

# FALL UPDATE

## PhytoMulti: The Smart Multi - Vitamins & Phytonutrients

We all have heard the line growing up “Eat your vegetables, they are good for you!” That advice is still sound, as vegetables have nutrients that provide a great health benefit. However, it is a sure bet that most people were never told to eat their **phytonutrients**. Let's look at the importance of vitamins and phytonutrients, and the difference between them.

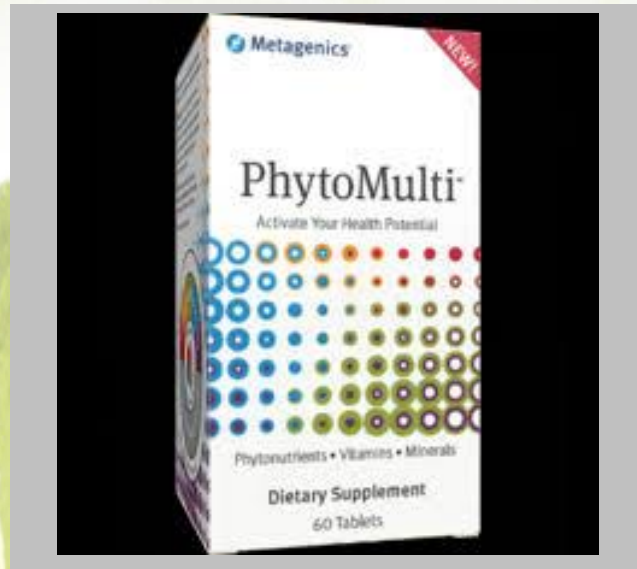
**VITAMINS:** There are thirteen vitamins that are required for normal growth and development. These vitamins must also be consumed in adequate amounts to support normal body functions throughout the lifespan. Vitamins help to support the following areas of health:

- Vitamin A: vision, skin, hair, bones, immunity;
- Vitamin C: antioxidant;
- Vitamin D: bones, teeth;
- Vitamin E: antioxidant;
- Vitamin K: blood clotting;
- B vitamins including B6 (pyridoxine), B12 (cyanocobalamin), B9(folate), B1(thiamine), B2(riboflavin), B3(niacin), B5(pantothenic acid), and B7(biotin): energy production, red blood cell formation, nervous system function.

A deficiency in any one of these vitamins can result in poor health. For example, if 12 of the 13 vitamins are eaten in adequate amounts, but Vitamin C intake is low, a condition called scurvy can develop. Likewise, if 12 of 13 vitamins are eaten but, Vitamin A is low, night blindness and lowered immunity may be the result.

**PHYTONUTRIENTS** are another class of nutrients that support health. There are literally thousands of phytonutrients; interestingly enough, some of the phytonutrients are also vitamins specifically, vitamins A, C, E, K and folate. Phytonutrients contain disease-preventing compounds that strengthen immunity and offer anti-aging benefits. The specific effects of phytonutrients in the body vary tremendously, ranging from antioxidants to hormone metabolism to anti-carcinogen activity.

**What is the difference between phytonutrients and vitamins?** Vitamins are compounds that are contained in a variety of foods and help to maintain normal functions in the body. Phytonutrients are found **exclusively in plant-based** foods: fruits, vegetables, seeds, nuts, legumes, grains, and tea. Unfortunately, only half of Canadians eat enough vegetables each day, and only one-third eat enough fruit. Supplementing can HELP!



### MAJOR CLASSES OF PHYTONUTRIENTS

- **Indoles** - anti-carcinogenic effects, inhibition of free radical activity, aiding in hormonal balance, and enhancing cell nourishment. Usually found in foods with a high content of Vitamin C.
- **Phenols** - prevent oxidative damage from free radicals. They also have a strong protective role in the cardiovascular system, including lowering blood pressure, clot formation, and vascular inflammation. The isoflavones have been shown to reduce the risk for osteoporosis, cancer, and heart disease.
- **Phytosterols** - found in green and yellow vegetables. Their primary function is to block cholesterol absorption and to rid the body of extra cholesterol, both of which may help reduce risk of cardiovascular disease. Phytosterols are also strong anti-carcinogens, especially helpful in the prevention of prostate, colon, and breast cancer.
- **Terpenes**- found in green fruits and vegetables as well as in soy products and grains.
- **Thiols** - beta-carotene is a terpene that reduces the risk of macular degeneration and various cancers including lung, colorectal, breast, uterine and prostate.

*Dr. Reena offers Metagenics Nutraceuticals. If you have any questions regarding any supplements, please speak to Dr. Reena directly.*

**References:** (1) Jacobs DR Jr, Gross MD, Tapsell LC. Food synergy: an operational concept for understanding nutrition. *Am J Clin Nutr.* 2009 Mar 11. [Epub ahead of print] (2) Jacobs DR Jr, Steffen LM. Nutrients, foods, and dietary patterns as exposures in research: a framework for food synergy. *Am J Clin Nutr.* 2003 Sep;78(3 Suppl):508S-513S. Review.



## HEALTHY HOLIDAY KNITTING



This article is reprinted from the Matte Stories from the Ontario Chiropractic Association.

For more information, Please visit:  
<http://www.chiropractic.on.ca/>

During the winter season many of us turn to knitting to pass the time and create beautiful gifts for our loved ones. However, knitting is a **repetitive motion** and can lead to a variety of injuries, much like typing, sewing and other repetitive tasks. Knitting can cause strain not only on the hands and wrists, but also on the neck and upper back due to the extended length of time knitters are looking down at their work in a sitting position. Knitting can also lead to carpal tunnel syndrome, related to improper wrist positioning and grip technique in serious cases.

The **Ontario Chiropractic Association** has compiled a few tips and techniques to help knitters enjoy their hobby free of pain and discomfort:

- The single most important thing a knitter can do to prevent injury is **take frequent, regular breaks**. Change the position of your body and look up often from your work and into the distance.
- Sit in a chair with your feet on the floor and try not to hunch. Try to engage your abdomen when adjusting your posture.
- Stretch your fingers by clenching your hands and then spreading your fingers as far as you can. **Stretch and strengthen your wrists** with simple curls. Lay your forearm on a flat surface with your wrist at the edge. While holding a small hand weight, let your wrist fall over the edge and then lift the weight up towards you only bending your wrist. The rest of your arm should remain flat on the table.
- **Sit in a comfortable but supportive chair** and consider placing a small cushion, rolled up towel or sweater between your chair and the curve in the small of your low back.
- **The tools you use matter**. Consider smooth, lightweight needles. Circular needles are best for large projects.
- **Make small, efficient movements**. Practice how small you can make your movements. Keep the working yarn close to the tip of the needles.
- **Plan your knitting projects in advance** and try to space them out over time.



## I FEEL GREAT!! DO I STILL NEED TO SEE A CHIROPRACTOR?

Many people come into the office when they have pain, or an injury. After a patient is better, and pain is a distant memory, many patients opt to come in for regular treatment on a monthly basis to maintain their health and wellness. There are also some patients that question "Why Shall I Return When I Feel Fine?"

While many patients return when their condition deteriorates for some reason or the other leading to pain, whether it be a new kind of pain or a similar problem, as a chiropractor, we recommended regular treatment.

Here is some reasoning. How you feel is not always a good indication of how healthy you are; in fact you may feel fine while life-altering spinal restrictions or subluxations are damaging your body. We have all seen people looking like they were hit by a truck who "feel fine." They are walking targets, waiting for disease to strike before they decide to do anything about their health. They "feel fine" but have no energy; they "feel fine" but sleep poorly; they "feel fine" but are tired, have aches and pains, headaches or backaches. Too many people accept having back or neck pain because they are 'getting older', or are 'pregnant', or because 'my parents had the same thing.' Too many people who "feel fine" have a sudden heart attack, stroke, debilitating pain or are diagnosed with a serious disease such as cancer.

They have lost touch with how they really feel. They will return for chiropractic care when they "feel like it" and not a minute sooner. They have stopped listening to their body's subtle signs of sickness, and they will not listen to their chiropractor either. Why wait for something to go wrong before you attend to your health? It may be too late if you wait for symptoms.



### “MYTH:

Once you go to a chiropractor, you have to keep coming back.

The truth is, many patients willingly choose maintenance care, just like they'd go to a dentist periodically. Like keeping your teeth cavity-free, spinal hygiene and chiropractic adjustments are a part of a healthy lifestyle.”

Many people visit their doctor of chiropractic only when they are sick or in pain. That is a lot better than resorting to drugs or surgery, but chiropractic has so much more to offer. Keep your spine free of nervous interference so it may continue healing and promote a healthier body, with less stress, more energy, and greater resistance to disease.

No matter what disease or condition you have, you can benefit from a healthy spine. Spinal health can be as important for your overall healing as proper nutrition. 'I have a busy schedule' or 'My kids don't think they need an adjustment' or 'I really should get in but...' are poor excuses. You owe it to yourself, to your kids, to maintain OPTIMAL HEALTH...get adjusted and be healthy!



A toothbrush is one of the best health investments you can make



It makes a big difference



A chiropractic adjustment is ALSO one of the best health investments you can make



Degenerative Healthy Spine

It makes a big difference



## Some Like it Hot, Some Like it Cold

Doctor, should I use Ice or Heat?

### ICE

Typically, Ice is used following a new injury when swelling is present. Ice works best on injuries that are less than 24 hours old to reduce the swelling and lessen the pain. Keep in mind of the following:

- Never place ice directly in the skin as it can lead to frostbite
- When applying ice, it is most effective when a damp cloth is placed on the skin, and then the ice on top
- With icing, it is important to go through the phases of feeling COLD, and then ACHING, and then BURNING and NUMB. Never leave ice on for more than 15 minutes
- Ice can be re-applied again, after the skin has returned to normal colour (at least 30mins between applications)

**Sources** SUNITHA J. Cryotherapy - A Review. Journal of Clinical and Diagnostic Research [serial online] 2010 April [cited: 2010 April 5]; 4:2325-2329. Taber, et al. Measurement of reactive vasodilation during cold gel pack application to nontraumatized ankles. Physical Therapy / April, 1992. and The Use of Ice in the Treatment of Acute Soft-Tissue Injury. A Systematic Review of Randomized Controlled Trials; Chris Bleakley, et al, The American Journal of Sports Medicine 2004. Volume 32

### HEAT

Heat can help increase blood circulation and improves flexibility. If a patient has chronic, long-term joint and muscle stiffness, heat is usually recommended. Keep in mind of the follow:

- Avoid dry heat- moist heat is better. Your body needs hydration. Invest in a MOIST heating pad or a hot water bottle
- Never apply heat longer than 30 minutes
- Check every couple of minutes to make sure you are not burning
- As with ice, allow the skin to return to the normal colouration before applying heat again.



**REENA PATHAK, DC**  
4050 Walker Road.  
Windsor, ON, N8W 3T5

**(519)987-4261**

**[Dr.ReenaPathak@gmail.com](mailto:Dr.ReenaPathak@gmail.com)**

**<http://www.HandsOnHealthChiropractic.ca>**

**<http://www.facebook.com/DrReenaPathak>**

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