the bottom line of organizations wellness planning and overall sustainability. Benefits are not enough. Prescription drugs are not enough. Companies all over Calgary are seeking new and innovative ways to facilitate active workplace wellness programs".

Optimum Wellness Centres are excited about this new corporate mind set and are leading the game with changing the way health care services are offered to businesses. Not only can they contribute to the traditional medical model but can provide an alternative to traditional medicine through their multidisciplinary practice model. Designing services to meet specific industry needs. Being independent of the traditional system, Optimum can create opportunities for business to get what they need when they need it.

In 2008, they rolled out a new service, **The Preferred Partner Program** specifically tailored to meet the needs of injured workers. According to Dr Kraft, "Businesses were finding that injured employees were not getting cared for in a systematic way. Employees and their workplace management teams were becoming increasingly frustrated with the way return to work planning was being managed. The cost to industry is in the billions".

Optimum Wellness Centres responded to the industry need by offering a streamlined approach to workplace injuries. Through **The Preferred Partner Program**, injured employees receive same day service/assessment/ and return to work planning. Communication with the employee as to the extent of their injury, what treatment they will require, and when they can return to work all happens within their first visit. Optimum then communicates with workplace management to discuss their findings, and plan an immediate return to work schedule. This streamlined system empowers the employees to be in control on an emotional and physical wellness perspective. From an organizational perspective, it means time and money. Employees get back to work faster which triggers a reduction in their WCB costs and short term disability. A win /win all around.

In 2009, Optimum continued with the trend to reinvent their service offerings for corporate wellness. Having a team of proactive health care professionals, and understanding the current financial constraints companies are experiencing, Optimum On Site was born. Through this service, companies can evaluate where they are at with respect to their planning and benefits costs, and find cost effective ways to trigger preventative solutions for healthier employees. Employees typically have to go off site to access many wellness services. With this program, companies can not only select services to address their teams' unique needs at work but can evaluate these services for maximum return. Healthier workplace means healthier communities andhealthier families. This is the future of healthcare. For more information about how to access these well workplace programs e-mail us at: inof@optimumwellnesscentres.com. □

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