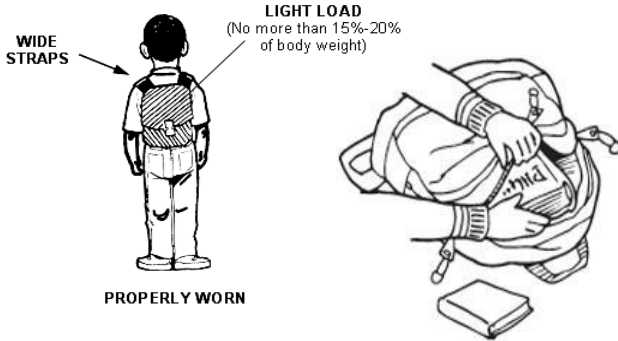


# MARTINDALE CHIROPRACTIC & WELLNESS

FALL NEWSLETTER 2011

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## DID YOU KNOW??

- Nearly 5.3 million people abused pain relievers in the past month.
- According to the Radiological Society of N. America, walking may slow cognitive decline in adults with mild cognitive impairments, Alzheimer's, and even healthy adults.
- 80% of Canadians will suffer from back pain in their lifetime.
- When you take a step, you are using up to 200 muscles.
- Our right lung takes more air in than our left lung.
- Wearing headphones for an hour increases the bacteria in your ear by 700 times.
- 25% of your bones are located in your feet.
- The lifespan of a taste bud is 10 days.
- When your face blushes, the lining of your stomach turns red, too.
- One out of 20 people have an extra rib.

## Important Dates

**September 5** – Labour Day  
**October 10** – Thanksgiving  
**October 31** – Halloween  
**November 6** – Daylight Savings Ends  
**November 11** – Veterans Day

## Backpack Awareness

**National Backpack Awareness Day – Wednesday, September 21**

It is important to know how to properly choose, pack, lift, and carry a backpack. Improper wear and a heavy load may have an impact on the future health of many school children, since the weight of a backpack of an average student is almost  $\frac{1}{4}$  of their body weight<sup>[1]</sup>. Avoid the pain and injury associated with carrying a bag this year by considering the following.

- ✓ Look for wide (approximately 2") adjustable straps – narrow straps can dig into shoulders resulting in pain and restricted circulation<sup>[1,3]</sup>.
- ✓ Consider a waist and sternum strap – helps to distribute 50-70% of the weight off the shoulder and spine, onto the pelvis<sup>[3,5]</sup>.
- ✓ Carry only what is needed. The backpack should never weigh more than 15% of one's body weight (i.e. a 100 lb. person – pack no more than 15 lbs.); for elementary school children, keep the weight below 10% of their body weight<sup>[1,3,6]</sup>.
- ✓ Organize! Use all the compartments to avoid shifting of items, pack heavier items close to the centre of the back, and pack sharp irregular items away from the back<sup>[1]</sup>.
- ✓ Always use both straps! Carrying a backpack over one shoulder can strain muscles and may increase curvature of the spine. Adjust straps to fit snugly to the back, a backpack that hangs loosely can pull back on the shoulders and strain muscles, as well as put pressure on the nerves<sup>[1]</sup>.
- ✓ Pick a backpack that is proportionate to body size, the top should not extend higher than the top of the shoulder, and the bottom should not fall below the hipbone. A low backpack will cause you to lean forward and carry the full weight on the upper back<sup>[3,6]</sup>.
- ✓ Choose light materials such as nylon, canvas, and vinyl – avoid leather<sup>[3]</sup>.
- ✓ Look for a padded back and shoulders for protection and comfort<sup>[1,3]</sup>.

Should you have any questions, or suffer back, neck, or shoulder strain, book an appointment and come in for a backpack assessment!

## CONTACT US

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## OFFICE HOURS

8 am – 6 pm Monday/Friday  
8 am – 8 pm Tuesday/Thursday  
1 pm – 6 pm Wednesday  
9 am – 1 pm Saturday

CLOSED 1 pm – 3 pm daily for lunch  
(with the exception of Wednesday)

## Chicken Broccoli Stir-Fry



www.fruitsandveggiesmorematters.org

**Preparation: 25 minutes**      **Serves: 4**

### Ingredients:

- 1/3 cup 100% orange juice
- 1 tbsp. canola oil
- 1 tbsp. soy sauce, low sodium
- 2 tbsp. cornstarch
- 2 cups cabbage
- 2 tbsp. Schezuan sauce
- 2 cups broccoli
- 2 cups rice, cooked
- ¾ cup snow peas
- 1 lb. boneless chicken breast, 1" strips
- 1 tbsp. sesame seeds

### Directions:

1. Cook rice according to package.
2. Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside.
3. Heat oil in a wok and add chicken. Stir-fry for 5-7 minutes.
4. Add cabbage, broccoli, snow peas, and sauce mixture to the wok. Cook for 5 minutes or until vegetables are heated through.
5. Serve over rice and top with sesame seeds.

### Nutritional Information:

Fruits and Vegetables: 1 ½ per serving  
Carbohydrates: 34 g  
Calories: 340  
Cholesterol: 75 mg  
Total fat: 8 g  
Sodium: 290 mg  
Dietary Fibre: 5 g  
Protein: 29 g

## Yellow.Red.Green.



The month of September is 'Fruits and Vegetables Month'. Improve the nutrition of yourself and your family by consuming more fruits and vegetables. The potential benefits associated with eating more fruits and vegetables stack up quickly; reducing the risk of certain chronic diseases is only the beginning<sup>[4]</sup>. Many of the nutrients found in fruits and vegetables are essential for strong healthy bones, improve nerve and muscle function, strengthens the immune system, helps maintain normal blood sugar levels, metabolize protein<sup>[4]</sup>, and much more! A couple of ways to increase consumption is to: divide your plate into sections – half of your plate should be fruits and vegetables at each sitting, this helps to consume less carbohydrates and unhealthy fats; look for a variety of fruits and vegetables that are rich in colour<sup>[4]</sup>.

## Four Indicators of a Healthy Back<sup>[2,5]</sup>

- 1) **Good Posture** – you can stand straight with relatively no effort. A slouched posture puts stress on your spine, and even your lungs and stomach.
- 2) **Ease of Movement** – lack of stiffness or limitations when doing daily activities (i.e. getting in and out of the car, bending over to pick up items). If your back is stiff, you may need a tune-up!
- 3) **Range of Motion** – ability to bend and turn the body without difficulty. Can you...
  - Turn your chin to your shoulder?
  - Reach past your knees when bending to touch your toes?
  - Tilt you head back enough to see the ceiling without bending your back?
- 4) **Performance** – able to sustain regular physical activity (i.e. cleaning, gardening, playing a sport) without being so sore the next day that it impairs function.

**EVEN IF YOU ARE NOT FEELING SORE, YOUR BODY MAY BE STRESSED AND HEADED TOWARDS PAIN AND INJURY.**

### References:

[1] American Occupational Health Association (2011). Backpack Awareness. www.aota.org [2] Chatelaine (2011). Back Health Tips. www.chatelaine.com/en [3] Canadian Chiropractic Association (2011). Back Facts: Backpacks. www.chiropracticcanada.ca [4] Fruits and Veggies – More Matters (2006-2011). Chicken and Broccoli Stir-Fry. Produce for Better Health. www.fruitsandveggiesmorematters.org [5] Healthy Aging (2010-2011). Promoting Healthy Aging. www.healthyaging.net/index.htm [6] Negrini and Carbalona (2002). Backpack Awareness. Orthopaedics Network. Exercise Physiology and Physical Examinations. Vol. 27(2). P. 187-195.