



# BeachChiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

## Health Research

Thirty minutes of morning exercise lowers blood pressure for the rest of the day among older men and women who are overweight or obese. And women who take brief, frequent breaks from sitting throughout the day can enhance the blood pressure benefits of morning exercise even more, according to new research published in the American Heart Association's journal Hypertension.

Communicating food benefits to children that they can relate to may get them to eat healthier, according to a study published today in the Journal of Nutrition Education and Behaviour. The researchers found affirming statements like "eat your lentils if you want to grow bigger and run faster" were more effective at getting kids to make healthy food choices than presenting the food repeatedly without conversation.

## Massage Therapy for Mental Health

Over the years, there have been studies assessing the effectiveness of massage therapy in easing mental health symptoms. Early this year, researchers at Beaumont Health System in Michigan, reported that inpatients at a progressive care unit who were given clinical massage or guided imagery to supplement traditional care noted "a significant reduction" in pain, anxiety, and sleep disorders.

Massage Therapy may be a good addition to a team of practitioners such as a Psychotherapist, Psychologist or Physician when dealing with mental health or illness such as lots of stress, anxiety, depression and PTSD.

As more and more patients turn to complementary approaches and look beyond traditional medicine to help them deal with health issues, the question about whether massage therapy can be part of the mental health toolbox is increasingly being asked.

Everyone experiences mental health challenges, which can be affected by issues such as stress, anxiety, and overall life satisfaction. Wellness is an important contributor to mental health and for coping with issues around mental illness.

Massage therapy, and other modalities involving touch, fall within the ambit of wellness. Massage can help all people, whether or not they have a psychiatric diagnosis, because it promotes relaxation and stress reduction. It can be a preventative tool to maintain wellness and combat the negative physical, and sometimes emotional, effects of stress on people.

There have been several studies on the the positive effects of massage therapy on biochemistry, including decreased levels of cortisol (the primary stress hormone, high levels of which can hamper one's immune function) and increased levels of serotonin and dopamine – neurotransmitters that help regulate mood, emotions and other neurological processes.

Cortisol reduction following massage therapy was noted both immediately following massage sessions and over the course of massage therapy treatment periods in conditions ranging from job stress to depression and depression-related disorders and auto-immune conditions, note researchers in a recent study.

# Lifestyle

## The new exercise trend that is made for everyone

Bringing the science of high intensity interval training (HIIT) into everyday life could be the key to helping unfit, overweight people get more of the exercise they need to improve their health.

From washing the car to climbing stairs or carrying groceries, each of these activities is an opportunity for short sharp bursts of 'High Intensity Incidental Physical Activity', HIIPA for short.

Regular incidental activity that gets you huffing and puffing even for a few seconds has great promise for improving health.

When considering differences in physical capabilities by age, sex and weight, many daily tasks can be classified as 'high intensity' physical activity. That is, the kind of activity that gets you out of breath enough to boost your fitness.

Incorporating these kinds of activities into routines a few times a day will see significant health benefits for the majority of adults.

A typical day of HIIPA activities would consist of three to five short (0.5–10 minute) sporadic bouts of relatively high-intensity physical activity (e.g., climbing stairs, walking briskly, shoveling snow) spread out across the entire day.

There is a lot of research telling us that any type of HIIT, irrespective of the duration and number of repetitions is one of the most effective ways to rapidly improve fitness and cardiovascular health and HIIPA works on the same idea.

Several large studies show that middle aged and older adults doing vigorous exercise has great long-term health benefits, but many people find it very difficult to start and stick to an exercise program.

The beauty of HIIPA and the idea of using activities we are already doing as part of everyday life is that it is much more realistic and achievable for most people.

HIIPA requires very little time commitment as you can incorporate it into your everyday life with stuff you are already doing. It is also very practical as a way to increase health as it requires no special equipment and there are no concerns about a lack of skill or fitness level.

How to fit HIIPA into your day:

- Brief walking sprints
- Swiftly climb stairs
- Park at the end of the parking lot
- Carry groceries or shopping across the whole parking lot
- Run/play along with young children at their pace
- Walking uphill
- Getting up every hour and doing a two-minute burst of squats, burpees, jumping jacks, jumping rope — any activity that will leave you breathless. (Tip: set your cell phone to chime every hour to remind you.)
- Dance when a good song comes on the radio
- Wash your car
- Pick up the pace when walking

# Pain Management

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# Rehabilitation

## What is Chiropractic?

Chiropractic is a highly skilled hands-on healing technique which assists your body to heal itself naturally. Treatment focuses on the cause of the musculoskeletal pain and not just the symptoms. There is an emphasis on manual treatments including spinal adjustments and other soft tissue therapies. Back pain, neck pain and headaches are the most common reasons why Canadians first consult a chiropractor.

### Benefits of Chiropractic Care are vast and include:

- Improved movement in your neck, shoulders, back and torso
- Improved posture
- Relief from headaches, neck and back pain
- Prevention and treatment of work related muscle and joint injuries
- Improved flexibility
- Reduced stress and tension in the body
- Enhanced athletic performance
- Correction of gait and foot problems
- Relief of pregnancy related back pain

### Chiropractic Treatment

Chiropractic treatments normally consist of manual therapy, including adjustments, mobilizations and soft tissue therapy. An adjustment is a quick small thrust to the spine or other parts of the body intended to provide immediate pain relief and mobility. An adjustment can be performed manually or with a gentle tool, such as the activator. Mobilizations are slower movements or stretches that help relieve stiff joints. Soft tissue therapies work on the muscles and ligaments and can either be performed manually or with instruments.

In addition to manual therapies, the chiropractors at Beach Chiropractic are all certified acupuncture providers. Treatments can also consist of laser therapy, ultrasound and interferential current. Your chiropractor may also recommend exercises and provide you with injury prevention strategies. Whether you are suffering from a specific injury to your muscles, tendons, ligaments and nerves, or you have a chronic condition such as spinal stenosis, osteoarthritis or inflammatory arthritis, a chiropractor can help relieve pain and restore function in the following areas of the body:

- Head and neck
- Shoulders
- Mid-back
- Low back and pelvis
- Elbows, wrists and hands
- Hips, knees, ankles and feet

Even if you do not have painful symptoms your chiropractor can help you maintain a healthy spine and improve your quality of life.

# Clinic News

**Beach Chiropractic wishes you a happy and safe Summer!**

**Bring on the fun!**



## Fall Running Clinics

Get fit with the Beach Chiropractic Running Club this fall!

### **Learn to Run 5k Clinic**

10 Week Session: Wednesday 7:00 pm - September 18-November 20, 2019  
Early Bird Registration - \$75 (By Friday September 13th)  
Regular Registration - \$85

### **10k Running Clinic**

12 Week Session: Wednesday 7:00 pm - September 4-November 20, 2019  
Early Bird Registration - \$75 (By Friday August 30th)  
Regular Registration - \$85

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



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Telephone: 705-429-0-911  
Email: [frontdesk@beachchiropractic.ca](mailto:frontdesk@beachchiropractic.ca)  
1535 Mosley St., Wasaga Beach  
ON, L9Z 2B7  
[www.beachchiropractic.ca](http://www.beachchiropractic.ca)

## Services

Chiropractic	Acupuncture
Massage Therapy	Orthotics
Naturopathic Medicine	Cupping
Laser Therapy	Running Clinics