

Health & Wellness

# Wellness chiropractor stresses prevention

By **ELAINE COHEN**  
Supplements Co-ordinator

**Y**ou got up this morning and as you bent down to tie a shoelace, you winced from discomfort in the lower back. Last month, you popped pills for a dull backache that gradually subsided. Today, it's "ouch" all the way. The persistent pain puts you in a pessimistic mood and plays havoc with your productivity at home and in the workplace.

"However, it's more likely the trouble was brewing long before you felt any symptoms," says Sima Goel, who is one of only two wellness chiropractors in Quebec.

Goel got her degree in chiropractic medicine in 1993 and then pursued post-graduate studies. In 2006, she became a wellness chiropractor, receiving her certification from the International Chiropractors Association.

People suffering with sciatica, carpal tunnel syndrome, congestion, allergies, arthritis, asthma, poor posture, neck and mid-back pain or general malaise seek her help.

"It takes a long time for any chronic disease to surface," Goel told the *Canadian Jewish News* when she was between patients at her Decarie Square office.

"You may think you are healthy simply because you are symptom-free. All the injuries and stress accumulate. Most people have a pain threshold."

As a doctor of chiropractic, she can locate and help correct areas of spinal stress. Vertebral subluxation, when one or more of the bones of your spine move out of position, is a common condition in adults and children. Misaligned spinal bones can irritate the spinal column or nerve roots. Correcting this condition helps the body to function better.

When patients visit Goel, she checks their posture. "It's a window to the spine and a mirror to the nervous system," she relates. "I check the weight on each side of the body. If there is a misalignment [pinched nerve], the distribution won't be the same."

"I check the spine for misalignment because like cavities, there may be no pain at first. The brain communicates with the body at 3,000 trillion bits per second and only 10 per cent of that is felt in the conscious mind as pain, so you could have a lot wrong and not recognize it."

Goel checks the health history of her patients, noting the accidents or trauma they've experienced. She is on the cutting edge of her profession and her cheery office has state-of-the-art facilities. If neces-

sary, she takes X-rays.

"Patient care is tailored to meet individual needs," Goel says, adding she uses different techniques, depending on the situation. Whether she uses her hands or an instrument to make an adjustment, she is always gentle. "I assist the body to heal itself."

As the mother of two school-age sons, Goel is concerned with children developing healthy habits. "Personally, my health and that of my family, has been greatly improved because of chiropractic care. Spinal hygiene is important in determining the quantity and quality of our lives."

Goel holds health and wellness workshops (by reservation) every two weeks, where she gives information as well as leading discussions on how to eat, exercise, think positively and lead a healthy lifestyle.

In this society we sit too much, Goel observes. "We sit for 32 years of our lives, and it's as hard on the spine as sugar is on the teeth. It's much easier to keep people well than to take care of them when they're sick. That is why it's crucial for people, regardless of age, to adopt healthy lifestyles."

To reach Goel's office, phone 514-344-6118. Most private insurance plans cover chiropractic care.



Wellness chiropractor Sima Goel

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