



BeachChiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

Sunlight Has Pain-Killing (Analgesic) Properties:

A 2005 study published in the journal Psychosomatic Medicine titled, "The effect of sunlight on postoperative analgesic medication use: a prospective study of patients undergoing spinal surgery," analyzed patients staying on the bright side of the hospital unit who were exposed to 46% higher-intensity sunlight on average. The patients exposed to an increased intensity of sunlight experienced less perceived stress, took 22% less analgesic medication per hour, and had 21% less pain medication costs.

Sneaky ways to increase activity

ParticipAction's Sneak It In Week, held every April, encourages Canadians to take active breaks during their workdays and "sneak in" 10-minute increments of physical activity. It is a reminder to Canadians to find small opportunities to sneak in a little more activity throughout their day. Walk to meet a friend for lunch. Park a few blocks away. Bike to work.

It is becoming more common in Canadian workplaces to spend more time sitting in front of a computer. In addition, many Canadians also have a commute which often involves driving or sitting. The average Canadian spends 60% of their workday seated. This means there are lots of opportunities to get up over the course of the day and give your body a well-deserved break from being sedentary. The goal is to look for ways to decrease your amount of sitting and increase your activity level. Your body and brain will begin to reap the benefits of this small but significant lifestyle change. Most of the cardiovascular literature suggests that both increasing exercise level and being less sedentary are important.

As an adult you need approximately 150 minutes of cardiovascular physical activity each week. This is activity that raises your heart rate and makes you feel slightly out of breath and that can be gained by adding up activities in 10-minute chunks.

Here are a few ideas to help you sneak in more movement throughout your day.

1. **Park further away.** This can be done at work if you have a larger parking lot or at the grocery store or mall.
2. **Take the stairs whenever possible.** It will increase your heart rate and strengthen your leg and buttock muscles.
3. **Start a lunch-time walking club.** Aim for 10,000 steps/day.
4. **Stand while talking on the telephone.** Your productivity will be improved as standing increases blood flow to the brain.
5. **Use your morning and afternoon breaks to take a 10-minute walk.** Taking this time will often help you to be more productive.
6. **Don't overbook yourself.** Schedule exercise time in your calendar and treat it as any other important commitment.
7. **Hold walking meetings inside or outside the building.** This can also make the meeting more productive.
8. **Get in the habit of going for a brisk 15-minute after dinner walk.** Exercising after eating is great for lowering blood sugars.
9. **Take frequent stretching breaks.** Take a short stretching break every hour—your body will thank you.

Lifestyle

Spring Cleaning for Mother Nature

We will experience the first day of spring on March 20th, and a month later on April 22nd, it will be earth day. Spring can be a good time to open up the windows, get the stale air out of the house, and let the sunshine in. This can also be a time when we get motivated to clean our house, go through our belongings, and declutter. With Mother Earth in mind, we can all do our part to clean up our houses as well as clean up and prevent the decline of nature.

Earth Day is conveniently celebrated in a great month for spring cleaning, which gives us good reason to comb through our cabinets and reevaluate our cleaning supplies. Many of us are interested in nontoxic cleaners to ensure the safety of our families or to shield them and ourselves from respiratory irritants that contribute to allergies and asthma. Some also consider the bigger picture; the impact of the household products that we wash down our drains and flush into our water supply.

Research showed that laboratory tests found toxic chemicals in 20 popular cleaning products from the top five companies in the industry: Clorox, Procter & Gamble, Reckitt Benckiser, SC Johnson and Son, and Simple Green. They found undisclosed chemicals linked to reproductive toxins, carcinogens, hormone disruptors and allergens. Rather than grabbing the first household cleaner labelled "green" from the grocery store shelf, consumers should check products for both ingredients and third-party verification of their safety for people, pets and the environment.

Spring cleaning can also be a time for many to discard the old and buy the new. And while donating your unused items can be of benefit to others, donating and recycling responsibly is of importance. What's more important is assessing our needs for new things and where these products are coming from, what method of manufacturing they endure and what materials are going into them.

Habitat for Humanity in Collingwood is a drop-off location for computers and computer accessories, image, audio and video devices, telephones and cell phones, printers and many other electronic equipment. They also take anything related to home and home improvement materials.

With our consumer society still ramping up its game, it is easy to fall into a set of unconscious rules that we need to have new clothes, new shoes, new stuff every year. It is now recognized that this behaviour is unsustainable and that we are destroying our planet in the pursuit of fashion and class. The clothing industry is at the top of the list when it comes to polluting the earth, and is classified as the second largest dirty-industry. To top that off—fashion demands by the western world cause illness and injury to those who manufacture fabric. Pesticides are used heavily on the fabric material, which affects the people processing it, as well as the waterways, plants and animals that inevitably come in contact with the pesticides. More than two thousand gallons of water are used in the process of making one pair of jeans, the by-products of production washed down the drain.

A shocking amount of information for something so subtle as the clothes we wear on our bodies—so what do we do?

Wear them to the bitter end: Instead of buying more clothes—use the ones you have until they are so worn that you can't wear them anymore. You can turn old shirts worn past their use into dust cloths and old towels into wash cloths. You can make patches for other clothes, or cut them into shorts. **If you just aren't wearing them, pass them on.** Many of us have clothes that sit unworn in the back of our closets. We know that they're there, but we still don't wear them—or get rid of them. If you have extra clothing that you're not using, but are good condition, pass them on. **Organized seasonal clothing swaps:** Invite your friends, let them invite their friends and have everyone clean out their closets and bring their clean, gently-used clothes that no longer fit or they no longer (or never) wear.

Most importantly: make sure the clothing that you buy are made of good materials—organic cotton is great—and that the manufacturers are being respected and are Fair-Trade. There are plenty of good clothing companies that can provide this information to you. Stay away from fast fashion, more often than not this clothing will not last long and is actually not worth the money. Spend a little extra on healthy clothing, make sure it fits well and that it will last you many years.

Pain Management

&

Rehabilitation

Get your posture back!

You've likely heard it before - "Your back/shoulder/neck pain is due to your poor posture". You sit at a desk all day, you may even have a long commute to work, you use a smartphone or tablet, you have growing babies to hold or your constantly bending over, carrying heavy objects, or maybe you are tall! There are a myriad reasons why humans of todays age have poor posture. Rounded shoulders tends to play a large part in bringing the whole upper body and neck out of proper alignment. Fortunately, there are quite a few different exercises that can help lengthen the front of the body and strengthen the back of the body to counteract rounded shoulders, a hunched back and head forward posture.

Just as the muscles and joints have been trained to hunch forward, they can be retrained to find the correct resting position.

A simple exercise routine can be followed to support correct shoulder position and posture in many people. Dedicating 20-30 minutes a day to these exercises, three times a week, can help an individual improve their posture and alleviate any associated symptoms.

It may take time to notice the adjustment to the shoulders, but it is better not to rush or force the body into a position that is not comfortable.

Stretch out the front!



Supine "T"

How-to: Lie flat on your back with knees bent and feet flat on the floor. Place your arms out to the side, palms up, as if forming a "T" with your body. You can increase the stretch by placing a rolled towel or foam roller lengthwise along your spine. Make sure to keep both your hips and head on the roller or

towel if you're using one. Do for 5-10 minutes each day.

Soft-Tissue Chest Release



How-to: Take a lacrosse ball or tennis ball and place it against your pectoral muscles, just inside your shoulder bone and underneath your collarbone. Lean gently against a corner of a wall, with your chest resting against the ball on the wall. Press gently into the wall with your body and massage throughout this area. If you find a tender spot, let the pressure of the ball sit against that knot until you feel the tightness release.

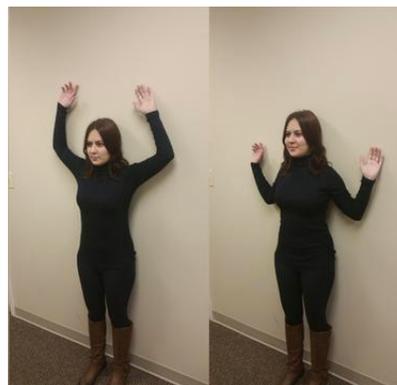
Strengthen the back!

Shoulder Blade Squeeze



How-to: Sit up tall with good posture and bring both shoulder blades together as if you were holding a pencil between them and pull them down away from your ears as you squeeze. Hold for 10 seconds, repeat 10 times, and repeat this move 3 to 4 times throughout your day.

Wall Angels



How-to: Stand with your back against the wall with your arms out to your sides and then bend your elbows and rotate your arms so that the backs of your hands are touching the wall directly above

your elbows. Slowly move your arms up and over your head while focusing on maintaining contact between your elbows, hands, and the wall, and then lower your arms. Only go as high or as low as you can to keep the backs of your hands and elbows in constant contact with the wall. Raise and lower your arms like this 10 times slowly, as if making a snow angel on the wall.

Clinic News

Running Clinics Start Soon!

Get fit with the Beach Chiropractic Running Club this spring!

2018 Spring Learn to Run 5k Clinic

10 Week Session Wednesday 7:00 pm, April 18 – June 20, 2018
Early Bird Registration - \$75 (By Friday April 13th)
Regular Registration - \$85

2018 Spring 10k Running Clinic

12 Week Session Wednesday 7:00 pm, April 4 – June 20, 2018
Early Bird Registration - \$75 (By Friday March 30th)
Regular Registration - \$85

more details at www.beachchiropractic.ca

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
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Services

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