



Sports Medicine Appointments Now Available!!

Dr. James Carson will be holding office hours at Apple Creek, as a consultant with the clinic for our patients, every other Friday morning starting September 13, 2013. Dr. Carson is a Sports Medicine Physician who is highly respected and well known in the community.



Apple Creek Welcomes Dr. Shaleen Somji, D.C!

Dr. Shaleen will be joining our team from the end of July 2013 through March 2014 while Dr. Micheline is on maternity leave. Like Dr. Micheline, Shaleen graduated from Canadian Memorial Chiropractic College (2011), and took continuing education courses in Contemporary Medical Acupuncture, Active Release Technique, and the Webster Technique and Perinatal Care. Additionally,



Sport Wrapping and Taping Course!

Apple Creek Sports Medicine is proud to be offering a Sport Wrapping and Taping workshop. This 4 hour workshop will be taught by an Athletic Therapist and will be a hands-on evening where participants learn how to prevent and care for common sports injuries with the proper use of taping and wrapping techniques.

This workshop is a great opportunity for coaches, parents and team trainers to get the fundamentals of taping and learn how to better care for their athletes.

No previous taping experience necessary. Wrapping & Taping manual, all taping and wrapping supplies, and Certificate of Completion are included.

Date: Wednesday, September 18

Time: 6pm – 10pm

Location: Apple Creek Sports Medicine Centre
2 Corby Road, Markham

Registration fee: \$60 + HST- Contact the clinic for registration details.

she is also certified in Graston Technique .
Dr. Shaleen is available Mondays 5-8,
Tuesdays and Thursdays 12-8, and
Saturdays 9-1.



Stefanie is off and flying again...

Stefanie has been selected to join Gymnastics Canada at the World Age Group Competitions in Sofia, Bulgaria from November 14-17, 2013. Stef will be the Athletic Therapist designated to work with the trampoline team. She will also be travelling to Montreal October 17-21 to join the trampoline team for training camp.

Stef will also be travelling to Calgary mid-September and mid-October to provide Athletic Therapy services for Hockey Canada. She will be working with the Canadian Women's National Team as they prepare for the upcoming 2014 Winter Olympics in Sochi, Russia.

10 Tips for Staying Cool this Summer...

We are about half way through the summer and while a few scorching days are behind us, we are probably in store for a few more. Keeping cool when temperatures reach record highs isn't just about comfort; high temperatures can result in heat-related illnesses such as heat cramps, heat exhaustion, and more severely heat stroke. The following tips can help you keep cool all summer long.

1. Take advantage of cooler times (early morning or late evening) to take part in outdoor exercise; If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color; Cotton clothing will keep you cooler than many synthetics.
3. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
4. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
5. Take frequent baths or showers with cool or tepid water.
6. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
7. Avoid caffeine and alcohol as these will promote dehydration.
8. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, Movie Theater, pool, or other public spaces that are cool.
9. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
10. Use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate

easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.



Greek Quinoa Salad

This flavourful salad can be served as a main course or with pan-seared shrimp, skewered chicken or pork.

Ingredients

- 3 cups (750 mL) hot, low-sodium chicken broth or vegetable broth
- 1-1/2 cups (375 mL) quinoa, rinsed
- 1 cup (250 mL) grape or cherry tomatoes, halved
- 1 small English cucumber, unpeeled, roughly chopped
- 1 small red onion, halved and very thinly sliced
- 1 red/yellow/orange pepper diced
- 1/2 cup (125 mL) whole black olives (not canned)
- 1 head romaine lettuce, outer leaves removed, rinsed, torn into pieces - optional
- 4 oz (125 g) feta cheese, crumbled – optional

Dressing

- 2 tbsp (30 mL) fresh dill, chopped OR if using dry dill start with 1tsp and add more if needed
- 2 cloves garlic, minced
- 1/2 cup (125 mL) extra-virgin olive oil
- 3 tbsp (45 mL) lemon juice
- 1/2 tsp (2 mL) salt
- Pepper to taste

Preparation

Heat the chicken or vegetable broth in a large saucepan placed over high heat. When it has just come to the boil, add the quinoa and stir well.

Allow to return to the boil, then immediately reduce heat to medium-low and simmer for 15 to 20 minutes or until

liquid has been absorbed.

When cooked, transfer mixture to a large, shallow bowl to cool.

Combine the dill, garlic, olive oil, lemon juice, salt and pepper in a small bowl. Whisk to blend well. Taste and adjust seasoning if necessary.

Option 1: The easy way!

Place all veggies and cooled quinoa in a large bowl and pour dressing over.

Toss all together and place in fridge so flavours can blend.

Add cheese before serving.

Option 2: Slightly more work!

Place the tomatoes, cucumber, onion and black olives in a bowl and drizzle over half of the vinaigrette. Toss well to

coat the vegetables with the dressing. Arrange torn romaine on a serving platter. Top with cooled and fluffed quinoa.

Then, pile the dressed vegetables on top of the quinoa. Crumble the feta over the top. Drizzle reserved dressing over top. Garnish with fresh dill and serve.



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