



YOUR NERVOUS SYSTEM MIGHT BE OVERWORKED — HERE'S HOW TO RESET IT NATURALLY

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Nutrition House is
giving all Rosedale
Wellness patients 20%
for limited time



LET'S FIX THAT

Have you ever felt like your body just won't slow down — even when you're trying to relax? Maybe your shoulders stay tight, your jaw clenches without realizing, or you have trouble falling asleep because your mind keeps racing. These are all signs that your nervous system might be stuck in overdrive.

The nervous system controls everything your body does — from breathing and digestion to how you respond to stress. When it's balanced, you feel calm, focused, and resilient. But when it's constantly triggered by stress, caffeine, or even poor posture, your body shifts into “fight or flight” mode. Over time, that can lead to fatigue, muscle tension, headaches, poor recovery, and even chronic pain.

At Rosedale Wellness Centre, we see this pattern every day — and the good news is, your nervous system can absolutely be reset. It just needs the right kind of support.

HOW WE CAN HELP?

✓ Chiropractic Care — Realign Your System

Your spine is like the highway of your nervous system — every signal between your brain and body passes through it. When your spine is misaligned, it can interfere with those signals, causing your body to stay “on alert.”

Chiropractic adjustments help restore healthy movement and communication in your nervous system, allowing your body to relax, heal, and perform at its best.

✓ Physiotherapy — Retrain Your Body to Move Without Tension

When stress becomes chronic, muscles tighten and movement patterns change. Physiotherapy helps correct those imbalances through targeted exercises, manual therapy, and education. By retraining how you move, we help your nervous system feel safe again — because a body that moves well feels well.



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✔ Massage Therapy — Switch Off the Stress Response

Massage does more than loosen tight muscles. It actually decreases cortisol (your main stress hormone) and increases serotonin and dopamine — the chemicals that make you feel calm and happy. Many of our patients notice better sleep, reduced anxiety, and fewer headaches after just a few sessions.

✔ Acupuncture — Activate Natural Healing Pathways

Acupuncture works directly with the nervous system to reduce pain and restore balance. By stimulating specific points, it encourages your body to release endorphins and regulate nerve activity. It's one of the most powerful ways to bring your body from "fight or flight" into "rest and recover."

DAILY HABITS THAT CAN HELP

In between your treatments, there are small things you can do every day to keep your nervous system balanced:

✔ Breathe deeply. Slow, deep breathing signals to your brain that you're safe.

✔ Move regularly. Even light stretching or walking can release stored tension.

✔ Limit caffeine. Too much coffee or energy drinks can keep your body wired.

✔ Disconnect before bed. Try turning off screens an hour before sleep.

✔ Stay consistent. Regular chiropractic, massage, and physio sessions keep your system functioning at its best.

Remember: you don't have to wait until you're in pain to take care of your nervous system — prevention is always easier than recovery.

This month, we're encouraging our patients to take time to reset their system, and feel re-energized for the months ahead. Whether you're recovering from injury, dealing with chronic stress, or just want to feel more balanced, our team is here to help you every step of the way.

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STAFF SPOTLIGHT

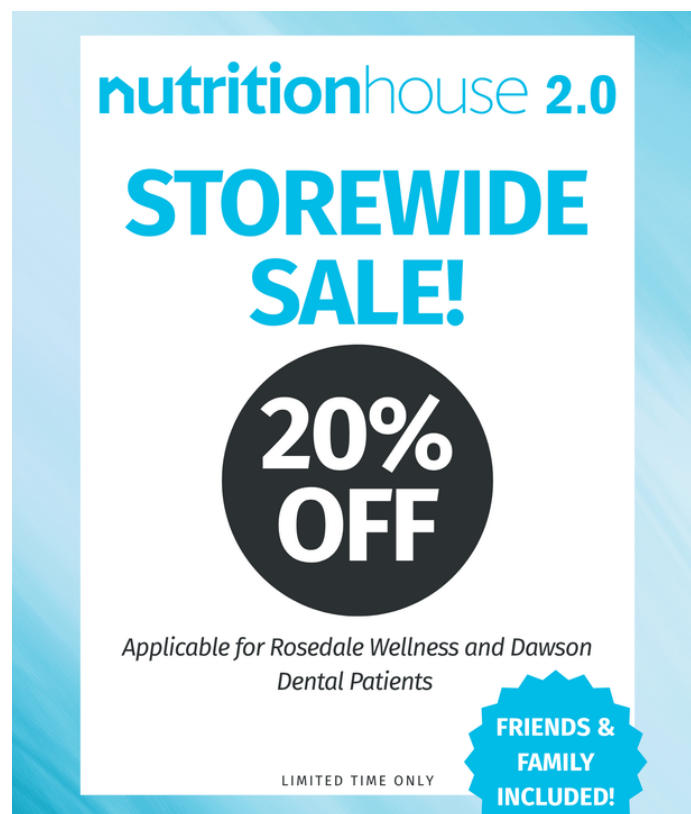


Omid Moghadam
Massage Therapist

Have you met Omid?

Omid completed his bachelor's degree in Architectural Engineering from RAJAE University in Iran in 2006. In 2020, he relocated to Canada and embarked on a new journey in the field of Massage Therapy. It was during this program that he discovered his true passion for being a part of the healthcare profession. Omid successfully graduated from Bryan College in 2023 and became a Registered Massage Therapist (RMT).

Omid excels in targeting problem areas within the musculoskeletal tissue and devising effective solutions through a range of techniques. He places particular emphasis on addressing shoulder and upper-back pain resulting from postural weaknesses. Additionally, he focuses on providing relief to the upper body, neck, shoulders, and lower body, as he has found that this approach yields the most positive outcomes for his clients.



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