

Martindale Chiropractic and Wellness Centre

Presented by: Mona Galal, BASc



CURRENT EVENTS:

Community Care Food Drive '11
December 1-December 23

Empty your cupboards! Bring in non-perishable food items to help those in need over the winter holidays. In return, we will give you \$1 in "CHIRO CASH" per item to honour your kindness, which can be used towards chiropractic treatments in our office.

Holiday Candy Draw!

Come in and put in your best guess to win a jar of treats!

OFFICE CLOSED FOR THE HOLIDAYS: DEC 23 - JAN 1

WE NOW HAVE



www.facebook.com/martindalechiropractic

CONTACT US:

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OFFICE HOURS:

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

CLOSED 1 pm - 3 pm daily
(with the exception of Wednesday)



"I discovered what's causing your backaches. This is an X-ray of your spine!"

© Randy Glasbergen.
www.glasbergen.com



"The next time you lift someone's spirits, lift with your LEGS, not your BACK!"

Winter Safety^{1,4,6}

- ❖ Dress for the weather—LAYERS!
- ❖ Check the weather before heading out.
- ❖ Stay on marked trails.
- ❖ Always wear a helmet when taking part in winter activities.

- ❖ Wear sunscreen.
- ❖ Inspect all equipment before use.
- ❖ Set reasonable time limits to avoid hypothermia and frostbite.
- ❖ Drink plenty of fluids.
- ❖ Test all smoke alarms.

Healthy Mind Platter³

Developed by Dr. Siegel and Dr. Rock from the UCLA School of Medicine, the following 7 daily activities make up the full set of "mental nutrients" that your brain and relationships need to function at their best.

Focus time. Closely focusing on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

Play time. Allowing for spontaneity, creativity, or playfully enjoying novel experiences, we help make new connections in the brain.

Connecting time. When we connect with others, ideally in person, and we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

Physical time. When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

Time in. When we quietly reflect internally, focusing on sensations, images, feelings, and thoughts, we help to better integrate the brain.

Down time. When we are non-focused, without any specific goal, and let our minds wander or simply relax, we help the brain recharge.

Sleep time. Giving our brain the rest it needs, we consolidate learning and recover from the experiences of the day.

Did you know...?

CHIROPRACTIC HAS BEEN AROUND FOR ALMOST 115 YEARS!



MYTH: Cracking your joints can cause arthritis.

FACT: An adjustment can actually increase mobility and decrease pressure on the joints, muscles, and nerves.

MYTH: The ideal workout lasts more than an hour.

FACT: The ideal workout lasts less than an hour.

MYTH: Chiropractic is for adults.

FACT: Children have spines too!

MYTH: An apple a day keeps the Doctor away.

FACT: Blueberries are better - contain antioxidants and fibre.

MYTH: Chiropractors only treat back pain.

FACT: They can provide effective treatment for all types of soft tissue disorders, headaches, ear infections, and conditions of the ankle, knee, hands, and shoulders.

Chiropractic Dictionary ⁷

Adjustment: Precise, careful set of movements applied to the muscles and joints of the spine allowing the spine to return to its proper position.

Cavitation: Technical term for the “popping” noise. It’s not your bones “cracking”; it’s the release of a gas bubble when the pressure between two joints is relieved.

Subluxation: When the spine shifts from its normal position, or it loses its normal range of motion, pressure on the surrounding joints, muscles, and nerves can cause back pain.

Flu Season ^{1,2,4,5}

With winter upon us, flu season is in full swing! It can start as early as October and last until late April. According to the Centre for Disease Control and Prevention (CDC), each year more than 200,000 people are hospitalized due to the influenza virus.

Who is at risk?

The flu does not discriminate, anyone can get it. However, children, elderly, and people with chronic disease are more susceptible.



How does it spread?

Primarily, the flu is spread from person to person through coughing and sneezing, as well as by touching objects and surfaces that are contaminated.

What are the symptoms?

Symptoms can vary from person to person. Common symptoms include: fever, weakness and fatigue, coughing, sneezing, sore throat, headaches, muscle aches, and chills. Most symptoms last two to seven days (sometimes longer).

Holiday Punch



Perfect for entertaining!

Prep: 10 minutes Servings: 12 cups

Ingredients:

- 3 cups 100% cranberry juice
- 2L club soda
- juice of 2 limes
- 1 kiwi, peeled and sliced
- 1 orange, thinly sliced
- 1 bag of frozen raspberries
- ice cubes, as needed

Directions:

1. In a large punch bowl, combine all ingredients.

To ease the symptoms:

- **Drink plenty of fluids** - flushes the system
- **Avoid caffeine, alcohol, and tobacco** - suppresses the immune system
- **REST!** - stay home for at least 24 hrs.
- **Eat healthy** - helps boost the immune system
- **Exercise regularly** - helps increase the body’s natural virus-killing cells
- **Get adjusted!** Our immune system is coordinated and controlled by the nervous system. Vertebral subluxations can result in nerve interference by placing pressure on the nerves; chiropractic can help by restoring balance and flow of information throughout the body. According to Dr. Pero of NY Preventative Medicine Institute, “People who receive regular chiropractic adjustments have immune system competency that is 200% greater than those who don’t.”

Take care of yourself this winter season!

Nutritional Information:

Per: 1cup (250 ml)

- Calories: 52
- Fat: 0 g
- Protein: 0 g
- Carbohydrates: 13 g
- Potassium: 78 mg
- Dietary Fibre: 1 g
- Sodium: 12 mg

Resource: Eat Right Ontario (2011).

References:

1. Canadian Red Cross (2011). Winter Safety. Retrieved from: www.redcross.ca.
2. Centre for Disease Control and Prevention (2011). Influenza Virus. Retrieved from: www.cdc.gov/flu.
3. Dr. Siegel (2011). Healthy Mind Platter. Retrieved from: www.drdsiegel.com.
4. Eat Right Ontario (2011). Recipes: Holiday Punch. Retrieved from: <http://www.eatrightontario.ca/en/Recipes/Beverages/Holiday-punch.aspx>.
5. Ontario Ministry Health and LTC (2008-2011). Public Programs. Retrieved from: www.health.gov.ca/en/public/programs.
6. Saskatchewan Institute (2002). Cold Winter Temperature: Children are at risk. Retrieved from: www.preventioninstitute.sk.ca.
7. Ontario Chiropractic Association (2010). Resources. Retrieved from: www.chiropractic.on.ca.

