



BeachChiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

New research, published in the journal Cell Reports, suggests that a low-protein, high-carb diet may be an easier alternative to calorie restriction for people looking to preserve brain health and prevent cognitive decline. They note that low-protein, high-carb diets have been around for centuries. "The traditional diet of Okinawa is around 9 percent protein, which is similar to that in our study, with sources including lean fish, soy, and plants, with very little beef."

New research shows that sunlight kills potentially harmful bacteria and improves air quality in indoor environments. Invite more natural sunlight into your house or office by opening blinds or pulling back curtains. Sunlight may have a bacteria-killing benefit as well as a naturally mood-enhancing one.

What is Naturopathic Medicine?

Naturopathic Medicine is a form of medicine that aims to treat the root cause of health conditions, rather than just relieving symptoms. The goal in Naturopathic Medicine is to stimulate the healing power of the body, in the most natural way possible. Naturopathic Medicine takes into account all aspects of an individual's health, including physical, mental, and emotional wellbeing. Treatments could include diet and lifestyle changes, herbal medicine, supplementation, hydrotherapy, homeopathy, physical medicine, and Traditional Chinese Medicine including acupuncture and cupping therapy. Each treatment plan is tailored to the individual, taking into account personal treatment preference, safety, medications that could interact with natural products, and scientific evidence supporting the efficacy of the treatment. Both acute and chronic conditions in people of all ages can be effectively treated with Naturopathic Medicine.

What training do Naturopathic Doctors have?

Naturopathic Doctors must obtain a 4 year Bachelor's Degree, including education in basic sciences, prior to completing a 4 year degree in Naturopathy. There are currently 7 accredited schools of Naturopathic Medicine in North America. Through the 4 year Naturopathy degree program, Naturopathic Doctors are trained as Primary Health Care Providers. This means that they are trained like Medical Doctors and Registered Nurses in basic medical and clinical sciences, diagnosis, and assessment. Naturopathic Doctors also receive a significant amount of training in natural therapies and safety of natural therapies when used with pharmaceutical medications. Naturopathic Doctors receive over 1000 hours of clinical training throughout the Naturopathy program, spending 12 months in a clinical internship seeing patients under the supervision of a licensed Naturopathic Doctor. Naturopathic Doctors are regulated health professionals in Ontario; they are different from a Nutritionist by the amount of education and clinical skills they receive.

What is a Visit with a Naturopathic Doctor like?

Visits with Naturopathic Doctors are often quite different from visits with other Health Care Professionals. You will fill out a detailed intake form prior to your first visit. At your first visit, your Naturopathic Doctor will review your intake forms and ask your more questions. Many people indicate that they have never been asked some of these questions by other Health Care Professionals before. This is how your Naturopathic Doctor gets a full picture of all aspects that could be affecting your health. Your Naturopathic Doctor may perform physical exams or request lab work, either from your Medical Doctor or by sending you to the lab, depending on your medical concern. You and your Naturopathic Doctor will then discuss your treatment options. Treatment options could include any of the modalities Naturopathic Doctors are trained in, including: nutrition and lifestyle counselling, supplementation with natural health products, such as vitamins, minerals, or other nutritional components, botanical medicine, Traditional Chinese Medicine, including acupuncture and Chinese herbal medicine, physical medicine, including cupping therapy, homeopathy, and hydrotherapy. Your Naturopathic Doctor will check for interactions between medications and natural health products, as well as any nutrient depletions that may occur as a result of any medications you are on.

Beach Chiropractic is now offering Naturopathic Medicine with Dr. Melyssa Hoytink. Book your complimentary 15 minute meet and greet appointment to learn more about how she can help you improve your health.

Lifestyle

Prevent and Treat the Flu and Common Cold

Your odds of falling prey to influenza are largely determined by your overall health and immune function. Anything that strengthens your immune system will lower your risk for colds and flu. Building up your immune system while avoiding the things that wear it down will help prevent influenza. What factors are the most destructive? Stress, inadequate sleep, inactivity, environmental toxins and nutritional issues are some of the big ones. Excess dietary sugar, artificial sweeteners and other chemical additives can wreak havoc on your immune system.

There are many effective flu-busting strategies that are evidence-based, accessible and economically feasible—but the following five deserve special mention.

1. Vitamin D3: Traditionally, we received our vitamin D from the sun. In fact, it's theorized the reason for influenza's increased prevalence in the wintertime is our reduced sun exposure, with a resultant drop in our vitamin D levels. It's best to get vitamin D3 from reasonable sun exposure, but if this is not practical, a D3 supplement can be used for just pennies a day.

The only way to accurately determine your D3 level is with a blood test. In one study, adults with vitamin D3 blood levels of 38 ng/ml or greater enjoyed a two-fold reduction in acute viral respiratory infections. The Vitamin D Council recommends keeping your levels between 40 and 80 ng/ml year-round. One study found supplementing schoolchildren with 1,200 IUs per day of D3 cut their risk of influenza A by 42 percent.

2. Probiotics: The billions of microorganisms that reside in your digestive tract comprise 80 to 90 percent of your immune system. Practices such as antibiotic overuse, the standard American diet and today's "germophobic" attitude have taken a heavy toll on the human microbiome. Therefore, probiotics are a powerful boost to your immune function.

Researchers found probiotics reduced the incidence and duration of respiratory tract infections in young children. In another study, daily probiotic supplementation was shown to reduce fever, rhinorrhea, cough, and missed school days for children age three to five. Adults show similar benefits—those taking probiotic-containing supplements demonstrate fewer and less severe colds.

The most abundant and active probiotics come from whole foods, such as raw sauerkraut, kimchi, yogurt, kefir, kvass and other traditionally fermented foods. Although less powerful, probiotic supplements are another option. On a side note, beta glucan—found in baker's yeast, mushrooms, and cereal grains—has also been shown to reduce the incidence and severity of colds and flu.

3. Green Tea: If you feel a bug coming on, brew yourself a nice cup of green tea. Green tea is rich in catechins and is shown to enhance T cell function, as well as interfering with the replication of the influenza virus.

4. Elderberry: The next celebrity in natural flu prevention is elderberry, or *Sambucus nigra*. (Black elderberry extract is also known as Sambucol.) A Norwegian study showed flu sufferers who took 15 ml of elderberry extract four times a day for five days recovered four days sooner and required less "rescue medication" than placebo. Elderberry extract has also been shown to inhibit several strains of influenza virus, in vitro. Besides antiviral properties, Sambucol activates your immune system by increasing cytokine production.

5. Echinacea: Last but not least, echinacea purpurea has a long history of use with respiratory infections. Research supports its ability to reduce both the severity and duration of flu symptoms.

Pain Management &

Rehabilitation

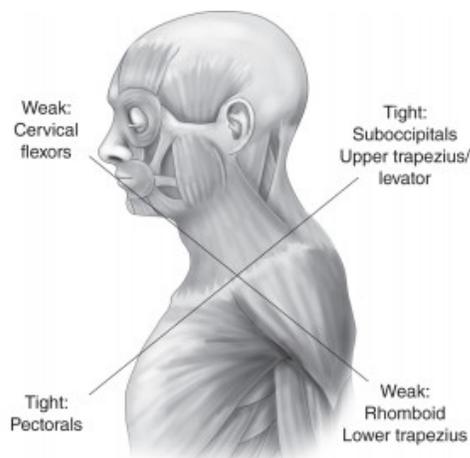
Chronic Shoulder and Neck Pain

Shoulder and neck pain is a common occurrence for many people, and usually lasts a few weeks to a few months. If the pain lasts more than a few months it is considered chronic and often times is a result of poor posture and muscle imbalances.

Good posture, as it relates to the neck, is commonly considered when the ears are positioned directly above the shoulders with the chest open and shoulders back. In this neutral position, also called normal head posture, stress on the neck is minimized because the head's weight is naturally balanced on the cervical spine.

Forward head posture occurs when the neck slants forward, placing the head further in front of the shoulders rather than directly above. As the head is held forward in poor posture, the cervical spine must support increasing amounts of weight. One rule of thumb is that for every inch that the head is held forward in poor posture, an additional 10 pounds of weight is felt on the cervical spine. So if the average head weighs between 10 and 12 pounds, just 1 or 2 inches of forward head posture can double or triple the load on the cervical spine. Forward head posture is often accompanied by forward shoulders and a rounded upper back, which can lead to more pain in the neck, upper back, and/or shoulders. Over time, forward head posture can lead to muscle imbalances as the body tries to adapt and find efficient ways to hold the head up for straight-ahead vision. Some muscles become elongated and weakened, whereas other muscles become shorter and tighter.

In this image you can see the muscle imbalances with poor posture. Weakness occurs in the muscles in the front of the neck and in the shoulder blade retractors— rhomboids and lower trapezius. Tightness occurs in the muscles at the back of the neck and the chest muscles— pectorals.



Exercises to fix forward head posture include strengthening the weak muscles and stretching the tight muscles. Below are some exercises to get you started.

Chin Tuck for strengthening the neck flexor muscles



When doing this exercise seated or standing:

- Start with your shoulders rolled back and gently pulled down.
- Look straight ahead, and move your chin straight back. (Make sure your chin is not flexed forward or tilted backwards)
- Hold for 5 seconds and release for 1 second.
- Repeat 10 times

If you plan on doing this laying on the floor, place a small towel behind your head so you have something to push your head back into.

Wall Angels to strengthen the back muscles



- Stand with your back against the wall.
- Place your feet a few inches from the wall and have a slight bend in your knees. Your head, spine and glutes should be flush against the wall. Do not arch your low back to get your arms on the wall, keep a neutral spine the entire time regardless if your arms cannot reach the wall.
- Bring your arms up in a "Goal Post" position on the wall, your elbows bent with your upper arms parallel to the floor, and back of the hands touching the wall.
- Hold this position for 2 seconds
- Slowly straighten your elbows while sliding your hands up the wall to form a letter "Y". Pay attention not to shrug your shoulders to your ears.
- Hold for 2 seconds and repeat 10 times

Clinic News

New Naturopathic Doctor!

Beach Chiropractic & Wellness Centre welcomes Dr. Melyssa Hoytink to the team! Dr. Melyssa is a Naturopathic Doctor with a special interest in pain management, digestive concerns, and fatigue. She believes you should be able to enjoy every day to its fullest, without your symptoms getting in the way. Dr. Melyssa would love to work with you on your journey to health!

Book your Complimentary 15 minute Meet & Greet to discover what Naturopathic Medicine can do for you.



Renovated Business of the Year Award

Beach Chiropractic was the proud winner of the Renovated Business of the Year Award presented at the Wasaga Beach Chamber of Commerce's Awards night. We love our new home at Mosley and Sunnidale. Thanks to Rob and Cindy Cipollone of RC Carpentry for their hard work and dedication and to all of our staff and associates for ensuring a smooth transition.

Dr. Sarah and Carrington attended the banquet.



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Services

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