

Professional Athletes Turning to Acupuncture and Alternative Therapies

-Dr. Shawna Green, DC

A recent article in the Globe and Mail quotes Montreal Canadien's Michael Cammellari as saying "I kind of take a business approach model to it. I invest in my fitness both with time and money, and I think it is very well justified. My business is my body." The article goes on to explain how many professional NHL players are taking a greater interest and use of alternative therapies including acupuncture for sport related injuries.

This is a testament to the effectiveness of these therapies because most of it is an out of pocket expense for the players. Teams employ trainers and often massage therapists, but most chiropractors, acupuncturists and dietitians are sought out independently by the players and at their own expense. In recent times a Toronto chiropractor, Dr. Ted Carrick has made significant press as he has helped Sidney Crosby recover from a concussion using various balance exercises and unconventional sensory training.

Acupuncture is used to treat a myriad of muscle and joint disorders ranging from simple sprains and strains to severe sciatica from disc injuries. Although the exact mechanisms of how acupuncture works is still being sought out, it appears a complex cascade of both neurological and chemical changes help to reduce inflammation



and muscle spasms. As well, it appears acupuncture treatments can help to speed up recovery time by increasing blood flow to injured tissues. Acupuncture is also widely recognized for its effectiveness in treating the symptoms associated with osteoarthritis. The therapy is easily administered using sterilized needles and often patients report little or no pain associated with the treatment.

Although most of us are not professional athletes we all need to maintain good health to meet our work demands and enjoy family and recreational activities. As NHL'er Michael Cammalleri said, "the shift toward preventive and maintenance treatments has made it almost indispensable to have outside help." Practitioners who can offer complementary services to help recover from injuries and prevent new ones is good medicine for everyone.

If you are interested in learning more about acupuncture please visit our website:

<http://backtohealthlondon.com/acupuncture>



The Value of Exercise on the Aging Brain

Dr. Jim Harvey, DC

As I approach my 60's the subject of this piece has become increasingly at the forefront of my aging brain.

We know that good nutrition is important for overall good health. We also know that using our brain on a daily basis for problem solving tasks has been shown to be excellent exercise for the brain. Playing Sudoku or reading a good book or building something, tasks like these challenge us to think critically and perform the mental gymnastics necessary to make clear, intelligent decisions.

We're all familiar with problems in the aging brain, ranging from simple forgetfulness that all of us experience to dementia and Alzheimer's disease. Brain researchers have discovered certain "brain revitalizing" chemistry that occurs with exercise.

Research clearly demonstrates the normal presence of a brain chemical, homocysteine, which increases as we get older and causes the brain to age. Moderate intensity exercise has been demonstrated to cause the increased production of another naturally occurring chemical, IGF-1, that inhibits the affect of the first chemical. This has shown to increase nerve cell survival rates, improve connections between nerves, and enhance adaptability of nerve cells in the brain. Other characteristics that show improvement include memory, verbal concept formation, selective attention, and conflict resolution. All of this from the investment of 20 to 30 minutes of your time and sweat equity at least twice a week. Natural, safe, simple.

Aerobic exercise improves cardiovascular health, respiratory function, and overall fitness. Aerobic exercise, can be more challenging as we age, especially when other physical impairments to mobility make it difficult to participate in typical aerobic workouts.

Researchers at the University of British Columbia recently found that the same results of improved function in the aging brain occurred with moderate intensity resistance exercise also. Resistance exercise can be performed sitting, standing, lying, in a pool: the possibilities are limitless. Bad knees, a problem hip, back issues, challenging cardiovascular fitness need not be an impediment.

We can show you how to get started! If you would like to discuss the development of a resistance training program for yourself or if someone you know would like to get more information about Resistance Training and Brain Health, please let us know and a special time will be scheduled. Think more clearly, remember more, problem solve better. You have the choice and the power within yourself



Certified Kinesiology Services Now Available!

-Leah Gillard, RMT, CK

Back to Health is happy to offer Certified Kinesiology as a new service at our clinic. If you have been looking for some exercise instruction, rehabilitation or just a little added motivation, we can help!

ABOUT KINESIOLOGY

Kinesiology is the systematic study of the body in movement. Kinesiologists work to understand how and why people move the way they do, and the factors which limit and enhance our capacity to move. The goal of Kinesiology is to discover strategies for improved human health and performance. The work of kinesiologists benefits all those who move, including high-performance athletes, people suffering from chronic injury or disease, and those wanting to improve their overall physical health.

Kinesiology is a multidisciplinary science encompassing anatomy, biomechanics, physiology, psychomotor behaviour, and social and cultural factors. It is this multidisciplinary approach to movement and human performance that leads to the many benefits of Kinesiology and makes it an important contributor to health and wellness, as well as to high performance sport.

As society becomes increasingly health-conscious and fitness-oriented, changes are being made in the world of health care, and there is growing interest in complementary approaches to health and fitness. Maintaining health, and preventing injury and disease, are the focus for future health models.

KINESIOLOGY AND YOU

What can kinesiology do for you?

Kinesiologists are highly educated, health care professionals who are experts in body movement. They use evidence-based research to develop programs for people, helping them get and stay fit, and perform at their optimum level. Kinesiologists believe in empowering people to look after their own health. They focus on prevention and wellbeing, increasing worker productivity and reducing time lost to injuries and accidents helping injured workers get back to work faster.

Did you know? ...

Here are some of the services provided by Certified Kinesiologists:

- *Musculoskeletal assessment postural evaluation and education*
- *Rehabilitative and functional re-training exercise*
- *Fitness conditioning for weight loss, cardiovascular training, and muscular development*
- *Cardiac rehabilitation*
- *Corporate wellness program design and implementation*
- *Hydrotherapy*

Massage Therapy for M.J. Cirque Du Soliel Show

-Shawn Chapin, RMT

Working with the Michael Jackson Cirque Du Soliel show in October 2011 was another great experience. This brand new show brought together a collection of top caliber dancers, acrobats, gymnasts and musicians from around the world. I was able to see all the backstage preparation, costuming and rehearsals etc. that really give you perspective of the magnitude of effort that it takes to put on a show like this. After working with the performers during the day, I took my family to see the show. Outstanding!"



The "Back" Page

Patient Appreciation day this past fall was a huge success. The success of our clinic is due to our patients referring and recommending our services to their friends and family. We pride ourselves in delivering the highest quality chiropractic services to you!

Thank you for your continued support!

Check out our new website and blog at: www.backtohealthlondon.com

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@backtohealthlondon.com



Apple Cinnamon Baked Oatmeal



- 2 large eggs
- 1/4 cup maple syrup
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/4 cup salted butter, melted
- 1/2 cup applesauce
- 1 small apple, grated
- 1 1/4 cups organic milk
- 3 cups old-fashioned oats

Method:

1. Butter a 2 quart baking dish.
2. In a large bowl, whisk together all ingredients, except the oats.
3. Fold in oats and combine well.
4. Transfer mixture into the buttered baking dish and spread evenly around. Cover tightly with plastic wrap, pressing the plastic directly on top of the oat mixture. Refrigerate overnight.
5. In the morning, preheat oven to 375°F . Unwrap oatmeal and place in oven. Bake for about 30 minutes until oatmeal is set and browned on top.
6. Serve hot with more milk or cream.

Our Team:



Dr. Jim Harvey



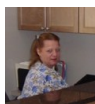
Dr. Shawna Green



Dr. Chris Harvey



Debbie



Penny



Shawn Chapin



Leah Gillard

Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Certified Kinesiology

Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.
Visit us on the web:

www.backtohealthlondon.com

Monday	8:00am – 8:00pm
Tuesday	2:00pm – 8:00pm
Wednesday	8:00am – 8:00pm
Thursday	2:00pm – 8:00pm
Friday	8:00am – 5:00pm
Saturday	9:00am – 12:00pm
Sunday	closed

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