

# SPRING UPDATE

## OMEGA-3: A friendly Fat

Omega 3, also known as linolenic acid, is a polyunsaturated fatty acid. It is considered an essential fatty acid (EFA) because our bodies can't synthesize it, therefore it is essential that we make it part of our diet.

Omega 3 is responsible for controlling many physiological processes in the body. It plays an important role in immune, brain and reproductive function; diabetes; infant development; oxygen transport; cardiovascular and nervous system health; and cancer prevention. As well, it is needed to maintain healthy skin, hair, and nails, and useful for correcting various skin conditions.

Omega 3's can be found in various oils like flaxseed, canola, safflower and soybean. Other sources include oily fish such as salmon, tuna, sardines, trout, and mackerel; pumpkin seeds, walnuts, wheat germ and dark leafy green vegetables also contain omega 3.

Some "bad" fats that you do want to avoid however include meat fat, dairy fat, hydrogenated oils, and palm oil. These fats are high in saturated and trans fatty acids, which can be harmful to one's health; they have been linked to various cancers, such as colorectal and breast cancer, elevated blood cholesterol, diabetes, atherosclerosis leading to hypertension, and obesity. Thus, it is a good idea to eliminate these fats from your diet.



### Are You Deficient?

Do you need to up your daily dosage of essential fatty acids (EFAs)? Check the list to see if any of the following deficiency symptoms apply to you.

- Acne
- Diarrhea
- Rough, dry skin
- Eczema
- Psoriasis
- Poor memory
- Dry, brittle hair
- Alopecia (hair loss)
- Gallstones
- Hyperactivity
- Irregular menstrual periods
- Slow wound healing

**If you find that you've checked off a quite a few of these symptoms you may benefit from including more EFAs into your diet.**

*Dr. Reena Pathak offers Metagenics Nutraceuticals. If you have any questions regarding Omega-3 or any other vitamin/mineral, please call the office to schedule a consultation.*

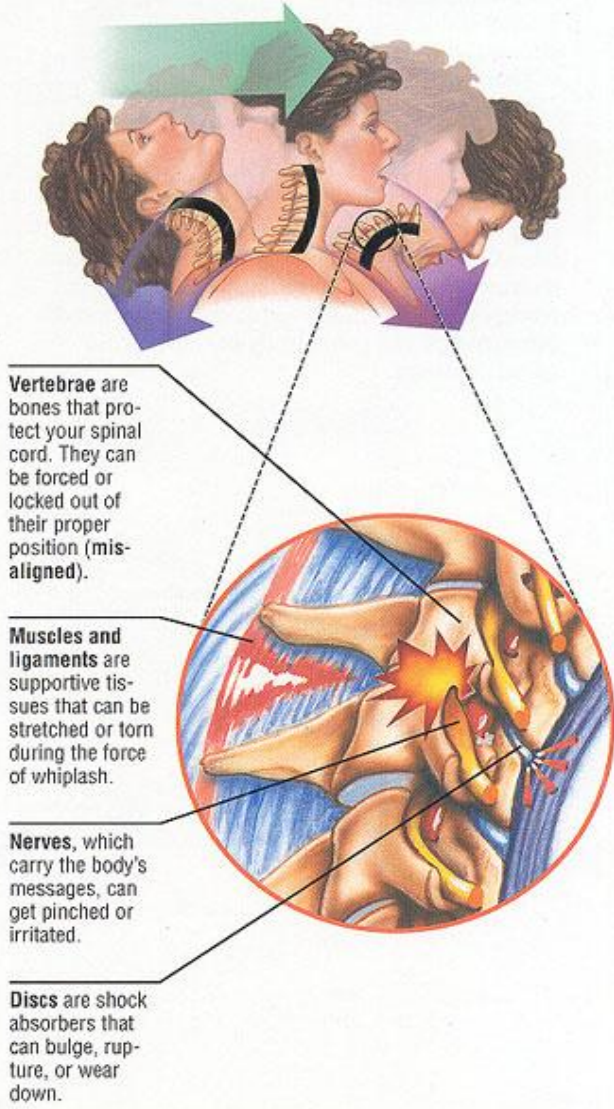


## WHIPLASH – What to know

Each year, at least one of every thousand Canadians suffers a whiplash injury. You likely know someone who has been “rear-ended” and ends up with a stiff, sore neck – or maybe it’s happened to you.

Whiplash happens when the head and neck are subjected to forces that cause rapid movement known as acceleration/deceleration”. The movement causes the head to move front to back (in a front-on or rear-end car crash) or side-to-side (if your car was hit from the side), resulting in injury to the vertebrae of the back, and the muscles and ligaments that support them. *It doesn’t take a high-speed crash to cause whiplash.* It’s the quick, often unexpected movement which pushes the head beyond its normal range of motion that causes the injury. Other causes of whiplash injuries include sports, slips and falls, and even activities like amusement park rides that cause a rapid and excessive whip-like movement of the neck and head.

**THE GOOD NEWS IS.....** Most people who have auto accidents don’t end up with whiplash symptoms. Of those who have symptoms, most recover completely within three to six months. About 20 percent of people with whiplash injury experience long-term pain and other problems. A small portion may suffer severe, chronic pain. The remaining 80 percent of people are symptom free after a year. And there is **MORE GOOD NEWS... CHIROPRACTIC CAN HELP.** Research has shown that chiropractic treatment can help speed recovery from whiplash. Chiropractic can help relieve pain and restore correct movement to the head, neck and back, as well as the arms and shoulders. In order to make a diagnosis and recommend the most effective treatment, a chiropractor will want to know all about the incident that caused the whiplash; what position the person was in (e.g., sitting straight, leaning over); whether or not the person was using a seat belt or a headrest and so on. This helps him or her understand the movement of the head, and the possible impact on the vertebrae and soft tissue. In some cases, x-rays or other tests may be used to help determine the presence and severity of certain injuries.



### How do you know if you have whiplash?

It can take several hours to several days to feel symptoms which can include neck pain, headaches, nausea, dizziness and ringing in the ears. Usually people who have suffered whiplash complain of a stiff and sore neck. They may also experience back, shoulder, or arm pain and stiffness. Some people feel fine after the accident, but wake up the next day with symptoms. In some cases, it can take weeks and months for the full extent of the injury to become evident.



## HIGH HEELS

Not only can those brand new high-heeled shoes cause pain in your feet, they can cause low back pain as well. **In fact, poor footwear can cause difficulties in the feet, knees, hips, low back and all the way up the spine.** Generally, the best shoes for your body are relatively flat and provide adequate support for your feet. However, there are times when higher heels are desired. Here are some tips for those times.

**Shop for shoes** in the afternoon or evening, as your feet tend to accumulate fluid and swell throughout the day - what may have been comfortable earlier could now be tight.

### Choosing a shoe:

1. Make sure to select the correct shoe size and measure both feet. It is not uncommon to have different sized feet. Stand-up when taking measurements as your feet expand when standing.
2. Not all shoes are created equally. The same shoe size can have different fits depending on the manufacturer. Make sure to try several sizes to find the most comfortable shoe. Walk around the store with both shoes on and see how your feet feel.
3. Choose a heel height that you can walk in gracefully. The effect of a high heel is easily negated by a clumsy walk.
4. Try to choose a shoe with a heel height of no more than 2 inches. It's a good compromise height that will still create the arched posture associated with high heels without sending you tipping out of them.
5. To maximize stability without sacrificing the look of a slender heel, choose a heel that has a narrow silhouette when viewed from the side and a broader base when viewed from the back. Stiletto heels provide very little support.
6. Try to avoid buying a recessed heel, as it is one of the most unstable heel styles. This is where the heel is indented from the back of the shoe.
7. Avoid shoes with many thin straps, as these tend to dig into your skin causing pain and swelling. If the straps are too tight, they can also cut your feet.
8. The material used to make the shoe can also make a difference. Leather or nylon mesh allow for more breathing and flexibility in the feet.
9. Avoid buying shoes that you feel need a break-in period. Shoes should be comfortable from the first time you put them on.
10. Ensure that the shoes have good support for the arches of your feet. If not, an arch support can be used in a closed shoe.



### Give your feet a fighting chance

1. Place a cushioning pad into the front of the shoe to pad the balls of your feet. This will also help keep your toes from getting wedged into the front of the shoe. High heel shoes slant the foot forward and down at the same time, bending the toes up. This can cause shortening of the Achilles tendon and tightening of your calves.
2. Take a break from your shoes now and then. Slip-off your shoes discretely and stretch some of the tensed muscles. Wiggle your toes and make circles with your ankles to help increase circulation.
3. Try not to stand or walk for long periods of time. If you are wearing high heels to work, put them on when you get there. Wear walking shoes or runners on your way there and home again.
4. Maintain good posture while walking. When standing, your head, shoulders, hips and ankles should line-up one comfortably above the other. Your knees should be slightly bent and your feet should be shoulder-width apart. Great posture and a graceful walk will make more of an impression than teetering on a heel that's too high!

### The next day

After a hard night on your feet, give them a break. Wear a low comfortable shoe the next day to rest your muscles. Soak your feet in warm water or give them a nice massage.

### Finally

Exercise regularly and try to maintain a healthy weight. Being overweight adds extra stress on your feet, knees and back.



## 10 Very Common Workout Mistakes

Many times small errors can be all that is standing in the way between you and your goals. Take a look at these ten common mistakes and get ready to improve your workouts!

1. **Not stretching enough.** Be sure to stretch after your workout and hold each stretch for 30 seconds to a minute. No Bouncing!
2. **Lifting too much.** Don't lift more than your muscles can handle. Progress slowly and you will see results. Plus staying injury free keeps you motivated.
3. **Not warming up.** Prevent injury by spending at least five minutes on the treadmill, or cardio machine of your choice.
4. **Not cooling down.** Take a few minutes to lower your heart rate...and stretch!
5. **Training too intensely.** It's more effective to sustain a steady but challenging pace than to exercise intensely for only a few minutes if your body isn't used to it. Get bored easily?? Try intervals.
6. **Not drinking enough.** Water, that is. Don't wait until your throat is as dry as the desert sand to take a sip of water.
7. **Leaning heavily on the stair climber/stepper/treadmill.** Let's face it: if you're leaning, you're not getting the maximum benefits, and it's also hard on your wrists and back. Lower the intensity if it's too hard to do while standing straight up, and rest your hands only slightly on the rails.
8. **Not pushing yourself hard enough.** You should be working yourself hard enough to work up a light sweat- just be sure to stay in your target heart rate zone.
9. **Jerking the weights.** When you have to use your body's momentum to get the weight up, that means it's too heavy for you. Don't risk injury. Control the weight, and don't let it control you.
10. **Consuming energy bars and shakes during moderate sessions.** High energy (also meaning "high-calorie") foods are not needed unless you are training for longer than two hours a day. These foods are basically the equivalent to a meal. A low-carb protein shake after a weight training session is OK, though.



**REENA PATHAK, D.C.**

**4050 Walker Rd, #100**

**Windsor, ON**

**N8W3T5**

**(519)987-4261**