

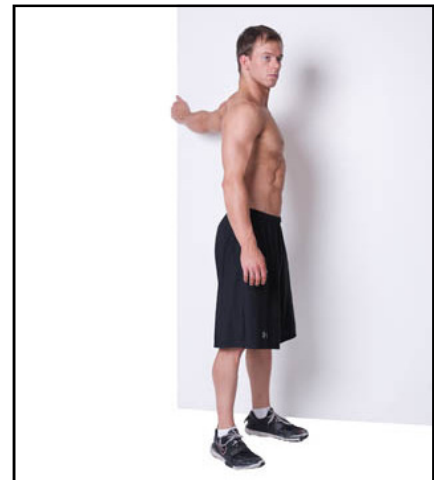
No Time to Exercise? Try these Five.

Many people find it difficult to exercise on a regular basis, despite the known health benefits. With many occupations requiring people to sit for prolonged periods of time it is no wonder our joints and muscles feel stiff and sore at the end of the day. The combination of a sedentary lifestyle and few hours of free time to exercise can lead to many health problems ranging from cardiovascular disease to brittle bones. When you are crunched for time, it is better to do a little than nothing at all. At Back to Health we've come up with our top 5 exercises for improving your spine's strength and flexibility.

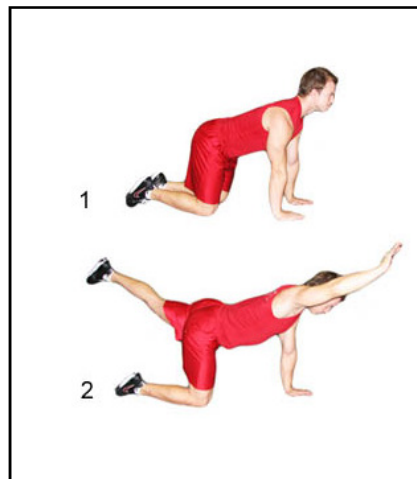
Planking



Pectoralis Stretching



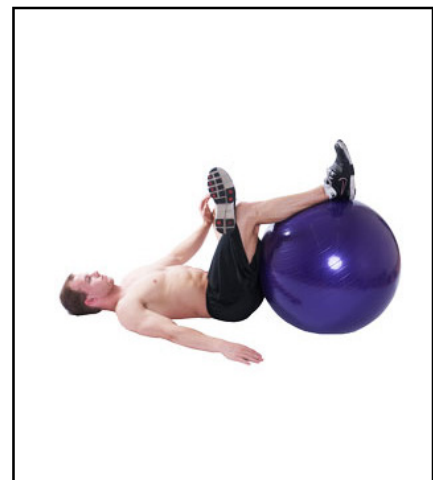
Bird Dog



Rhomboid Upright rows



Glut/Piriformis stretching



Sugar, Sugar Baby

There is no reason to sugar coat the news. A study published by the Journal of the American Medical Association confirms that we must scale back the amount of refined sugars we consume. People who have the highest intake of sugar have higher blood triglycerides and three times the risk of having a low level of good (HDL) cholesterol. When you have a low HDL cholesterol you are at greater risk for heart disease. This is because HDL cholesterol picks up excess cholesterol in the body and disposes of it through the liver. It is estimated that the average Canadian consumes about 16 tsp of added sugar per day; that's about 13% of your total daily calories. The WHO recommends we limit added sugars to 10% of daily calories.

Excessive sugar intake also has been linked with higher calorie intake and body weight and lower intake of vitamins and minerals. Obvious foods to avoid would be soft drinks and sweets such as baked goods and candy. However, less obvious sources include breakfast cereals, salad dressings, pasta sauces, frozen dinners, soya milk and even peanut butter! The only defense to consuming these extra sugars is to start reading nutrition labels. Four grams of sugar is equivalent to 1 teaspoon of sugar. To find added sugars (not the naturally occurring sugars in milk and fruit) you also have to read the ingredient list. Added sugars can be recognized under the following names: corn syrup, dextrose, high-fructose corn syrup, fruit juice concentrate, glucose-fructose, honey and sucrose.



To curb your intake of extra sugars, try these tips:

- Avoid sugary drinks such as pop, ice tea, and fruit punch
- Choose fruit, yogurt, or homemade smoothies over candy, cakes, and cookies
- Choose breakfast cereals that have no more than 6-8grams of sugar per serving
- Reduce sugar in recipes. You can generally cut the sugar by 1/3 without affecting the consistency of your baking

Do I need a massage?

Today stress is a fact of life, and the workplace is no exception. Deadlines, rapidly changing technology, and unavoidable interpersonal conflicts are just a few of the stressors workers cope with daily. The effects of stress are cumulative and, without time to relax and recharge, can lead to:

- Headaches, eyestrain and neck pain
- Repetitive stress injuries such as tendonitis or carpal tunnel syndrome
- Listlessness, poor concentration, anxiety, depression, irritability
- Lowered resistance to colds and infections, high blood pressure, ulcers and heart disease
- Physical and emotional exhaustion

Stress on or off the job costs workplaces because it reduces productivity, and increases accidents, compensation claims, absenteeism, employee turnover, and medical expenses. Massage therapy works because it reduces muscle tension, calms the nervous system and increases circulation. All of this helps to boost energy levels, release tension and relax the mind.

Call for an appointment today with one of our Registered Massage Therapists. Massage therapy is covered by many health benefit packages.



Did you know? ...

Your shoulder is held together loosely with ligaments and muscles, so it is extremely flexible. This flexibility comes with a price: you are prone to rotator cuff tears and tendonitis from over extension and repetitive strain.

If you have shoulder pain that hasn't resolved on its own in 2-3 weeks, it is best to consult with a trusted health care professional

Clinical Corner: Runner's Knee

Runner's knee can bring runners and walkers alike literally to their knees with pain. The condition is also known as patello-femoral syndrome (PFS) and is most often caused by a combination of increasing mileage too quickly and poor biomechanics in the foot and subsequently the knee. Patients who excessively pronate their feet and have weak musculature of the knee can develop a condition which causes a tracking problem with the knee cap. This aberrant motion of the knee cap causes inflammation of the cartilage under the patella (knee cap) thereby causing pain. If this problem is ignored for a prolonged period of time chronic and permanent changes can develop in the cartilage in the knee. Early intervention of this condition usually involves soft tissue therapy, home icing/stretching, relative rest and correction of foot biomechanics through changing footwear or custom orthotics. With the proper care, PFS can be a short lived problem and usual training can resume again quickly.



The "Back" Page

Health Quiz - How well do you know your body?

1. True or False

Ultra high-protein diets for weight loss can accelerate bone loss.

2. True or False:

You can spot reduce by exercising a specific muscle or using an electrical stimulator



Sensational Salmon with Mango Salsa

- 1 large ripe mango, diced
- 1/2 red pepper, diced
- 2 Tbsp lime juice
- 2 Tbsp finely chopped fresh chives
- 1/4 tsp red pepper flakes
- One 13oz (370g) salmon fillet

Mix together mango, red pepper, lime juice, chives, and red pepper flakes in a bowl. Cover and set aside for up to 1 day.

Heat grill or barbecue on high.

Cut fillet into 4 pieces. Place salmon on grill, reduce the heat to medium, and close the lid. Grill until just cooked. In 5-10 minutes per side, the fish should start to flake easily.

Serve with mango salsa on top of each fillet.

-Courtesy of "Ultimate Foods for Ultimate Health" Liz Pearson and Mairlyn Smith.

QUIZ ANSWERS:

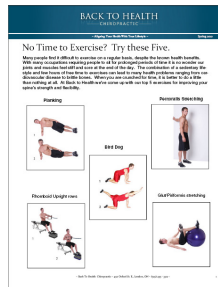
- 1) True: More than 140g per day (1 pound of chicken/fish/beef) causes your body to excrete calcium rather than absorb it.
- 2) False: Sorry, but no. There is no way to "spot-reduce" fat. With smaller portions, and more physical activity, you'll reduce everywhere.

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



Shawn Chapin
RMT



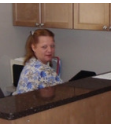
Debbie
Admin



Dr. Shawna Green
Chiropractor



Tasha Hughes
RMT



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

Monday	9:00pm – 12:00pm	2:00pm – 8:00pm
Tuesday	Open for Massage Therapy	
Wednesday	8:00am – 12:00pm	2:00pm – 6:00pm
Thursday	closed	2:00pm – 8:00pm
Friday	8:00am – 12:00pm	closed
Saturday	9:00am – 12:00pm	closed
Sunday	closed	closed

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