

View this email in your  
browser

HAPPY  
EASTER

---

## April News



We are honored to welcome our newest member of the Balanced Health team:

**Dr. Imran Moledina BSc, DC**

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. Drawing from and extensive

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 Active Release Technique, Acupuncture, Graston Technique, 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.

Dr. Imran believes in the philosophy: "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 is currently accepting new patients and is available upon request for your in house talk or sporting event.

---

## **What is the big concern with cell phones and the effect on our brains?**

Our lives are filled with devices that require power. Televisions, cordless phones, computers, cell phones, gaming equipment – anything that is “wireless” emits radiation. These powered appliances produce an electromagnetic field (EMF) known as “extremely low frequency radiation” called ELF’s.

Is this radiation anything to be concerned about? How harmful can these rays really be? Currently, there are two schools of thought. One is that there is no danger from using cell phones as the radiation is negatable and is considered “non-ionizing,” which has no effect on human tissue. The other school of thought is that the entire population for the next 30 years will be a massive test

When you make a call, text, or use data on your cell phone, here's what happens:

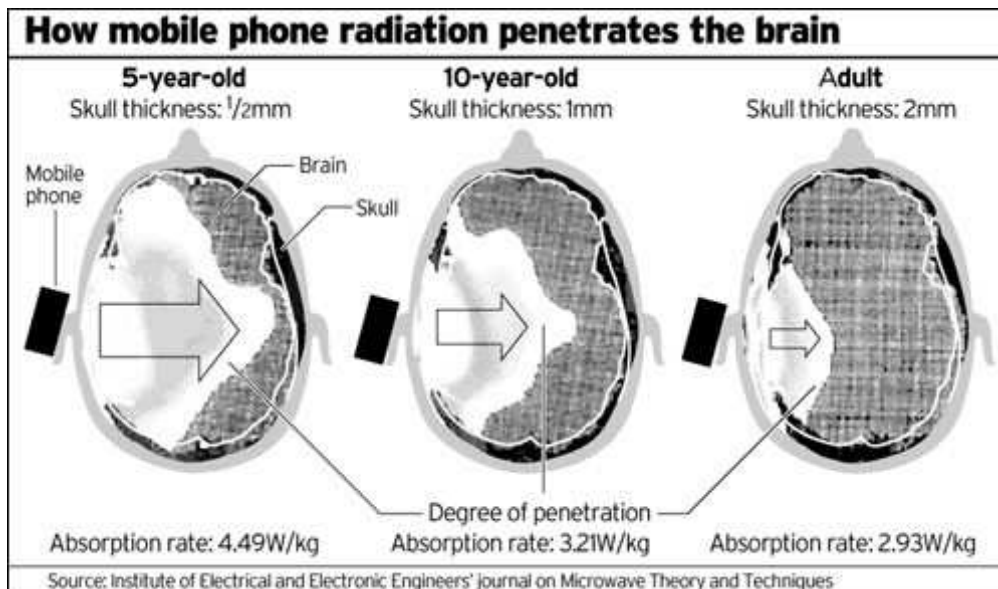
Your phone sends radio-frequency, or RF waves from its antenna to nearby cell towers, and receives RF waves in return to its antenna.

If you are holding the phone next to your face, as most people do, then about 70 percent of the energy from the antenna is absorbed straight into your head.

As you can see from the diagram below, age makes a difference in how much of this energy can be absorbed into the tissue. A younger child's skull is much thinner than an adult's and still developing, therefore more radiation is able to penetrate the brain. As well, young bodies and brains are developing at such a rapid rate that children stand at increased risk for permanent cellular damage that could have lasting effects on their nervous systems.

It's not until around age 20 that our brains are fully developed.

These visual images should serve as a powerful reminder to parents that it's never a good idea to allow a child to talk on a cell phone held close to the head!



As you move your cell phone away from your head, this radiation decreases rapidly. So clearly, the further away from your body you can keep your phone, the better.

Given the levels of absorption in the precautions to minimize cell phone radiation exposure. Incidentally, the manufacturer of one of the top-selling cell phones advises against direct body contact with their phones. This is what they say right on their website:

*“To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, the supplied headphones, or other similar accessories. Carry phone at least 5mm away from your body to ensure exposure levels remain at or below the as-tested levels.”*

Lastly, one of the most important bits of advice I can give you is to avoid holding your phone directly against your head, especially while your call connects—which is when the power surge is greatest. Using your speakerphone function or a safe headset to keep your phone a safe distance away from your body is a much better option.

For children, make sure they abstain from cell phone use except when essential. Texting is preferable to talking since the phone can be kept further away from the body. Never keep a cell phone in your child’s bedroom at night, since the device continues to emit radiation, even while not in use. You can also invest in specialized EMF blockers that offer cellphone radiation protection. As we have no way of predicting what the long-term effects of exposure to chronic radiation emissions will be on our children, their future health may depend on the steps we take today in limiting radiation exposure.

Written By: Dr. Lisa Scott, DC

---

### **How the Body and Brain Achieve Carpal Tunnel Pain Relief via Acupuncture**

Acupuncture treatment helps to  
relieve carpal tunnel pain according

vessels and muscles, and is like an energy highway through which qi energy flows within the body.

Acupuncture can activate or change excitation of nerves, blood flowing speed, and blood quality.

Acupuncture treatment can also affect the contraction of muscle.



So how can the body and brain achieve carpal tunnel pain relief via acupuncture? This occurs through two main mechanisms described below.

In order to treat carpal tunnel pain, an acupuncturist will insert the acupuncture needle into two areas of the body. The first location is the local area which is the carpal tunnel. The second location is the distal area which follows the meridians extending from the carpal tunnel region. Local needles mainly affect the body and distal needles work in the brain. For example, the local needles reduce the sensitivity of local nerves to diminish the sensation of pain, and allow increased blood flow in order to reduce inflammation in the affected area. Also, local needles help to relax the muscles so there is less muscle pressure on the nerve. On the other hand, needles in the distal areas mainly affect the brain, which in turn controls both sides of the body. Distal needles can reduce the sensitivity of the brain so that the



"I suppose you get some sort of pleasure out of a drink that is destroying your body. What are you, a sodamasochist?"

To View Past Editions of Our News Letter Click Here

body relaxed.

Copyright by

Dr. Jiao(Alex) Huang Msc, DTCM,  
R.Ac.



*Copyright © \*|2017|\* \*|Balanced Health and Sports Therapy\*, All rights reserved.*

**Our mailing address is:**

1519 19 ST NW  
Calgary, AB T2N 2K2

Mail to: [info@balancedhealth.ca](mailto:info@balancedhealth.ca)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#) from this list

---

This email was sent to [oliviasorko@gmail.com](mailto:oliviasorko@gmail.com)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Balanced Health and Sports Therapy · 1519 19 St NW · Calgary, Ab T2N2K2 · Canada

