

WINTER UPDATE

A HEALTHIER YOU FOR THE NEW YEAR!

As the year winds down many of us start thinking about our New Year's resolutions and often these involve leading a healthier lifestyle in the year to come. A healthy lifestyle does not have to mean adhering to a strict diet or intense exercise regimes...these often set us up for failure before we even begin. Instead, incorporate small changes into your diet and exercise habits that you can build on throughout the year, and set yourself up for success!

LIFESTYLE CHANGES

- **Exercise** for 20-30 mins, 3-4 times per week. **Choose an activity that you enjoy**, so it does not feel like work!
- **Prepare your own meals** rather than eating out. This allows you to control your fat and sugar intake.
- **Limit alcohol intake and quit smoking.** Excessive alcohol consumption and smoking can inhibit absorption of nutrients.

DIETARY CHANGES

- **Eat more raw foods.** Cooking and canning can destroy nutritional elements of many foods.
- **Choose organic foods** when possible to avoid toxins such as pesticides and heavy metals.
- **Consume 25-30 grams of fibre per day.** High fibre diets have been shown to help reduce heart disease, digestive disorders, and colon cancer.
- **Drink 8-10 glasses of water per day.** Avoid excessive intake of soft drinks and coffee which are high in sugar and caffeine.



QUIT SMOKING

- **Make a serious mental commitment to quitting.**
- **Choose a quit date that has significance to you.** You will be less likely to relapse.
- **Refer to yourself as a non-smoker** and give yourself positive affirmations.
- **Dispose of all cigarettes and smoking accessories** (e.g. lighters, ashtrays) from your home, car, work, or anywhere you may be tempted to smoke.
- **Avoid contact with smokers** and do not allow people to smoke in your home.
- **Perform other tasks to distract you** when you are tempted to smoke.
- **Try alternative therapies** to help cope with your addiction. **Acupuncture** has been shown to be very effective in treating addictions such as smoking.

Remember, you are in control of your healthcare! Don't wait until you get sick to get healthy!

GRASTON® TECHNIQUE

SAY GOODBYE TO SCAR TISSUE!



Graston® Technique for the Upper Trapezius



Graston® Technique Instruments



Dr. Reena is now offering Graston® Technique!

Graston® Technique is an instrument-assisted soft tissue technique designed to break down scar tissue and fascial restrictions in the body. Specially designed stainless steel instruments are used to detect and remove areas of soft tissue fibrosis or chronic inflammation in order to reduce overall treatment times, improve recovery and rehabilitation, and resolve chronic conditions once thought to be permanent.

Scar tissue is tissue that has healed in a haphazard pattern as a result of damage to normal tissue. Scar tissue can adhere to fascia (a thin layer of tissue that weaves between every organ, muscle, and tendon in the body), muscles, tendons, and ligaments, impairing function (e.g. restricted range of motion) and producing pain.

Uniquely shaped stainless steel instruments are used to comb over and “catch” areas of fibrotic or scarred tissue. As the instruments glide over adhesions, the patient and practitioner will identify a feeling of ‘going over a speed bump’ or a ‘gravel-like grittiness’. It is common to experience discomfort during the treatment and minor bruising afterwards; these are normal responses and part of the healing process. The treatment is not debilitating and patients can continue their daily activities throughout the course of their treatment.

The Graston® Technique protocol begins with a brief warm-up of the tissue prior to applying the technique; this is then followed by stretching, strengthening, and application of ice. Patients typically receive treatment twice per week over a period of four to five weeks, with most patients experiencing a positive response by the third or fourth treatment.



For more information about Graston® Technique, visit: www.grastontechnique.com

COLD AND FLU SEASON

NATURAL PREVENTION & REMEDIES

The cold and flu often present with similar symptoms, however the flu is more severe:

- **The Common Cold:** often begins with feeling tired, coughing or sore throat, sneezing or a runny nose. You may run a low grade fever or none at all, and possibly experience muscle aches or headaches. As the cold progresses, nasal mucous may change from thin and watery to thick and yellow. Generally a cold will last 3-4 days, or up to 10 days.
- **The Flu:** often begins suddenly and hits hard. Your fever may reach as high as 40°C (105°F), you will feel tired, weak, and experience a dry cough, runny nose, muscle aches, severe headache, and sore throat. It is common to have a persistent cough and feel weak and tired for up to three weeks after the flu has subsided.

REMEDIES:

Since there is no cure for the cold or flu, remedies focus on easing symptoms:

- Stay home and rest
- Consume plenty of fluids:
 - Helps loosen mucous
 - Helps prevent dehydration that may result from a fever drying up body fluids
 - Hot tea with lemon and honey helps to soothe a sore throat
- Gargle with warm salt water (1tsp of salt in 1 cup of water) to help soothe a sore throat
- Vitamin C (1-3 grams/day) can reduce the duration and severity of symptoms
- Zinc Gluconate lozenges (15-25mg of zinc/lozenge) at onset of symptoms
- Echinacea: stimulates the immune system
 - As a preventive, reduces incidence of colds
 - Speeds the healing process during a cold
- Avoid excess sweets, as sugar can impair immune function



MUCO COCCINUM:

Muco Coccinum is a homeopathic remedy that is safe and effective in both treating and preventing cold and flu symptoms. It is formulated to boost immune function and stimulates the body's natural defences. It can be taken as a preventative or at the first sign of cold/flu symptoms to prevent a full outbreak of the condition.

For more information about Muco Coccinum and homeopathic remedies, visit:

<http://www.rockwellnutrition.com/muco-coccinum-by-genestra-homeopathic-flu-support.html#tablist>

PREVENTION:

Cold and Flu viruses are spread via hand-to-hand contact and in airborne droplets released with coughing and sneezing. Some common tips to avoid transmission:

- Frequent hand-washing with soap and warm water
- Avoid rubbing your eyes, ears, nose
- Cough and sneeze into your elbow instead of your hand
- Use disposable tissues instead of handkerchiefs

**Always consult your healthcare provider before taking any supplements or homeopathic remedies.*

STAY ON YOUR FEET THIS WINTER!

SAFE SNOW SHOVELLING TIPS

- **Warm up:** walk and stretch before engaging in any strenuous activity
- **Don't let snow pile up:** frequent shovelling allows you to move smaller amounts of snow at once
- **Pick the right shovel:** use a light weight push-type shovel; spray metal shovels with Teflon to prevent snow sticking
- **Push, don't throw:** avoids lifting heavy shovelfuls and sudden twisting movements
- **Bend your knees:** use your leg and arm muscles if you need to lift shovelfuls of snow while keeping your back straight
- **Take a break:** if you feel tired, short of breath, have back or chest pain stop shoveling immediately
 - See your doctor immediately if you have severe chest pain
 - See your chiropractor if you have persistent back pain



REENA PATHAK, D.C.

To schedule an appointment, please call:

(519)987-4261



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