

Café of Life Newsletter

137 Collier Street - Barrie - 705.792.9226

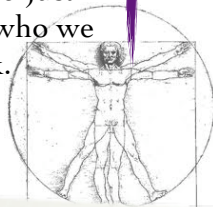


Life By Design - Jan 25 @ 7:15 pm
We have created a short presentation about Life By Design. It incorporates and touches on all the aspects of the Life By Design and also focuses on chiropractic in more detail - how you can be the healthiest you've ever been in 2011!! We highly encourage new practice members to join us here for this very informative talk - and also welcome members that have been getting adjusted for a while to join, as well as people that would just like to learn more about what we do and who we are! Please RSVP at the front desk.



Move By Design - Jan 18 @ 7:15 pm.

Come out to our MBD 101 and learn about how your body is designed to move - how to optimize your workouts and movements to get the most out of your body physically. John from Crossfit Potential (crossfitpotential.ca) will be presenting - sharing his knowledge and expertise with us and answer any questions you may have. Interested in actually changing the way you move and train? Interested in learning how you were meant to move and the exercises that complement those movements? RSVP at the front desk please.



Eat By Design
Feb. 8th @ 7:15 pm

Is your resolution to 'eat better'? Is your resolution to 'lose weight', 'feel better', 'not eat so much junk' - then this is the right thing for you!! Your body was designed to digest certain foods and not others...do you know what those foods are? Is there a reason we have so many diseases/illnesses in our western culture? What are you eating on a regular basis that could actually be harming your body more than fueling it? This talk is created to shed some light on some of the simplest dietary changes you could make now to see changes very quickly. Dr. Sebastian has been 'eating by design' since November and has noticed amazing changes! Join us and learn more about how to 'Eat By Design'!

your mouth is not a garbage disposal
it's a fuel tank.

Dr. Sebastian will be not be in the office from **Jan. 27th until Feb. 6th** (afternoon). He will be traveling to Argentina with his dad and brother.

The office will remain OPEN and Dr. Kara will be in to 'turn your power on'!!



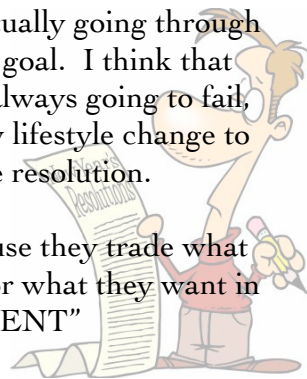
New Years Resolution vs. Lifestyle Change



This time of the year I hear all about resolutions and what people would like to achieve this year. Did you know that in a study that was performed in 2007, they found that 78% of all New Years

Resolutions fail. Why is that? I really believe that it has to do with the mentality of the person setting the resolution. We live in such an instant gratification culture that we are unaccustomed to actually going through a process to achieve a goal. I think that resolutions are almost always going to fail, unless you create a new lifestyle change to help achieve the resolution.

"Most people fail because they trade what they want the MOST for what they want in the MOMENT"



You've probably noticed the HUGE blackboard wall at the office, and you've probably noticed the "By Design" theme that we've started to incorporate into most of the things we do...

The 'By Design' theme was created by the owners of Cafe of Life London and began because they realized that in order to be as healthy as possible, our body needs everything it was designed to have...movement, food, clear nervous system, etc. (for complete list, see the blackboard in the office). We have brought 'By Design' up to Barrie and very excited about branching out and helping people live the life they were designed to live!!

