Beach Chiropractic & Wellness Centre

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Health Research

Eating fruits and vegetables may help the human body make its own aspirin. Salicylic acid, the key component that gives aspirin its anti-inflammatory and pain-relieving properties, may be something humans can produce on their own. Salicylic acid is a natural substance found in fruits and vegetables such as herbs, berries, mushrooms, and chicory.

We all know that thinking positively can have a great impact on our happiness, however research has also revealed that being an optimist can help you live longer. Research findings published in the European Heart Journal reveal that optimistic people are less likely to suffer from heart disease: heart patients who were more optimistic about their treatment lived longer than those who were not.

Injury prevention over the winter season

Preventing injury over the coming season is an important aspect of health. With the snow falling and participation in winter activities increasing, you should be considering taking a proactive approach to injury prevention. During the winter months, many individuals experience an increase in strenuous activities outside of their usual day-to-day routines. Whether they are participating in a winter sport such as skiing, snowboarding or hockey, chasing their children up and down a toboggan hill or shovelling snow off their driveways, they have a potential risk of injury from any of these activities. Soft tissue, ligaments, tendons, muscles and nerves are most commonly injured because of sports and recreational activities, overuse and repetition.

Consider incorporating some of these strategies into your day to prevent or reduce injuries over the winter season.

–**Warm up before any activity**: Incorporate stretching or some form of warm up prior to activity. This will help warm up muscles prior to placing a physical demand on them. Heading outside to play hockey, going skiing or shovelling the driveway with cold muscles is an injury waiting to happen. This is especially important for morning activity as the muscles will be tighter from being asleep the night before.

–**Be aware of posture and technique:** Proper form is the key in reducing the risk of injury. For example - if shovelling snow, it is important to limit the twisting motion and engage the abdominal muscles to protect the low back. Whenever possible, it is ideal to push snow instead of lifting. It is important to take regular breaks– prolonged shovelling without taking proper breaks leads to improper posture and ultimately, to injury.

–**Stretch after participating in activities:** Once a demand has been placed on certain muscles - stretching will aid in elongating muscles from a contracted state and minimize post-activity muscle soreness.

Incorporating regular Chiropractic and/or Massage Therapy treatments into your winter prevention regimen will help to ensure that the muscles and joints of the body are performing adequately and thus further reducing the risk of injury.

Lifestyle

Tackling Worry

Its normal to worry, but too much worrying can be, well, worrying - especially when it starts to interfere with normal functioning and your ability to relax. Chronic excessive worrying—usually about things that are unlikely to happen—is better described as generalized anxiety disorder (GAD).

Anxiety is the body's "flight or fight" reaction to a perceived threat. What distinguishes normal worrying from GAD are worries that are persistent, uncontrollable, extremely upsetting, and even debilitating. This intense worrying produces physical effects, such as increased heart rate, faster breathing, tense muscles, light-headedness, sleeplessness and exhaustion, as well as digestive problems like constipation and diarrhea. Happily, there are ways to better manage worry and anxiety.

- Progressive muscle relaxation helps reduce muscle tension. The technique involves systematically tensing and then releasing different muscle groups in your body. As the body relaxes, the mind follows.
- Deep breathing is another effective strategy. By breathing deeply from the belly, you can reverse the symptoms that accompany hyperventilation (like dizziness) and calm yourself down.
- Meditation also helps reduce anxiety, and so does "mindfulness," the practice of being focused on the present moment instead of thinking about what might (but likely won't) happen in the future.
- A cognitive technique called thought-stopping can be helpful in reducing worrying (see sidebar)
- Some people find it helpful to postpone their worry. If an anxious thought enters your head, write it down on a piece of paper, and postpone thinking about it until a dedicated, brief "worry period" during the day. This breaks the habit of dwelling on such thoughts and gives you a sense of control over your worries.

STOP those bad thoughts

For some, worry can be like a broken record as the mind replays the same concerns over and over again. One way to tackle persistent worry is through a cognitive technique called thought stopping. Here's how it works:

1. When negative thoughts or worry begin to cause you stress, yell out the command "STOP" in your mind (if you're alone, yell it out loud)
2. Reject the negative thought or worry (e.g., "I will not let what that person said bother me")
3. Replace the negative thought with a positive thought—something good about yourself, the day or the situation (e.g., "I know I can do that")
4. Take a deep, relaxing breath—exhaling slowly.

If the negative thoughts persist, repeat steps one through four. With practice, you'll find that you'll eventually have better control over unwanted thoughts.

Appeal of the peel

Eating five or more daily servings of fresh fruits and vegetables is one of the best things you can do to support good health. To get the most nutrients from your produce, don't forget to eat the peel. It is best to buy organic with produce that has a high pesticide count - apples, cucumbers, potatoes, carrots, and citrus fruits.

The greatest concentration of nutrients, phytochemicals, and fibre in popular fruits and vegetable such as apples, carrots and potatoes lies in or directly below the peel. To eat the peel, all that's required is a thorough scrub of the skin using fresh water. Although many people opt to peel them, eggplant and cucumber skins are edible too. Citrus peels are especially rich in nutrients and add great flavour to dishes. If you have left over lemon or orange skins, use a grater to harvest the zest, and then store it in an airtight container in the freezer for later use in cooking and baking.

Use leftover fresh potato peels to make delicious homemade crisps. Evenly coat the peels with a splash of lemon juice and olive oil. Then spread them on a baking sheet and bake at 400°F for 10 mins until golden brown. Spice them up with a pinch of salt and chilli pepper. Try using apple peels or unpeeled cucumbers as a complimentary taste to your sandwich. Of course not all peels are edible. Melons, squash and most root vegetables should be peeled.

Pain Management & Rehabilitation

Tips on how to beat the pain caused by your hand-held devices

As you read this article, more than likely you are on your hand-held device, or even your computer; take a moment to notice your posture. There's a good chance your shoulders are raised and hunched forward and your head is in a flexed forward position looking down. Whether you are a student or need to use your phone or tablet for work or personal use, chances are you spend a large portion of your day looking at a screen. Be sure to take notice of your posture and adjust when you find yourself in a bad position. Your back and neck will thank you. Work on this with your kids and teens, it is much easier to correct a postural habit when you are younger versus waiting until adulthood.

The average adult head weighs 10 to 12 pounds when it's upright or in a neutral position. Did you know that bending your head to look at your phone can put up to 60lbs of pressure on your spine? A 2014 study in *Surgical Technology International* showed that even a 15-degree head tilt adds 27 pounds of pressure to your spine. The head becomes heavier the more you bend your neck. As we use our hand-held devices more and more, that stress on the spine adds up.

Hand-held devices aren't going anywhere soon—it would be nearly impossible to avoid the use of these technologies—so we need to become more aware of our posture while we are on them. Individuals should make an effort to look at their handheld devices with a neutral spine and avoid spending hours each day hunched over.

The only thing that's more important than good posture is keeping yourself moving. If you still have pain and discomfort after trying these tips visit your chiropractor or registered massage therapist to develop a plan to keep you pain-free.

As you tap and swipe, follow these simple tips to avoid neck and back strain.

Take a break: Holding your phone or tablet for extended periods can put strain on the shoulders, arms and fingers. Let your arms rest at your side every so often. Take a minute to roll your shoulders up and back or squeeze your shoulder blades together for five seconds and then let them relax.

The 20-20-20 rule: Practice the 20-20-20 rule. Every 20 minutes take 20 seconds to look at least 20 feet away from your screen. This is great for those on the computer as well.

Change positions: After sitting for 30 minutes take a break and get up and move around. Our bodies are meant to move.

Aim Higher: Raise your phone up closer to eye level to reduce strain on your neck. When watching videos on your tablet be sure to prop it up against something so your shoulders and arms can relax and your spine can be more neutral.

Stretch it out: Slowly turn your head to the right and hold for five seconds, then bring it back to centre and repeat on the left. Tilt your right ear to your right shoulder and hold for five seconds and then the left side. Repeat both of these exercises 10 times per side. These are great daily exercises to maintain your neck's range of motion and reduce tension and stiffness. Consult your health practitioner if these exercises cause pain.

You can download ***Straighten Up Canada***- a free app developed by Canada's Chiropractors with videos of stretches that can help with your posture. The whole program takes three minutes and can be watched on your computer or hand-held device.

Clinic News

Move Announcement

Beach Chiropractic is moving!!

We will be moving our practice to the building on the southeast corner of Mosley St. and Sunnidale Rd (across the road from Macs convenience store). Our entire team will be moving to the new office.

It is very close to our current location.

We are currently 'transforming' the building and the move is anticipated for early spring 2017. We are very excited to move into our new home.

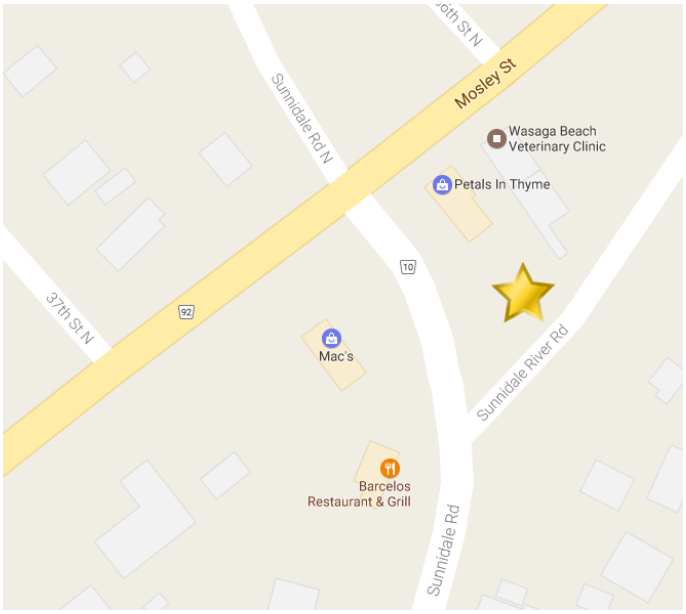
The new address is:
1535 Mosley St.,
Wasaga Beach

(Previously 'Petals in Thyme' flower store)

Parking lot is accessed at the rear of the building on Sunnidale River Rd.

Check out the map below for our location (star marks the parking lot)

Here is our progress to date!



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Services

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