

Chiropractic Care for Optimum Health

Chiropractic care is an essential component of overall health. Of course chiropractors are most well known for our ability to relieve back and neck pain as well as headaches, however, through patient education and manual therapy we help to keep your entire body functioning as efficiently as possible. A fully functioning spine and nervous system allows for the full expression of health. People who take care of their muscles and joints have also invested in taking care of the other aspects of their overall wellness. Wellness includes reducing stress levels, good nutrition and fostering meaningful relationships. When the physical, emotional, and mental aspects of our health are taken care of we feel good and are able to maintain a productive and happy lifestyle.

Often, patients seek out chiropractic care when they have a serious health problem. This is unfortunate because chiropractic care can often prevent many problems from arising in the first place by reducing spinal and joint problems. The good news is that once someone has experienced chiropractic care and felt the ease of movement of their joints and muscles they want to continue on this path. As a natural alternative to traditional medicine for certain conditions, chiropractic care can relieve your discomfort and optimize your overall health.

Your spine is the “back bone” of your health. Its job is to support you and provide protection to your nervous system which starts in the brain and runs throughout your body. Can you imagine not having regular maintenance on your home or car? How would the house perform if the shingles were never replaced/repared or electrical problems left to take care of themselves? You can imagine that over time the home would be more difficult to repair and little problems could lead to more serious ones in the future. Our bodies are no different in the fact that regular maintenance must be done to keep it functioning at a high level. We must invest in our health, because unlike a house or car, we often can't replace worn out parts or repair areas that sustain significant damage.

Stress in our lives is inevitable and some of the stress we encounter daily can be motivating and propel us to be productive at work and home. When stress starts to feel

overwhelming and causes harmful chemical changes in our body there needs to be a way bring balance back to the body. A combination of exercise, diet, meditation and manual therapy is known to decrease the harmful effects of stress on the body and when they are combined together the effect is amplified. Chiropractic care can alleviate muscle and joint tension that builds up when we are under physical and mental/emotional stress which leaves us feeling that we can do regular exercise and take the necessary steps to live a more balanced life. Chiropractic care helps you return to optimum health by restoring and maintaining nerve and joint function. The end result? You are healthier and pain free, allowing you to live life to the fullest once again.

Taking care of the elements of your health that you can control is a very liberating experience. When you feel as though your entire health is out of your hands, you feel vulnerable to whatever ailments descend upon you. Of course there are certain aspects of our bodies we can't change (eg. Genetics) however, the vast majority of modern day diseases are lifestyle induced. This means that if you pay attention to your overall health and lifestyle you can avert many common diseases/illnesses.

If you are already receiving regular care, know that you are investing in your overall health and we are here to support your in all your health care needs including exercise, nutrition, and stress management. Recommending chiropractic care to someone you care about is like passing on the torch of good health.

Yours in health,

Dr. Harvey and Dr. Green

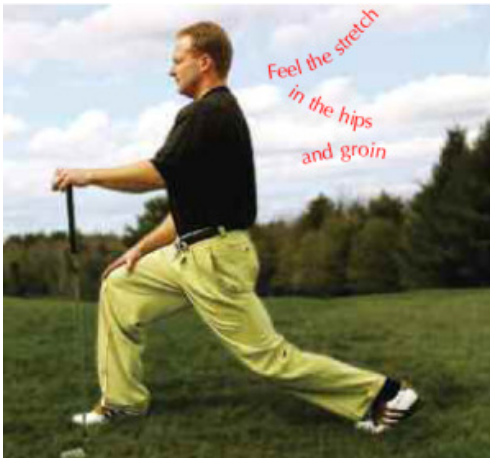


Get Ready for Golf!

#1 Hip Flexor Lunge

Stand with your feet shoulder width apart. Step one foot forward into a *lunge* position. Keep your body upright and back straight. Bend both knees so that you feel the stretch. Do not let your forward knee pass over the ankle of your front foot. Use a golf club to keep your balance.

Hold 15 seconds. Repeat 2 times each side.



#2 Seated Twist

Sit on a bench or golf cart with your knees together and feet flat pointing forward. Reach across the front of your body and grasp the back of the bench or cart. You should experience a stretch in your spinal muscles.

Hold 15 seconds. Repeat 2 times each side.



#3 Seated Forward Bend

Sit on a bench or golf cart, knees bent and feet flat. lace one ankle onto your opposite knee, and relax this leg so that your knee falls out to the side. Slowly bend forward, keeping your back straight. You may gently pull on your bent knee to generate a deeper stretch. You should feel a stretch in your buttock area. Hold 15 seconds. Repeat 2 times each side.



#4 Side Bending Stretch

Stand with feet shoulder width apart. Hold the golf club above your head with your arms straight. Slowly bend to one side, without rotating, until you feel a stretch along the side of your back. Hold 15 seconds. Repeat 2 times each side.



Are You Taking Your 10,000 Steps A Day?

Do you need a simple and inexpensive tool to track your activity level? A pedometer can be an accurate way to determine your physical activity levels during the day. You simply set the pedometer for your stride and then wear it on your pants or belt loop. Each time you move your feet, the device will count yours steps and most will keep tab of the distance you travelled during the day.

ParticipAction has set out these guidelines for pedometer users to tell us what the steps mean:

Less than 5000 steps/day = SEDENTARY

5000—7499 = LOW ACTIVE

7500—9900 = SOMEWHAT ACTIVE

10 000—12 499 = ACTIVE

More than 12 500 = HIGHLY ACTIVE

Some studies are showing that wearing a pedometer actually increases activity levels...so keep wearing it! If you think there is room for improvement in your fitness levels, try increasing the number of steps you take in a day by 1000 per week.

Did you know? ...

- The best “core” exercise you can perform is practicing good posture!
- Create a new mental picture of yourself! See yourself as vital, healthy, active and strong. Chiropractic care can help you achieve these goals-ask us how!





The "Back" Page

Clinic News!

Dr. Green will be taking a brief maternity leave for the months of April and May. **Dr. Michelle Campbell** will be available for patient care on Mondays and Wednesdays during this time. For additional questions or information, please contact the office.



Strawberry-Rhubarb Compote

- 3 c chopped rhubarb
- 1 c chopped strawberries
- 1/4 c sugar
- 1/2 c water

In a heavy-bottomed saucepan, combine rhubarb, sugar and water. Bring to simmer, then turn heat very low. Cook without stirring for several hours. When the rhubarb is very soft, add the strawberries and cook for another hour or so. Stir gently. Add more sugar if needed.

Rhubarb Compote is one of the easiest and fastest recipes to make. Try it cold or warm over toast or on frozen yogurt. You can freeze it for long term storage or keep it in your fridge for days.

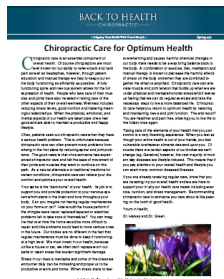
Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at

info@backtohealthchiro1.com



Our Team:



Dr. Jim Harvey
Chiropractor



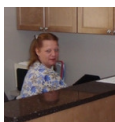
Dr. Shawna Green
Chiropractor



Shawn Chapin
RMT



Debbie
Admin



Penny
Admin

Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Reflexology

Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.

Visit us on the web:

www.backtohealthchiro1.com

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| Monday | 8:00am – 8:00pm |
| Tuesday | 8:00am – 8:00pm |
| Wednesday | 8:00am – 8:00pm |
| Thursday | 8:00am – 8:00pm |
| Friday | 8:00am – 12:00pm |
| Saturday | 9:00am – 12:00pm |
| Sunday | closed |

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