



Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

Lower back pain is extremely common and a significant cause of long-term sick leave and work loss. 8 out of 10 Canadians will experience back pain at one point in their lives. A recent randomized control trial suggests that chiropractic manipulative therapy (an adjustment to the spine) in combination with standard medical care offers a significant advantage for decreasing low back pain and improving physical functioning when compared with only standard care. Standard care included education, medication and physical therapy. A randomized control trial is one of the highest quality forms of research.

Is Your Sunscreen Helping or Harming?

With the rise in research confirming body care product ingredients containing harmful chemicals that alter natural hormonal regulation and irritate skin, it's no surprise that many brands of sunscreen fall into this category. Because of the conflicting information and claims made on the risk of UV rays vs. vitamin D deficiency, sun exposure and melanoma and tanning bed UV rays being carcinogenic, it is not hard to believe that we could be doing more bad than good in the application of sunscreen. It seems that the best option should be to stay inside and protect ourselves from the sun's damaging rays - but we need sunlight for our bodies to produce vitamin D which is needed for well-being and cellular function (like absorption of calcium). Research is clear about the healthy benefits of sun exposure. It is, however, sunburns that potentially raise cause for concern. With sunscreens increasing SPF claims, people are exposing themselves to too much sun for too long.

Outdoor sun exposure has been safe for centuries - in 1930, skin cancer was rare. Today, one in five Americans develops skin cancer, 3.5 million cases are diagnosed a year, and the incidence of melanoma has doubled over the last 30 years. Regardless of the amount of time we spend in the sun or in a booth, what should be avoided at all costs is the burning of our skin from intense overexposure. It's not sun exposure, not UVB exposure, but exposure beyond our body's limitations that raises cause for concern.

The biggest problem with the lotions and creams we slather all over our bodies is not how much they protect us from the sun, but what's in them that pollutes our bodies in the interest of blocking the sun's rays. A good first step is make sure your sunscreen does not contain worrisome ingredients that could cause hormone disruption or harm the skin.

Ingredients you should stay away from include: Retinyl Palmitate (a form of vitamin A), Oxybenzone, Octinoxate/ Ethylhexyl Methoxycinnamate, Homosalate, Octisalate, Octocrylene.

Safe minerals include: Titanium Dioxide, Zinc Oxide, Avobenzone, Mexoryl SX

Check out our online newsletter via our website or sign up for bi-monthly emails to see more ways to protect yourself from sun overexposure and get the link to safe sunscreen brands.

Lifestyle

Amazing Healing Powers of Aloe Vera

Aloe vera is a succulent plant that belongs to the lily family. There are more than 300 species of the aloe plant, but the Aloe barbadensis species exhibits the most proven medicinal properties. To date, there have been 75 nutrients identified in the gel of the aloe plant. It contains vitamins A, C, E, B1, B2, B3 (niacin), B6, choline, folic acid, alpha-tocopherol, and beta-carotene. In addition, aloe gel and whole leaf extracts improve absorption of both vitamin C and vitamin E. Aloe vera also provides 19 of the 20 required amino acids and seven of the eight essential ones. And it contains digestive enzymes like amylase to break down starch and sugar, and lipase to help break down fats. Aloe vera has been used medicinally for thousands of years. It has been used to traditionally to treat burns, hair loss, acne, skin infections, hemorrhoids, sinusitis, and gastrointestinal pain. It also heals bruises, x-ray burns, and insect bites. In modern times, aloe vera has become a home remedy for dry skin, psoriasis, and other skin conditions. Its amazing pharmacological actions include anti-inflammatory, antibacterial, antioxidant, antiviral, and antifungal.

Drug-Free Ways to Cool Hot Flashes

Hot flashes are brief episodes of flushing, sweating, racing heartbeat and sensations of heat. They can last for a minute or for an hour. Some women experience the flashes for a short time during menopause while others have them for the rest of their lives. Hot flashes are most often associated with menopause. But breast cancer survivors can have particularly severe and frequent flashes when chemotherapy or surgery sends them into premature menopause. Many women find relief with hormone replacement therapy (HRT). But breast cancer survivors aren't candidates for HRT because of concerns that estrogen promotes breast cancer. For a natural approach to cooling hot flashes, try these alternatives:

Acupuncture: Research concluded this modality helped to boost endorphins, painkilling and mood-elevating molecules in the blood which decreased the frequency and severity of hot flashes. **Yoga, Meditation, Peppermint oil** (Putting a drop on the back of the neck), **Pomegranates** (balance hormones by producing three types of estrogen). **Avoid trigger foods** (caffeine, spicy foods and alcohol - all heat producing substances. Try cooling foods like melon, bean sprouts, celery, apples, asparagus and grapes). **Buy Organic** (Most meat and dairy in the supermarket comes from animals treated with hormones that may compound an estrogen imbalance). Stick with hormone-free organic meat and dairy. **Eat more flax seeds** (they contain plant estrogens called phytoestrogens that can balance out estrogen levels). **Black Cohosh** (one of the most popular and most studied natural remedies for hot flashes). **Red Clover** (contains a phytoestrogen called isoflavones), **Evening Primrose Oil, Maintain a healthy body weight.**

Skin Aging: Taking aloe orally reduces facial wrinkles. Aloe increased collagen production leading to better structural support of the skin and fewer wrinkles. Aloe decreased gene activity that causes collagen to become damaged in the first place.

Psoriasis: Swedish researchers found that a cream containing aloe vera is effective for the treatment of psoriasis.

Cancer: Consistent with its other skin benefits, aloe vera may also prevent and treat skin cancer. Aloe vera inhibit the skin cell proliferation that accompanies skin cancer. Researchers found that treating the cells with aloe-emodin, a constituent of aloe, significantly stopped the proliferation process. This confirms aloe's benefit in halting the progression of tumor formation after sun exposure.

Periodontal Disease: Aloe vera has been found effective when added to toothpaste and mouthwash. Aloe vera juice is effective for a range of dental problems including periodontitis, gingivitis, mouth sores from radiation therapy, and oral lichen planus (OLP). Using aloe vera juice as a mouthwash also reduces plaque buildup on the teeth.

Inflammatory Bowel Disease: Taking oral aloe vera gel improves irritable bowel symptoms in just four weeks.

Diabetes: Research found that aloe contains a hypoglycemic agent that helps to lower blood glucose levels.

Wound Healing: Aloe vera increases the speed of healing on wounds from surgery and skin infections.

Pain Management

Tips to Avoid Back Pain while Gardening

Along with the warmer weather comes the delightful prospect of puttering around in the garden. Gardening is a great way to stay active, but it can also be a source of back pain if we are not careful. Here are a few simple tips to keep in mind before heading out to the garden this season.

- **Warm up before you head out.** Treat gardening like you would any other sport, by warming up before you start. Take the time to prepare your body for activity by taking a short walk and by doing a few simple stretches.
- **Avoid lifting heavy weights.** Transport using a wheelbarrow, ask someone for help, or make more trips with smaller loads. Avoid heavy lifting immediately after prolonged bending or kneeling.
- **Lift properly.** Before starting to lift tighten your core muscles. Keep the object close to your body, your back straight and use your knees to lift.
- **Use a “scissor” stance when raking.** Stand with your right leg forward and left leg back, switching every few minutes.
- **Use the correct tools.** Use ergonomically designed tools, which are lightweight and have long handles. This will ensure you are not bending forward or twisting sideways, which causes neck and back strain.
- **Change hands frequently.** This prevents strain on one side of the body. Stand as straight as possible with your knees slightly bent and head upright.
- **Kneel to weed and plant.** Use kneepads, a mat or a cushion to make kneeling more comfortable. Constant bending or squatting can put unnecessary strain on your lower back, neck and leg muscles.
- **Avoid repetitive bending.** Instead of bending forward with the spine, hinge at the hips and keep your spine straight. Repetitive bending puts a lot of strain on the discs in the lower spine.
- **Change activities as you go.** Avoid repetitive activities if possible. Take turns alternating between chores- for instance do a half an hour of weeding and then switch to an activity like pruning that requires you to stand and so on.
- **Pace yourself.** Remember to take frequent breaks and spread your work out over a couple of days. You will receive the same great results and your back will thank you!

Take care of your spine. Back or muscle pain that lasts longer than 48 hours is your body’s way of saying it needs help. See your chiropractor or massage therapist if your pain isn’t going away and enjoy life to its fullest.

Rehabilitation

Greet the Day with Sun Salutations



Yoga is a great way to warm up the body by engaging all the muscles, increasing blood flow and therefore preventing injury before you start your day or activity. Start with five a day for a month - your yoga practice may just grow from there once you realize the new mobility you have gained and how good you feel.

Here is a simple sequence called Sun Salutation:

Prayer Pose (inhale/exhale)	Upward Salute (inhale)	Forward Fold (exhale)
		
Standing Half Forward Bend (inhale)	High Lunge (exhale)	Plank Pose (inhale) - Exhale to belly
		
Upward Facing Dog Pose (inhale)	Downward Dog (exhale) (3 breaths)	High Lunge - opposite leg (exhale)
		
Forward Fold (exhale)	Upward Salute (inhale)	Prayer Pose (exhale)
		

Clinic News

Summer Shoe Drive



have recognized a need in our community for summer items. We are looking primarily for gently used or new shoes or sandals for adults and children.



Beach Chiropractic sells Foam Rollers!



- Foam Rollers are a great way to get a good warm up or cool down for sports or activities.
- It improves circulation to the tissues and muscles, helps to decrease muscle tension and preps muscles for stretching.
- They are usually used for the legs and hips but can also be used for the back muscles.

Running Clinics Start Soon!



2016 Fall Learn to Run 5k Clinic
 10 Week Session
 Wednesday - 7:00 pm
 Sept 14 to Nov 16, 2016
 Early-Bird Registration - \$70
 (By Friday, Sept 9, 2016)
 Regular Registration - \$80

2016 Fall 10k Running Clinic
 12 Week Session
 Wednesday - 7:00 pm
 August 31 - Nov 16, 2016
 Early-Bird Registration - \$70
 (By Friday August 26, 2016)
 Regular Registration - \$80

Returning Runner Discount - \$10 off

Technical Running Shirt - \$10

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Services

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