



# BeachChiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

## Health Research

A 2013 report from the Institute of Medicine concluded that children who are more active, show greater attention, have faster cognitive processing speed and perform better on standardized academic tests than children who are less active. Another study reported that students, especially boys, who had daily physical education, did better in school. Similar findings can also be found in adults. Physical activity in midlife has been shown to protect from dementia. Researchers found that participants who engaged in physical activity at least twice a week had a lower risk of developing dementia than those who were less active.

Is this enough research to convince you that activity is worth the effort? Get up and get active, the beautiful weather is here!

## Meditation before or after activity?

Meditation and aerobic exercise affect the same areas of the brain. They increase the part of the brain responsible for executive functioning such as planning, problem solving, emotion regulation, and perspective. They also affect the part of the brain which governs learning and memory, and is extraordinarily susceptible to stress and stress-related disorders like depression or PTSD.

But which one should you do first? This will depend greatly on your motivation level. Meditation can be used to prepare for exercise, and/or to recover from exercise. And of course the quality of mindfulness we generate, cultivate and develop in our meditation, can even be used during the activity itself to enhance our performance, or increase our sense of enjoyment. Some studies indicate that being mindful of your breathing and your body during workouts increases the enjoyment of the exertion.

If you are looking to use meditation as a way to increase performance, then do it beforehand. This will ensure that you are focused in your workout. It will mean that you are less likely to get distracted, less likely to talk yourself out of the activity, and your body and mind will be working in unison for the optimum result.

If you are a person who finds your highly agitated, or very restless during meditation, then it can be very useful to do some exercise first. It is as if the excess energy gets burnt off and the mind may find it easier to relax and let go. There may also be a few endorphins still racing around the system, which tend to feel rather nice as well.

Meditation with aerobic exercise may also help mental disorders such as depression, anxiety and PTSD. An eight week study of people with depression who completed meditation before activity twice per week showed a 40 percent decrease in symptoms of the condition. They were less inclined to ruminate over bad thoughts, and their ability to focus and concentrate was improved, attributes that are believed to help reduce stubborn rumination.

# Lifestyle

**June is migraine and headache awareness month and we have some recommendations to stop the pain before it starts!**

## **Avoid triggers**

If certain foods or scents have triggered headaches in the past, it could be time to make note of them and avoid them at all costs. Things like caffeine, cigarette smoke, and bright lights can be big culprits in spurring on pain, but it doesn't have to be that obvious. Perfumes, loud noises, flowers, and even lunch meat have the power to make you miserable.

## **Figure out food sensitivities**

The most common food related to migraines is chocolate; but others such as green tea, wheat, cow's milk, grain cereals, cane sugar, yeast, corn, citrus, and eggs may also be triggers. In general avoid caffeinated drinks. Some people may find caffeine helps to alleviate their headache/migraine during the onset of symptoms.

Our Registered Nutritionist at Beach Chiropractic offers food sensitivity tests and can help create a plan that suits your personal goals for overcoming headaches and migraines.

## **Workout often**

Exercising on a regular basis reduces tension and can help prevent headaches. Choose something you enjoy doing—walking, biking, kayaking, hiking—and follow the proper guidelines for the exercise you're engaging in. That means stretching and warming up slowly. And don't forget proper hydration.

## **Eat and sleep regularly**

Lack of sleep and skipping meals can aggravate symptoms for the migraine sufferer. Make sure you are getting enough fluids and eat meals at regular times. Incorporate protein with every meal to stabilize blood sugar. Lack of sleep (or even getting too much sleep) will also aggravate symptoms, so implement routine and stick to it.

## **Control stress**

Stress. Stress. Stress. It happens. Sometimes it's hard to avoid. The only thing we can change is our response to it. Learn techniques to reduce stress levels like breathing, yoga and meditation. You can also combat stress with a massage, a long walk, a hot shower, or whatever you need to do to take the edge off.

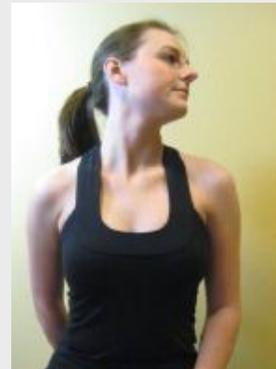
According to the Migraine Research Foundation, nearly 36 million Americans suffer from migraine headaches. Acknowledging the triggers and patterns surrounding your migraine episodes will help you figure out what's causing them and minimize your chances of experiencing headache pain.

## **Get Treatment**

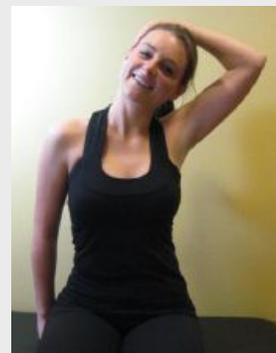
Headaches can also be due to musculoskeletal factors. If you hold a lot of tension in the shoulders and neck, or have poor posture—try getting treatment from a manual practitioner—chiropractors and massage therapists are experts at treating headaches and migraine symptoms. See the sidebar for some easy neck and shoulder stretches that you can complete everyday to relieve muscle tightness and improve tissue health!

## **Neck and Shoulder Stretches**

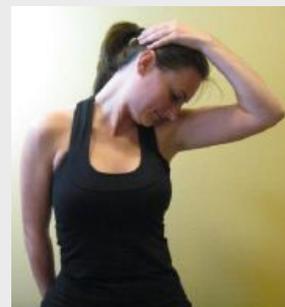
### **Scalene Stretch**



### **Trapezius Stretch**



### **Levator Scapula Stretch**



# Pain Management

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# Rehabilitation

## **Contemporary Acupuncture and Cupping: Redefining ancient eastern techniques to modern day applications**

When speaking about acupuncture and cupping—most people think of Traditional Chinese medicine—an ancient and often unscientific approach to health and healing. Modern day techniques have taken these two therapies and reinvented their mode of application to fit a more contemporary and scientific approach.

Contemporary Medical Acupuncture aims to bridge the gap between classical acupuncture therapy and contemporary medicine to achieve their ultimate integration. Quite often you will see this technique referred to as, Neurofunctional Acupuncture because it is rooted on current concepts of neurophysiology, neuroanatomy, and pathophysiology. Its primary benefit is to restore proper function of the nervous system by either the up-regulation or down-regulation of specific cellular functions. To put it simply, if the nervous system is hyper-active as seen in stress and chronic pain cases or hypo-active as seen in muscle inhibition and weakness, we need to bring it back to a normal, optimal level of function by either turning it down or turning it up respectively. It involves a comfortable insertion of small solid single-use disposable needles at relevant points on the body in combination with manual needle stimulation or electrical stimulation.

Acupuncture produces many of its effects by stimulating nerve receptors in skin and muscle. Various substances are released that cause an increase of local blood flow that encourages tissue healing. The contemporary scientific explanation of acupuncture is that needling certain points in the body stimulates the nervous system to release chemicals in the brain, spinal cord and muscles. These chemicals will change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system.

Acupuncture helps to reduce pain locally where the needles are inserted, and throughout the body and can inactivate myofascial trigger points which are often the culprits of pain. Acupuncture has effects on the brain and can produce a calming effect and produces a feeling of well-being.

Acupuncture can be effective as the only treatment or as an adjunct to other therapeutic interventions. The benefits to neurological and muscular disorders include: headaches, neck and back pain, sports injuries, sciatica, osteoarthritis, tendinitis, muscle and ligament tears, and facial pain.

Cupping—or Myofascial Decompression—is the practice of using plastic or silicon cups to create suction on the skin that lifts soft tissues and adhesions. Cupping acts on several different structures of the body—the skin, blood, immune system, fascia, and muscles.

Cupping affects the soft tissues of the body by stimulating the stretch reflex of the muscles and fascia which produces a release in the areas of application. Fascial restrictions and adhesions from injury, overuse or surgery can cause reduced flexibility in the tissues and myofascial pain. Cupping is an effective technique that separates layers of connective tissue and fascia and moves these restricted tissues which increases extra-cellular fluid between the layers and allows for better slide and glide of tissues over one another. The lifting of the tissues also creates space for increased blood and lymphatic flow that will supply oxygen and nutrients to the cells and increase metabolic exchange of immune and inflammatory cells to promote better healing. Cupping causes neovascularization—the natural formation of new blood vessels, usually in the form of functional microvascular networks (capillaries)—which help to remove stagnant cells and supply a new more effective blood supply.

While the cupping technique is very safe and enjoyable, it often leaves circular red marks on the skin from the negative pressure and the increased blood flow to the skin inside the cups. Cupping marks are not painful and range from no mark to dark purple depending on the level of restriction in the area. These marks can last from 1-8 days before they fade away. Patients are advised to plan their activities accordingly. For example, if you are going to the beach or a special event the day after your cupping treatment, you may have to be prepared for people to ask you questions about the marks around your back or shoulder.

In conjunction with massage therapy—cupping can treat: chronic upper back pain, rotator cuff pain, tension headaches, cervical strain/whiplash, asthma/bronchitis, tennis/golfers elbow, carpal tunnel syndrome, Dupuytens contracture, scar tissue adhesions, myofascial trigger points, low back pain, sciatica, IT band restrictions, knee pain, restless leg syndrome, plantar fasciitis, digestive problems and menstrual pain.

All of our Chiropractors—Dr. Sarah, Dr. Mardi and Dr. Pete provide acupuncture. Our RMT—Carrington Lauzon provides cupping and can incorporate this technique into your massage treatment.

# Clinic News

## Move Announcement

### Beach Chiropractic is moving!!

The Beach Chiropractic team will be moving to the building on the southeast corner of Mosley St. and Sunnidale Rd (across the road from Mac's convenience store).

It is very close to our current location.

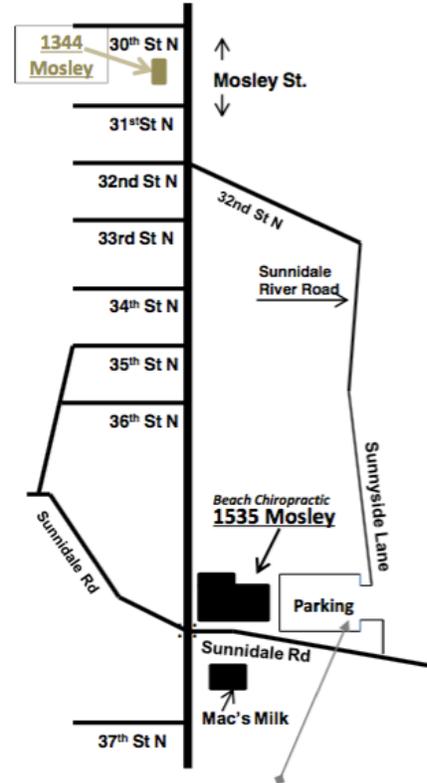
We are currently 'transforming' the building and our opening date will be on May 9th. We are very excited to be moving into our new home.

**The new address is  
1535 Mosley St.,  
Wasaga Beach,**



The parking lot is accessed from the rear of the building on Sunnyside lane.

## Map to our new location



### Our team

Dr. Sarah Adams, Dr. Mardi Charlton,  
Dr. Peter Wilson—Chiropractors

Kimberly McMahon and Carrington Lauzon—  
Registered Massage Therapists

Regina Featherstone—Registered Nutritional  
Consultant

Cindy Cipollone, Jennifer Samson, Jessie Fox,  
Sheila Schofield—Administration

Telephone: 705-429-0911

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### Services

Chiropractic  
Massage Therapy  
Nutrition  
Laser Therapy

Acupuncture  
Orthotics  
Reflexology  
Running Clinics

