



BeachChiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Exercise in the Water

As the weather gets cooler it's all too easy to fall into a fitness rut. Fall is a great time to get back into a regular fitness routine. Consider adding exercising in the water to your fitness program for some variety. Here are ten benefits of exercising in water:

1. **There's low impact on your joints:** Water gives you buoyancy—i.e., you float! This decreases the impact on your joints, so when you swim or exercise in the water, you have a lower risk of injury. It is also a great exercise for those recovering from an injury.
2. **Water has built-in resistance:** Because you're moving your body through water instead of through air, you're working harder. This resistance is great for building all-around strength and endurance.
3. **You can adjust the resistance:** Depending on your speed, position, or form in the water, the resistance you face is dynamic. For example, the more streamlined your swim stroke, the faster you'll travel with less resistance. If you're jogging or running in water, particularly if it goes higher than your waist, you're getting much more resistance (this is often done if you're training to improve your running speed, strength, and endurance when you're on land or when recovering from an injury).
4. **You can incorporate rest:** You don't have to stop exercising in the water to give your body a rest during a workout. If you're swimming, you can add resting strokes like sidestroke or elementary backstroke for a minute or two (or a lap or two in the pool) until you recover.
5. **It's great for keeping joints limber and toning muscles:** Since exercising in the water is so low impact, your joints stay nimble. With the built-in resistance of the water, swimming is great for keeping your muscles toned.
6. **Improves your cardiovascular health:** Exercising in the water by swimming or other exercise can help improve your cardiovascular health and lower blood pressure.
7. **It offers support for the whole body:** Not only is exercising in the water low-impact, it's also excellent for support. Bonus: it supports your back! You don't have to worry about the weight of your body on your spine when you move your body through water. If you're not a swimmer, you can still use the water for exercise: do some walking workouts waist-deep in a swimming pool to take the pressure off your joints and back while still getting movement.
8. **Consider signing up for an Aqua fit or therapy class:** Fitness classes are great for motivation and most people get a better workout when they exercise with a group. It can make it more fun and the instructor and other participants can help keep you motivated.
9. **Stay Balanced:** Aquafit can help you balance out muscle groups that may have become uneven through other activities or repetitive actions. Working out in the water provides equal resistance through your full range of motion allowing you to strengthen your muscles without stressing the joints.
10. **Regardless of your fitness level you can get a great workout in the water:** Even younger fit people can benefit from workouts in the water. It is not just an activity for seniors and those recovering from an injury (although it can be fabulous for these groups).

Lifestyle

What is the human microbiome?

Gut microbiota (formerly called gut flora) is the name given today to the microbe population living in our intestine's. These microbes that reside in the gut and on our bodies are called the human microbiome.

Our gut microbiota contains tens of trillions of microorganisms, including at least 1000 different species of known bacteria with more than 3 million genes (150 times more than human genes). One third of our gut microbiota is common to most people, while two thirds are specific to each one of us.

While each of us has a unique microbiota, it always fulfils the same physiological functions, with direct impact on our health.

Some of the functions are:

- It helps the body to digest certain foods that the stomach and small intestine have not been able to digest.
- It helps with the production of some vitamins (B and K).
- It helps us combat aggressions from other microorganisms, maintaining the wholeness of the intestinal mucosa.
- It plays an important role in the immune system, performing a barrier effect.
- A healthy and balanced gut microbiota is the key to ensuring proper digestive functioning.

While the general composition of the intestinal microbiota is similar in most healthy people, the species composition is highly personalized and largely determined by our environment and our diet.

Although it can adapt to change, a loss of balance in gut microbiota may arise in some specific situations. This is called dysbiosis. Dysbiosis may be linked to health problems such as functional bowel disorders, inflammatory bowel disease, colorectal cancer, cardiovascular disease, asthma, allergies, obesity and diabetes.

The food we eat plays an essential role in maintaining the diversity and proper functioning of our gut microbiota. When talking about gut microbiota, it could be said that "we are what we eat," as what we consume also feeds off the hundreds of trillions of bacteria living in our digestive system. For this reason, a varied and balanced diet is essential.

Many studies have demonstrated the beneficial effects of prebiotics and probiotics on our gut microbiota. Serving as "food" for beneficial bacteria, prebiotics help improve the functioning of microbiota while allowing the growth and activity of some "good" bacteria. Prebiotics are naturally present in vegetables and fruit such as garlic, onions, leeks, leafy greens, asparagus, artichokes, tomatoes, bananas, plums and apples; in whole wheat grains and cereals like bran and oatmeal, and in nuts such as almonds.

Probiotics are live microorganisms that provide a range of benefits for the body, including the maintenance of digestive comfort and the regulation of the immune system . Probiotics can also help balance the gut microbiota when it has been affected by poor diet, infections, some antibiotic treatments or other external factors such as stress. Present in some fermented products such as yogurt, kefir, kimchee, sauerkraut, miso, and kombucha, probiotics help gut microbiota keep its balance, integrity and diversity.

Interesting Facts about the Human Microbiome

- Our gut flora is responsible for the development and regulation of the immune system—80 percent of it, to be more exact!
- Babies born via C-section have a much different colonization of gut bacteria than babies born vaginally, and therefore their immune system development is different.
- Microbes in the gut produce 90% of the body's serotonin, a neurotransmitter and hormone responsible for moods and feelings of positivity.
- The gut flora may influence the body's stress response, sleep regulation, and even pain sensitivity.

Pain Management

&

Rehabilitation

Don't forget about eye health

Our eyes are some of the most complex organs in our bodies and they can often be over-looked.

Most people go through some difficulties or discomfort with their eyes at some point in their lives. Conditions such as eye pain, blurred vision, eye strain or dry eyes are common. The health of our eyes becomes even more important as we age—with conditions such as glaucoma, macular degeneration and cataracts.

Your eyes are an important part of your health. You can do many things to keep them healthy and make sure you're seeing your best. Follow these simple guidelines for maintaining healthy eyes well into your golden years.

– **Have a comprehensive dilated eye exam.** You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

– **Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since many are hereditary. This information will help to determine if you're at higher risk for developing an eye disease or condition.

– **Eat right to protect your sight.** You've heard that carrots are good for your eyes. But eating a diet rich in fruits and vegetables—particularly dark leafy greens such as spinach, kale, or collard greens—is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating omega 3 fatty acids which can be obtained from supplements, salmon or flaxseed. Drinking more water can help, too. Mild dehydration often makes dry eye problems worse. This is especially true during hot, dry and windy weather.

– **Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related

macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

– **Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation. It's best if they feature a wrap-style frame to protect your eyes from wind, dust and other irritants that can cause or worsen dry eye symptoms.

– **Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you can forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This short exercise can help reduce eyestrain.

– **Get a head and neck treatment.** Regular chiropractic and massage therapy treatments reduce tension built up in the shoulders and neck region that can contribute to tension headaches and eye pain.

Other Tips

– **Use a humidifier** at home and/or at work to keep the air from drying out in the winter.

– **Remember to blink**, especially while working at the computer. When you work at the computer your blink rate decreases sharply. Researchers have discovered that equally important with blinking is blinking completely. Making sure that when you blink you close the eyelids completely makes a large difference in reducing the symptoms of dry eye and computer eye syndrome.

– **Check your medications** for any side effects that may cause dry eyes. Some drugs that can contribute to dry eyes include NSAIDs such as ibuprofen, synthetic penicillins, antihistamines, birth control pills, blood pressure medications, and anti-depressants.

– **Clean your eyelids.** When washing your face before bedtime, gently wash your eyelids to remove bacteria that can cause a blockage in the tear glands that lead to dry eye symptoms. Apply a warm, moist washcloth to your closed lids for a minute or two—then gently scrub your lids and lashes with a mild cleanser.

Clinic News

It's Official—we have moved!

The Beach Chiropractic team moved to the building on the southeast corner of Mosley St. and Sunnidale Rd (across the road from Mac's convenience store) in May. We are very excited to be in our new home.

The new address is 1535 Mosley St., Wasaga Beach,
The parking lot is accessed from the rear of the building



Running Clinics Start Soon!

2017 Fall Learn to Run 5k Clinic
10 Week Session Wednesday - 7:00 pm
Sept 13-Nov 15, 2017
Early Bird Registration - \$75 (By Friday Sept 8th)
Regular Registration - \$85



**Returning Runner
Discount -
\$10 off**

**Technical Running
Shirt - \$10**



Our team

Dr. Sarah Adams, Dr. Mardi Charlton,
Dr. Peter Wilson—Chiropractors

Kimberly McMahon and Carrington Lauzon—
Registered Massage Therapists

Regina Featherstone—Registered Nutritional
Consultant

Cindy Cipollone, Jennifer Samson, Jessie Fox,
Sheila Schofield, Teresa Collins—Administration

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