



Balanced News

September Edition

We now offer Psychology Services with Jana Kurilova

We are honored to introduce Dr. Imran Moledina as our newest chiropractic edition to our clinic. He is now accepting new patients!



Born and raised in Calgary, Dr. Imran Moledina completed his BSc in Kinesiology at the University of Calgary. Later, he went on to complete his chiropractic education at the University of Western

States in Portland, Oregon earning a BSc in Human Biology and his Doctorate in Chiropractic Medicine.

Dr. Imran believes in patient-centered care. Using his extensive knowledge, he is able to design a specific treatment plan for each patient. This treatment plan, along with patient education, enables his patients to move again pain-free. The patient first approach is why he has continued to educate and train himself in a wide range of treatment techniques such as Contemporary Medical Acupuncture, Dry Needling, Active Release Technique, IASTM, Trigger Point Therapy, Class IV Laser Therapy, Cupping, Functional Movement Assessments, Restorative Exercises, and Kinesiotaping.

If you don't see Dr. Imran at the clinic, he is spending his spare time with family, friends, playing basketball, lifting weights, travelling, volunteering, and exploring Calgary's restaurant scene. Dr. Imran also spends his time educating small groups or sports teams on injury prevention techniques and lifestyle changes.

"If you're not moving, you're not adapting. If you're not adapting, you're not living. Therefore movement is the key to life."

Dr. Imran's Recommended Natural Herbs and Supplements for Headaches.



Headaches can really be debilitating and many of us put blame on a multitude of different reasons as to why we suffer from them. For example: the weather, lack of sleep, stress, poor posture, copious amount of wine, and the list goes on. Classification of headaches can be complex and there is a considerable amount of overlap between the different types of headaches. Here I will mention the 3 most common headaches we see at Balanced Health and some natural herbs and supplements that can help. Always consult your practitioner before starting any of these supplements.

Tension-Type and Cervicogenic Headaches:

The Benefits of Self-Compassion



If you are familiar with the feeling of being weighed down by your negative inner critic, you are not alone. Self-criticism is something most of us experience to some extent, with occasional self-doubt or self-judgment at one end of the continuum and a persistent harsh inner dialogue at the other. Many people become so accustomed to that relentless inner critic that they are not even aware of the extent to which they constantly judge and attack themselves. This can be very harmful, as the way we

This is the most common type of headache we see at the office. These headaches come from the muscles and joints supporting our head and necks. The headaches can be either one or two-sided. They are often associated with neck or jaw pain, stiffness, or an ache. They usually do not involve any vision changes but, if severe enough, they can make you nauseous. These headaches respond very well to chiropractic care, massage and acupuncture.



1. Magnesium Glycinate. 400-600 mg/day
2. Topical Peppermint Oil. 10% solution. Apply 3 times to forehead and temples in 30 minutes for relief of an acute headache.
3. Tiger Balm. Apply to forehead and temples for relief of an acute headache.
4. H₂O. Increase your water intake x 2.

Migraine Headaches:

Is your headache one-sided and throbbing? Does your headache last for hours to days then disappear? Does your headache make you sensitive to light or change your vision? Does it make you nauseous? Chances are you may be suffering from migraine headaches.

1. Magnesium Glycinate. 400-600 mg/day – take in divided doses
2. Butterbur. 100-150 mg/day
3. Feverfew. 50-100 mg/day

treat ourselves has a profound impact on our well-being and our sense of self. One way to loosen the grip of self-criticism is by learning to approach ourselves with kindness and acceptance, and treating ourselves with the same compassion that we treat those we care about – in essence, being more self-compassionate.

Professor Kristin Neff, who essentially introduced the concept of self-compassion to the psychological literature in North America, conceptualizes self-compassion as comprising of three distinct but interacting components:

1. Self-kindness – extending kindness and understanding to ourselves rather than being demeaning and self-judgmental. This sensitive and kind attitude is extended to all aspects of the self, especially in times of struggle, when self-compassionate individuals are able to recognize their distress and take steps toward healing.
2. Common humanity – seeing our experiences as part of the larger human experience rather than believing that no one understands our struggles, or that we are the only ones who fail, make mistakes, or have particular shortcomings.
3. Mindfulness – being able to hold our painful thoughts and feelings in balanced awareness rather than ruminating about them or becoming completely fixated and absorbed by them. Mindful awareness allows us to recognize when we are in pain or suffering, which is a necessary precondition for offering support,

4. Vitamin B2 (Riboflavin). 200-400 mg/day
5. Coenzyme Q10. 150-300 mg/day

Dr. Imran Moledina DC

Parchment Baked Salmon



Ingredients

COUSCOUS

- ½ cup Dry whole wheat couscous
- ½ cup Fresh dill, finely chopped (or 2 tbsp of dried dill)
- ¾ cup Warm water
- 2 tsp Lemon zest
- 1 tbsp Lemon juice

FISH

- 4 (4oz) Salmon filets (or arctic char or trout)
- 1 McIntosh apple, thinly sliced
- ½ Fennel bulb, thinly sliced
- 1 tbsp Lemon juice
- 1 tbsp Olive oil
- to taste Salt and pepper

Instructions

1. Preheat the oven to 375°F.
2. Combine the couscous with the dill, water, lemon zest and half the lemon juice.
3. Cut 4 sheets of parchment paper about 3 times as long as the fish fillets.
4. Place an equal amount of the couscous in

soothing, and kindness to ourselves.

In our culture, compassion has traditionally been conceptualized in terms of compassion for others. As a result, the meaning of self-compassion is often misunderstood and it's not uncommon for people to feel resistant at the idea of treating themselves with more kindness; many hold the incorrect assumption that it would lead to complacency, passivity, even self-pity. On the contrary, rather than promoting complacency, self-compassion actually encourages a healthy attitude toward ourselves and an intrinsic desire to promote our health and well-being. This includes a willingness to face the things that are causing distress in our lives rather than avoiding them, and the ability to take difficult but necessary steps to make needed changes, such as giving up harmful habits. Rather than promoting self-pity, which involves absorption and over-identification with one's suffering, self-compassion promotes a greater degree of self-awareness; this allows us to see our mistakes and weaknesses more clearly and without defensiveness.

Being able to extend understanding and support to ourselves when we are unsuccessful in our endeavors, as opposed to turning to harsh self-criticism, gives us the confidence to continue to take on challenges and pursue opportunities for growth rather than giving up at the first hurdle. An increasing body of research is confirming the view of self-compassion is an adaptive, transformative quality that promotes health, well-being, and resilience. For example, multiple studies have found that higher

the middle of each of the 4 sheets.

5. Place fish fillets on top of the couscous.

6. Top each fillet with apple and fennel slices.

7. Season with lemon juice, olive oil and a pinch of salt.

8. Fold the top half of the parchment over and crimp and fold the edges about 1 inch at a time until you make your way around the entire parchment package. You want to create a fairly tight seal.

9. Place the four packages on a baking tray and bake for about 15 minutes.

levels of self-compassion are associated with lower levels of depression, anxiety, stress, rumination, and perfectionism. People who are more self-compassionate also tend to score higher on measures of life satisfaction, competence, self-determination, personal initiative, happiness, optimism, connectedness, and conscientiousness.

Self-compassion doesn't come naturally to all of us. A deeply ingrained inner critic may make you feel like you actually don't deserve it. If you are used to being hard on yourself, you might even believe some of the assumption about self-compassion mentioned earlier. Many people struggle to treat themselves compassionately as a result of growing up with critical parents and not experiencing compassion as children. Due to one or more of these factors, you may be feeling a bit skeptical about the idea of treating yourself with more warmth and kindness. This is understandable, but hopefully some of the information I have presented here will spark a sense of curiosity and motivation to start approaching yourself in a more compassionate way. Learning to quiet our inner critics can be difficult, especially at first, but it is well worth the effort.

If you want to learn more about this topic, I would recommend the following resources:

- self-compassion.org/test-how-self-compassionate-you-are
- compassionatemind.co.uk/individuals
- Kristin Neff's book *Self-Compassion: The Proven Power of*

Being Kind to Yourself

- Paul Gilbert's book *The Compassionate Mind: A New Approach to Life's Challenges*
- Christopher Germer's book *The Mindful Path to Self-Compassion*



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