

Achieving Optimal Results

Keep Your Appointments

Your schedule of care is essential to your progress. Just as you can't expect to get in shape by working out just once or twice, you can't expect meaningful changes to your health with just a few chiropractic visits.

Each adjustment builds on the one before retraining your spine and supporting tissues to return to their normal motion and position. Missing appointments interferes with this process and slows down your return to health.

Optimal Nutrition

Proper nutrition is essential. Avoid processed foods and increase your intake of fruits and vegetables. Make sure your body has the nutrients it needs to heal the muscles and soft tissues that support your spine.

Hydration is Key

Your intake of water has much to do with your overall well-being. Water is proven to flush toxins from the body, improve skin health and appearance, reduce your risk of heart attack, and regulate your body temperature.

By the time you feel thirsty, you're already dehydrated, making yourself more susceptible to

illness. Drinking half your body weight in ounces each day can help cushion and lube your joints and muscles, aid in digestion and waste removal, and help burn fat, and build muscle.

Use It, or Lose It

The rehabilitation of your spine also depends upon proper muscle tone. Consider various exercises such as swimming, brisk walking, aerobics or weight bearing exercises to increase your metabolism and maximize the healing.

Rest Easy

When combined with regular chiropractic adjustments, proper rest can help heal and regenerate your body. Sleep on a mattress that offers firm support, and lay on your back or side; as well make sure your pillow is supportive.

The Waiting Game

The chiropractors are attempting to correct the underlying cause of your problem. This takes time. Your body is working to heal itself, as it sets its own priorities and directs its own recovery. The chiropractic approach to better health is to help release as much of your body's inborn healing abilities as possible.



How to Shovel without Back Pain

It's that time of year again! Snow shoveling can be a tedious and strenuous chore as it can put severe stress on your heart and lower back. With a shovel of snow weighing up to 25 pounds, injuries often occur as a result of constant twisting, improper lifting and over-exertion. Be conscious about the way your body moves and reacts.

1. Choose a plastic shovel instead of a metal one as plastic is lighter = less stress on the spine.
2. Choose a shovel that is chest high and has a bent shaft; do not need to bend forward as much.
3. Stretch – rotate shoulders in a circular motion.
4. Bundle up! Wear appropriate footwear to avoid any slips or falls.
5. Grip shovel with hands 12 inches apart to increase leverage and reduce strain. Keep one hand close to the base to balance the weight.

PROPER TECHNIQUE FOR SHOVELLING SNOW



Keep feet wide apart. Put weight on front foot close to shovel and use leg to push shovel straight ahead.



Shift weight to rear foot and keep shovel-load close to body. Lift with arms and legs, not back.



Turn feet in the direction of throw and pivot entire body rather than twisting at the waist.

6. Bend your knees and lift using your arms and legs, not your back!
7. Push the snow whenever possible, instead of lifting, which can cause more strain.
8. Take frequent breaks; stand up straight and walk around to extend the lower back.
9. Drink lots of water.



Did YOU know...?

Children lose body heat faster than adults.

The simple act of walking requires the use of 200 muscles.

Back pain affects 8 out of 10 people at some point in their lives.

Exhaustion makes you more susceptible to frostbite, injury, and hypothermia.

Children are at the greatest risk of a severe head injury from winter activities.

Better sleep habits are instrumental to the success of any weight loss plan.

Skipping breakfast may cause you to eat more food later in the day, even if you are not hungry.

Osteoporosis affects approximately 1.4 million Canadians.

Stressed?

Every day we find ourselves dealing with stress, which can result in feelings of nervousness, sadness, or depression. Ask yourself, how many hours of sleep did you get last night? Chances are, you did not get the recommended 8 hours. One of the major contributing factors to stress has been attributed to a lack of sleep. In a study conducted by the University of Florida, 51 subjects were followed for 3 weeks. They found that people who reported bouts of insomnia were more likely to experience fatigue and dissatisfaction both at work and home the next day.

Sleep is one of many ways to effectively reduce stress, other suggestions include:

1. Take deep breaths; by breathing slower, your muscles begin to relax.
2. Exercise.
3. Think positive.
4. Count to ten; this allows you to stop and relax before you react to the stressful situation.
5. Stretch; stretching makes muscles relax and less tense.
6. Get a massage; muscles in the back of the neck and upper back usually tense when stressed.
7. Take a hot shower or bath.



Winter's Harvest

Indulge in a deliciously warm and nutrient-rich soup over the winter months.

Baja Butternut Squash Soup 10 servings (3/4 portions) Cooking Time: 1hr 20 min.



Baja Butternut Squash Soup

Ingredients:

- ❖ 1 ½ lb. (1 sm-med) butternut squash
- ❖ 1 tsp. canola oil
- ❖ 1 small onion
- ❖ 1 tsp. ground cumin
- ❖ 1/8 tsp. ground cloves
- ❖ 1 tsp. sea salt
- ❖ ½ cup non-fat plain yogurt
- ❖ 2 tbsps. snipped fresh chives, or parsley
- ❖ 2 stalks of celery, chopped
- ❖ ¼-1/2 tsp. ground chipotle pepper
- ❖ 6 cups of vegetable broth

Preparation:

1. Preheat oven to 350°F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 min. to 1 hr. Scoop out flesh when cool enough to handle.
3. Heat oil in a large saucepan over medium heat. Add celery, onion, carrot and stir to coat. Cover; reduce heat to medium-low and cook, stirring frequently, until soft, 8-10 min. Stir in squash flesh, cumin, chipotle, and cloves. Add broth and simmer, covered, until the vegetables are tender, 20-25 min.
4. Puree soup in batches (until smooth). Season with salt and pepper. Garnish with yogurt and chives.

Nutritional Facts (per serving):

60 calories
1 g fat
12 g carbohydrates
2 g protein
3 g fibre
532 mg sodium
249 mg potassium
Vitamin A (160% daily value)
Vitamin C (20% daily value)

Cold Weather Nutrition

- Drink plenty of water; hydration is extremely important
- Plan to eat small snacks every 30-45 minutes (100-200 calories)
- Eat warm/hot foods
- Limit alcohol consumption (alcohol dilates blood vessels, which leads to increased heat loss)
- Decrease caffeine consumption

The Perfect Drugstore

Your body is the perfect drugstore. Directed by your nervous system, it supplies the correct dosage of antibodies, enzymes, stomach acid, and other compounds precisely when needed. If not, your nervous system may not be working right. Chiropractic care can help.

HAVE A SAFE AND HAPPY HOLIDAY!!

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Services Available:

- Chiropractic Care
- Graston Technique
- Acupuncture
- Custom Foot Orthotics
- Computerized Spinal Screening
- Activator
- Active Release Technique

Office Hours:

Mon. & Fri. 8am-6pm
Tues. & Thurs. 8am-8pm
Wednesday 10am-6pm
Saturday 9am-1pm

**CLOSED DAILY FROM
1-3 PM FOR LUNCH**