



Beach Chiropractic & Wellness Centre

December Newsletter

Health Research

- Strong legs? Strong Brain. Research has found that there is a correlation between strong legs and sustained mental cognition. A study performed on 162 sets of identical twins (aged 43-73) over a 10 year period concluded that age related changes in mental function were closely associated to the subjects leg power than any other lifestyle factor. Exercise pumps brain-boosting chemicals like endorphins and serotonin into the body and staying physically active keeps us both mentally and physically healthy.
- A study out of Tufts University recently found that coconut oil effectively combats the spread of fungal pathogens in mice. Researchers are suggesting that a coconut oil-heavy diet could similarly decrease the effects of candida overgrowth in humans.

Pain Management

Chronic or reoccurring pain is linked to changes in the brain from high levels of stress.

Research shows that patients with chronic back pain have higher levels of cortisol (a stress hormone) which is associated with smaller hippocampal volume (an area in the brain that is involved with learning, memory and anxiety related behaviour). These findings show that chronic pain changes the brain activity which in turn, creates an improper stress response and contributes to our memory of painful events. This means that when a person experiences pain, a stress response is evoked and over time, if pain persists, these stress responses change the activity in the brain responsible for pain. This change in the brain therefore creates a cycle of stress/pain/stress/pain. This provides strong support for the prevention and management of chronic pain. Treatment interventions for promoting healthy mental states aimed at decreasing the impact of stress as well as promoting anxiety and stress reduction may be essential to prevent and relieve chronic pain.

Treatments that may help decrease and prevent stress include regular chiropractic, acupuncture and massage therapy treatments. Nutritional consulting to help you maintain a regular diet and give your body the proper nourishment it needs while avoiding overconsumption of caffeine, sugars and unhealthy fats. Getting regular exercise, taking time for self care, talking to a loved one, keeping a journal and managing your time are other ways you can help prevent stress.



Lifestyle

Seasonal Affective Disorder (SAD)

SAD is a type of depression that is related to seasonal changes, typically, symptoms start in the fall and continue into the winter months and are related to shorter days with less sun exposure. Symptoms include fatigue, irritability, trouble concentrating, body aches, poor sleep, over eating. According to the Seasonal Affective Disorder Association, light therapy from a light box has proven effective in up to 85 percent of diagnosed cases. Along with light therapy, people may choose to use alternative therapy and exercise to decrease the symptoms of SAD. Supplementing with vitamin D may be helpful in reducing symptoms of SAD.

Consider booking an appointment with our nutritional consultant to get information on proper levels of vitamins and minerals to help with this condition.

Massage Therapy and Chiropractic can be effective treatments in decreasing body aches and easing stress and anxiety which help to mitigate other symptoms associated with SAD.

5 Ways to Stay Present and Overcome Distractions During the Busy Christmas Season

- 1. Go Outside:** You don't have much to do beyond walking out the door and into a natural setting to feel refreshed and cut through mental clutter. Merely going for a walk in a forested area promotes feelings of vitality, and once you feel alert, you'll have the energy to lock into the present moment.
- 2. Sensationalize yourself:** Try experiencing a situation with your senses to truly tap into the present moment. Outside: feel the breeze against the nap of your neck, hear the crunch of the leaves below your shoes. At the office: ground your sit bones into your chair, take a moment to identify the subtle flavours of your tea.
- 3. Practice a quick mindfulness meditation:** A quick breath and body check deters wayward distractions and captures your attention inward and into the now. Take a comfortable seated position, close your eyes, clear your mind, bring your attention to your breath, take slow, deep breaths and feel how the breath moves in the body.
- 4. Strike a balance:** Balance poses are excellent at gauging how present you are - suddenly falling over can be an indicator of a wandering mind. Try out Tree Pose (pictured) and notice if you can bring your attention to this moment, clear the mind and remain steady and strong.
- 5. Be a mindful photographer:** Capturing a momentous occasion or beautiful scene can be an exercise in mindfulness. Before you take a photo, experience the subject in front of you and pick one aspect or feeling you'd like to take from it. Look at the scene with an artistic eye and notice subtle beauties within the frame to really appreciate what lies in front of you in the moment.



Rehabilitation

Self-Care During the Holidays

With the holiday season around the corner, it can be easy to focus on everything else besides ourselves! Party planning, shopping, baking, and get togethers are some of the highlights of this season, but oftentimes we get so caught up with pleasing everybody that we forget to “check in” with ourselves to see how we are doing. Many of us think that we only need self care when we were stressed, but self care is an ongoing necessity as a form of preventative healthcare - and this time of year is no exception. Begin by fitting self care into your existing schedule. When we look at self care as something that requires special time to be set aside, a commodity most of us have very little to none of, then it becomes daunting and uninspiring. Below are some ideas that you can incorporate into a daily or weekly routine to ensure your health stays as bright as the holidays!

- Morning meditation or yoga: Try even 5 minutes to sit, breath and experience the present moment or do 3 Sun Salutations
- Evening wind down: Dedicate 30 minutes to be fully present while you read a chapter of a book or an article in a magazine, or write in your journal
- Think of one thing you are grateful for everyday (write it down, put it in a jar and then read all of them at the end of each month!)
- Allow yourself to be creative: Sing, Dance, Draw/Paint
- Let yourself fully relax: Get a massage treatment, Take a hot bath
- Pay attention to every part of your body: multiple times a day, close your eyes, take a few deep breaths and do a quick scan of how your body is feeling and tend to it! Do a few stretches, change positions, take a rest, move around, drink/eat, take a nap
- Pay attention to your thoughts: Are your thoughts positive or negative?
- Make sure your drinking enough water: Drink half of your body weight in ounces (150 pounds = 75oz water daily)
- Do something that makes you happy: listen to a favourite album, snuggle a pet, watch a comedy, watch the sunrise or sunset, call a friend

Lower Back Stretches



MICHAEL WINOKUR

Childs Pose



MICHAEL WINOKUR

Supine Twist

Clinic News

Give the gift of health and wellness!

Gift Certificates are available for any of our services!



- **Chiropractic**
- **Massage Therapy**
- **Nutritional Consulting**
- **Reflexology**

Reflexology Special

Buy 3 Reflexology Sessions and get the 4th one free!

Patient Appreciation Days

This year's patient appreciation days are on Thursday December 17th and Friday December 18th.

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Beach Chiropractic Toy and Food Drive

We are collecting toy donations for the Kinette's Toy Drive and food for the Wasaga Beach Food Bank.



Please consider bringing a non-perishable food donation or a new unwrapped toy to the clinic for your chance to win one of two Beach Chiropractic Christmas Gift Baskets, each valued at \$250.

Services

Chiropractic

Massage Therapy

Nutrition

Laser Therapy

Acupuncture

Orthotics

Reflexology

Running Clinics



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References:

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