

Healthy Lifestyle

Achieving personal wellness at Beauchamp Chiropractic

■ Gemma Villanueva

The journey towards total wellness starts at Beauchamp Chiropractic.

Dr. Nathalie Beauchamp has provided chiropractic care in Orléans for the past nine years. Two years ago, Beauchamp Chiropractic also became one of 230 Creating Wellness Centres located across North America.

While she offers chiropractic care, Beauchamp also has tools to measure her patients' "wellness quotient" based on three key areas.

"It's all about optimal health, function and vitality," says Beauchamp, who is also a former professional natural bodybuilder.

She says the three dimensions in "creating wellness" are: physical, biochemical and psychological. This means exploring your fitness levels, your diet and good attitude. Striking a balance amongst these dimensions results in total wellness, Beauchamp explains.

The philosophy behind creating wellness benefits the overall lifestyle of her patients.

"It teaches people how to integrate wellness in life with strategy of long-lasting changes," she says.

There is a full health history of all of her patients, which is then followed by her chiropractic recommendations.

Interested patients can also undergo a Creating Wellness Assessment. This evaluation measures body composition, cardiovascular health, lung capacity, stress responses and strength. This data is also compared to a lifestyle questionnaire. These tools highlight any current health challenges and the overall lifestyle choices of patients, making it possible to design a plan to tackle the road towards personal wellness.

Creating Wellness program participants receive sound advice, personalized workout plans and nutritional advice. Beauchamp also notes that weekly coaching sessions are important in staying motivated.

As for chiropractic care, the clinic has a subluxation station that provides a visual measurement of how other aspects of the nervous system are functioning. It shows where your spinal nerves may be suffering from nerve interference and can identify problems before you feel them.

"My goal as chiropractor is definitely to remove any pain," says Beauchamp. "But also to ensure that my patient's nervous systems are working optimally."

She says the bulk of her practice focuses on providing excellent chiropractic care, and educating her patients about the importance of the spine and the nervous system.

She has also started organizing Wellness Expos in the east end. This event, which is being held at the Orléans Cultural Centre on April 6, is designed to easily connect residents with local speakers and vendors promoting healthy living.

"I wanted to bring wellness in one roof, so that people in our community know what is available to them," Beauchamp says.

She also delivers talks in local schools about the importance of posture, the spine and the nervous system. The doctor also leads lunchtime seminars for local businesses on health and personal wellness. And she is the president and founder of the local health and wellness expo, which she launched last year with tremendous success.

Beauchamp was named the 2007 businessperson of the year and professional of the year at the recent Orléans People's Choice Awards.

Discover how you can create wellness in your own life. To book an appointment at Beauchamp Chiropractic, call 613-837-2883. The clinic is located in the Loblaws Plaza right off Highway 174 at 1224 Place D'Orléans Drive, Unit 1.

Visit the website at www.beauchampchiropractic.ca for more information about the practice and the upcoming 2008 Wellness Expo.