



# Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

## Health Research

**A new study finds that higher circulating vitamin D concentrations are significantly associated with lower colorectal cancer risk.**

Optimal vitamin D concentrations for colorectal cancer prevention may be higher than the current National Academy of Medicine recommendations, which are based only on bone health. Vitamin D can be obtained in the diet, particularly from fortified foods, from supplements, and from mild sun exposure.

**Replacing potatoes or rice with pulses can lower your blood glucose levels by more than 20 per cent, according to a new study.** Researchers found that swapping out half of a portion of these starchy side dishes for lentils can significantly improve your body's response to the carbohydrates. Replacing half a serving of rice with lentils caused blood glucose to drop by up to 20 per cent. Replacing potatoes with lentils led to a 35-per-cent drop.

## Use It or Lose It: Dancing Makes You Smarter, Longer

Dancing is more than just an enjoyable activity to experience with friends or your partner; dancing has the amazing ability to improve the way your brain functions.

The health benefits of dancing can easily be attributed to physical exercise, and more recently, research shows dancing provides stress reduction and increased serotonin level, and an increased sense of well-being. Now, even more research on the benefits of dancing have come into light - and they include improving cognitive acuity, slowing the effects of aging and intelligence.

A major study added to the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, as much as physical exercise can keep the body fit.

A 21-year study of senior citizens, 75 and older, was conducted to measure mental acuity in the aging by monitoring rates of dementia. The aim of the study was to find out if any physical or cognitive recreational activities had an effect on mental acuity. The study found that some cognitive activities influence mental acuity, but almost none of the physical activities had had any effect. The one exception was frequent dancing. Some findings of the studies were:

- Reading - 35% reduced risk of dementia
- Bicycling and swimming - 0% reduced risk of dementia
- Doing crossword puzzles at least four days a week - 47% reduced risk of dementia
- Playing golf - 0% reduced risk of dementia
- Dancing frequently - 76% reduced risk of dementia

People who dance regularly have greater cognitive reserves and an increased complexity of neuronal synapses. Dancing lowered the risk of dementia by improving these neural qualities. Dancing may cause the brain to continually rewire its neural pathways and by doing so help with neuroplasticity. This continuous rewiring of the brain helps to boost memory and thus slow down aging.

Dancing can sustain and improve intelligence. To put it simply, the essence of intelligence is making decisions. To improve your mental acuity, it is best to involve yourself in an activity that demands split-second, rapid decision making. Dancing is an example of a fast-paced activity that demands speedy decision making. It requires instant responses to questions like Which way to turn? What speed to move your body? and How to react to your partner's movements? Dancing is an excellent way to maintain and enhance your intelligence.

Dance can be a great way to maintain and improve many of your brain functions. It can increase your neural connectivity because it integrates several brain functions at once; rational, musical, kinesthetic, and emotional. This increased neural connectivity can be of great benefit to your brain as it ages. So, dance now and dance often!

# Lifestyle

## Cooling Summer Fruits and Vegetables

Ah, that summer heat. Do you ever feel lethargic on a hot summer day? Many people find their bodies feeling more sluggish and slow when the temperature rises. This is due to our body having to compensate so that our internal body temperature doesn't also rise with the outside temperature. Normally a balanced amount of blood flows between the skin and muscles, but when it's hot outside our blood flows more towards the skin to help disperse body heat.

With warmer temperatures found around the globe right now our bodies naturally seek ways to cool down. Therefore, drinking plenty of hydrating fluids and eating cooling foods helps hydrate your muscles and skin. This helps to maintain a safe internal body temperature. Since mother nature makes no mistakes, it's no wonder that at this time of year the summer seasonal fruits and veggies would do exactly just that—help us stay naturally cool. Yet another reason to eat with the seasons!

So let's dive right into it. What fruits and veggies are best this time of year to help us keep cool?

**CUCUMBER:** Cucumbers have a fountain-of-youth effect, hydrating us at the deepest cellular level. There's a reason there is the saying "cool as a cucumber." These magical veggies have an incredibly cooling effect on the liver, glands and organs. Making them an especially fantastic summer cooling veggie. Ever tried a cucumber noodle? They're delish!

**MANGO:** The "king of fruits" according to ayurvedic tradition. A mango can handle the heat like no other fruit. Even though the sun might beat down on a mango, mangoes know how to shield themselves. When we eat a mango we internalize their inner cool. An ayurvedic mango lassi is an incredibly refreshing and cooling summer drink.

**CORIANDER/CILANTRO:** Coriander is the seed and cilantro is the plant, both which are herbs that promotes cooling. Ayurvedic medicine considers coriander to be one of the most cooling spices. Including both coriander and cilantro in your diet during the hot summer months is one of the best ways to cool your body down.

**PEACHES:** Stone fruits are plentiful during the hot summer months. Peaches are juicy and flavourful making them a thirst-quenching fruit to gravitate towards.

**BITTER GREENS:** The bitter flavour in Chinese medicine is considered one of the most cooling flavours. It is said that bitterness contracts our energy, drawing it inward. So bitter greens, think kale, collards, mustard greens, are very cooling. These hearty and bitter greens are the antidote for a hot climate. For ultimate hydration consume them raw.

**WATERMELON:** This juicy fruit is incredibly hydrating due to its high water content. Watermelon is about 91% water! When eating watermelon, you not only hydrate but you also get a healthy dose of lycopene, vitamin C, vitamin A and magnesium.

**ZUCCHINI :** Ever grow zucchini? It grows like weeds! These prolific veggies are such a summer staple. Zucchini, like cucumbers, are hydrating, refreshing, light and energizing. Also makes a wonderful zoodle.

**PINEAPPLE:** This tropical fruit just screams summer. And for good reason too. Pineapple can help relieve heat stroke. Pineapple improves blood circulation, which we need to help disperse the heat in our body so it doesn't raise our internal body temp too high.

**FENNEL SEEDS** Another very cooling spice to be used during the summer months. An added benefit, fennel seeds stimulate proper digestion and can reduce acid reflux. Try chewing a teaspoon of fennel seeds before or after your next meal.

Stock up on these cooling fruits and veggies to combat this hot, sticky summer weather!

# Pain Management &

# Rehabilitation

## Exercises to avoid if you have back pain and alternatives

We all know that exercise is good for us, but did you know that some exercises are not recommended if you have back pain? These exercises can put too much compressive load on the spine.

Here are some examples of exercises to avoid and some exercises that you could do instead. The photos included are for the recommended exercises.

**Avoid: Superman back extensions.** In this exercise you lie face down and simultaneously lift your arms and legs off the ground and hold that position. Although typically core exercises can help reduce back pain, research has shown that this exercise can put a lot of stress on the joints in the lower back.

**Try instead: Leg extensions or cross crawl.** Kneel down onto your hands and knees. Keep your spine in a neutral position and maintain and tighten your stomach and buttock muscles. Extend one leg behind as much as you can - even a little way makes a difference. To advance the exercise at the same time that you extend your leg, extend the opposite arm out in front until parallel with the floor. Be sure to keep your torso square and stable. Hold for 2-3 seconds. Return to starting position and switch sides. Repetitions: Repeat 6-10 times each side. Gradually work up to 3 sets. Rest for 30-60 seconds between sets.



### Avoid: Sit-ups

Although sit-ups can work your abdominal region, they can also strain your lower back.

**Try Instead: Abdominal Crunches.** Crunches are better at isolating your abdominal muscles without risking injury to your lower back. Lie on your back with both knees bent and feet flat on the floor. Rest your fingers gently at the side of your head or behind your neck, tighten your abdominal muscles and raise your shoulders off the floor, being careful not to pull on your neck. Hold and slowly lower your shoulders back down. Repeat 10 times and work up to doing 3 sets of 10.



**Avoid: Double leg raises.** This exercise involves lifting both legs together while lying on your back. Double leg raises put a lot of demand on your back.

**Try instead: Single leg raises.** Lying on your back with one knee bent and your foot flat on the floor and the other leg straight. Slowly lift and lower the straight leg, making sure to keep your spine flat on the floor and your abdominal muscles tight. Repeat 10 times on both sides and work up to doing 3 sets of 10.



### Avoid: Standing forward fold (or toe touches).

Stretching is excellent to help relieve back pain. In particular tight hamstrings can contribute to lower back and stretching them can be beneficial. Some people may find that this particular exercise is hard on the lower back.

**Try instead: Hamstring stretches.** This exercise targets the hamstrings more specifically. Lie on your back with one leg bent. Loop a towel or band around your other foot and gently pull your leg towards you for 20 seconds. You can add to this exercise by gently pushing your foot into the band while resisting with your hands, hold for a few seconds and then pull into the hamstring stretch again. You shouldn't experience any pain and be sure to keep your back flat on the floor during this exercise



# Clinic News

## Congratulations to Regina on her retirement!

It is with mixed emotions that we announce Regina Featherstone's retirement as a Nutritionist from Beach Chiropractic. Regina has been an integral part of our Wellness team for over 10 years. We are grateful for all she has done to improve the health of our community and our team with her knowledge, expertise and kindness. She will be dearly missed by all of the staff at Beach Chiropractic and her clients. She received the Readers Choice Award for Favourite Nutritionist of 2018 and she would like to thank all of her clients for their votes and their loyalty to her practice. We wish her the best!



## Fall Running Clinics

Get fit with the Beach Chiropractic Running Club this fall!

### 2018 Fall Learn to Run 5k Clinic

10 Week Session Wednesday - 7:00 pm September 19-November 21, 2018  
 Early Bird Registration - \$75 (By Friday September 14th)  
 Regular Registration - \$85

### 2018 Fall 10k Running Clinic

12 Week Session Wednesday - 7:00 pm September 5-November 21, 2018  
 Early Bird Registration - \$75 (By Friday August 31st)  
 Regular Registration - \$85

more details at [www.beachchiropractic.ca](http://www.beachchiropractic.ca)

Returning Runner  
 Discount -  
 \$10 off

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Technical Running  
 Shirt - \$15



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## Services

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