

SPRING UPDATE

Prepare for Garden-Variety Exercise Plant and Rake Without the Ache

Even while many parts of the country are still under a blanket of snow (with more in the forecast) the calendar tells us that spring is in fact, on the way. It's easy to forget how close it is, but for everyone hoping to put in a garden this spring, there are some things you can do to get your garden ready for the warmer days of spring.

Now you may have heard about or are even conscientious about practicing proper workplace/office ergonomics: sitting in the correct position, feet flat, eyes at proper level on computer screen, etc. from articles in previous newsletters, how many of you think about it when you're gardening?

Whether you have quite the green thumb or you simply pull a few weeds in your flower beds now and then, you still need to make sure you're implementing ergonomic practices. Some helpful tips include:

- Before you begin, stretch for 10 minutes (this may seem silly, but this is a physical task, just like any other that utilizes various muscle groups)
- As you're working, remember to drink plenty of water to stay hydrated
- Do not remain in the same position for too long (allow for breaks and change up tasks often)
- Consider using ergonomic gardening tools (they're available at most hardware stores and of course online – they'll help your wrists, knees, hands, shoulders, etc.)
- Put any debris on a tarp or even an old sheet – this will allow you to slide it along the ground to avoid lifting
- To help support the back and neck, try to keep items close to you – avoid straining or reaching for something too long
- Proper bending and lifting posture:
 - Sit back and bend your knees, not your back
 - Keep objects as close to you as possible
 - Use your abdominal muscles to aid your lifting (make sure they're contracted)

Tips for a Healthy Back in the Garden



Have the right tools for the task at hand

Ensure you drink plenty of fluids

Alternate between light and heavy jobs

Lift correctly

Take frequent breaks

Heavy loads should be shared

Your feet should be protected with thick soled supportive shoes

Before you start, warm-up your muscles

Avoid muscle strain, learn the right techniques

Change positions frequently

Kneel to plant and weed

Spinal check-ups can help keep your back healthy



Ontario Chiropractic Association
Association Chiropratique de l'Ontario
1-877-327-2273
www.chiropractic.on.ca

Chiropractic.
Treatment that stands up.

- Practice proper positions:
 - Kneeling – kneel with one knee, not both; bend forward from your hips, not back
 - Standing – keeping your back straight to help the nerves in your back from stretching and stressing your spine
- Most importantly...listen to your body! If anything feels achy, sore or a task is too challenging, stop. If after rest, there's no pain, you can work on a different task.
- If anything is sore afterward, apply ice for 10 minutes

From the Ontario Chiropractic Association's "Patient Education: Mat Stores"

<https://d2oovpv43hgkeu.cloudfront.net/Public-Ed-Comm-Outreach/gardentri-fold.pdf>

PREGNANCY & CHIROPRACTIC

Chiropractic benefits during pregnancy

Many women seek chiropractic care to relieve neck or back pain that can result from weight gain and altered biomechanics during pregnancy. But even if you're not in pain, you can benefit from visiting a chiropractor.

Chiropractic care during pregnancy maintains, and can even improve, balance and alignment in your spine and pelvis. This can help your baby assume his/her optimal birthing position and reduce the risk of having a breech baby.

Regular chiropractic care can also provide a more comfortable pregnancy and delivery for both mother and baby. It stimulates the nervous system to enable proper functioning of your reproductive organs, thus supporting the needs of your baby throughout pregnancy and during delivery.

How to improve your own alignment during pregnancy

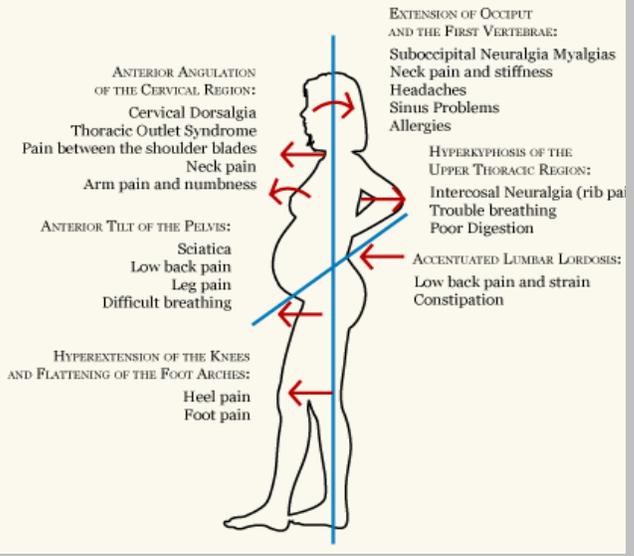
Even if you don't visit a chiropractor, there is a lot you can do on your own to improve the position of your pelvis during pregnancy. Pregnant women should:

- Avoid one-sided positions and repetitive motions to one-side.
- Avoid carrying older siblings on your hips.
- When sitting, rock your pelvis forward and avoid long periods of time in semi-reclining positions, such as car seats and lazy boys. Your knees should never be higher than your hips and you should avoid crossing your legs.
- When sleeping, prop pillows between your knees for comfort. You spend approximately one third of your life in bed, so get comfortable. Use a supportive pillow and a firm mattress for spinal support.
- Avoid wearing high heels.
- Swimming and yoga are great forms of prenatal exercise

SOURCES:

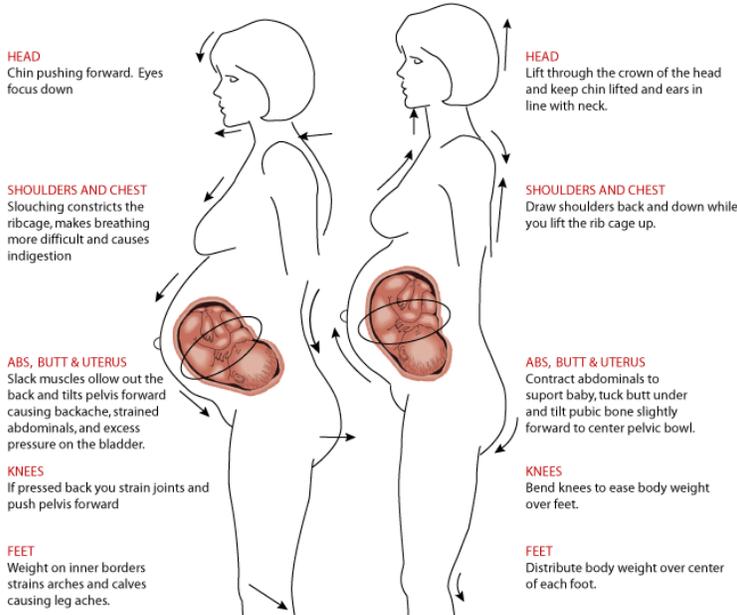
<http://www.canadianchiropractor.ca/content/view/1379/38/>

<http://naturalchildbirthedu.com/2010/05/10/chiropractic-care-pregnancy/>



INCORRECT UPRIGHT POSTURE

CORRECT UPRIGHT POSTURE



*Benefits of Prenatal Chiropractic Care

- Maintaining a healthier pregnancy
- Controlling symptoms of nausea
- Reducing the time of labor and delivery
- Relieving back, neck or joint pain
- Prevent a potential cesarean section

CHILDREN & Chiropractic

By now you have experienced the benefits of Chiropractic care to your health. But what about your children? Have you ever considered bringing them in for a chiropractic checkup? Surprisingly, the first stress placed on a child's spinal column is during the birthing process. Equally surprising is the fact that 25% of children surveyed at school reported a history of back-pain.

A child's spine is frequently subjected to repeated forces in the process of learning to walk as well as a multitude of childhood mishaps, sport-related injuries and postural strains. Many adults that come in to a Chiropractor's office show evidence of childhood injuries to their spine that are a contributing factor to their current pain and other problems that they experience today. This is why it is so important to have your child's spine checked regularly for any signs of signal imbalances or misalignments.

The nervous system is the 'Master Controller'

The nervous system is the master controller of our body; if its communication channels become fuzzy, distorted or damaged, then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestive issues, asthma, behavioural problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, *regardless* of what the end result or symptom may be, all roads to 'optimal health' lead back to the body's ability to self-regulate and function at a peak level.

While chiropractic may be able to help with a number of health issues, our focus is not treating or curing ailments; our focus is ensuring the nervous system has every opportunity to work efficiently and effectively. This is done by adjustments to subluxations.

How do little kids get nerve irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They may result from physical, chemical and emotional stressors or 'insults' to our health, such as bad posture, prolonged postures, sleeping on our stomachs, knocks and falls, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety. Some research suggests that even before these lifestyle stressors have an impact, nerve irritation may occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins.

Subluxations or nerve irritation may also occur from birth complications such as long labours, very fast labours, or forceps or caesarean delivery.

While research to support how effective chiropractic for children is not yet extensive, parental satisfaction with results achieved is compelling in its own right.

While more research into the benefits of chiropractic for babies and children is needed, chiropractic for little people has been shown to be gentle, safe and effective. Babies can be checked by chiropractors very soon after birth and special techniques have been developed to carefully correct any subluxated areas. When we appreciate how the nervous system may be hindered and impaired it makes sense why more parents are having their child's spine and nervous system assessed.

Fortunately, Chiropractic care has had many positive results in treating some very common childhood maladies. Problems like colic, headaches, ear infections, scoliosis, asthma and even some cases of behavioral problems and bed-wetting have been successfully treated with Chiropractic care. In fact, a recent study showed that children under Chiropractic care suffered from fewer ear infections than those whose parents sought medical care alone.

So the next time you come in to our office, bring your children. The few minutes you invest in your child's spinal checkup today may save them needless suffering tomorrow.

Top 10 Reasons Children See a Chiropractor

1. Earaches
2. Neck pain
3. Checkups
4. Headaches
5. Upper Respiratory Infections
6. Low Back Pain
7. Asthma
8. Allergies
9. Enuresis (Bedwetting)
10. ADD / ADHD

From: <http://welladjustedbabies.com/why-parents-take-children-to-chiropractors/>

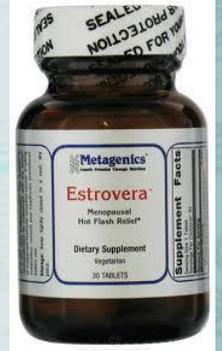
PRODUCT SPOTLIGHT: *ESTROVERA*

Estrovera contains a special extract of **rhubarb root (Err 731)** that has been shown in clinical studies to *significantly reduce menopausal hot flashes* compared to placebo. It has been clinically demonstrated to relieve a wide range of other menopausal symptoms including:

- Sleep disturbances, poor mood, irritability, and anxiety, physical and emotional exhaustion, heart complaints (e.g., racing), joint and muscle complaints, urinary tract symptoms, vaginal dryness and sexual problems

Estrovera comes with a limited money back guarantee; just follow the links on the website with proof of purchase if you are not satisfied with the product.

It is estrogen free and natural!



For more information, visit: <http://www.metagenics.com/products/product-lines/estrovera> and http://www.metagenics.com/sites/default/files/resources/estrovera_is_met1695.pdf



REENA PATHAK, D.C.
4050 Walker Road
Windsor, ON
N8W 3T5

(519)987-4261



<http://www.reenapathakdc.webs.com>



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



<http://www.twitter.com/DrReenaPathak>