

# FALL UPDATE

## THE 'S-CURVE': SCOLIOSIS

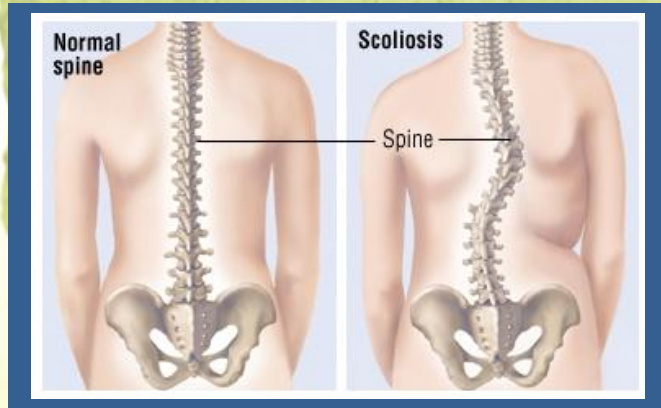
Every October is a special month for Chiropractic awareness, as it is "Chiropractic Month". This year, we would like to bring awareness to a common and under-addressed condition: Scoliosis. At our office, we see many patients with scoliosis for a variety of treatments ranging from massage, acupuncture, chiropractic care, and even rehabilitative exercise and joint supplementation.

### *So what is scoliosis?*

Scoliosis is a sideways curving of the spine (greater than 10 degrees) that often begins in childhood when the bones of the spine are still growing. In many cases, the exact cause of scoliosis is unknown. It is thought that scoliosis is the result of a hereditary problem or an adaptation to some type of trauma, such as the birth process, or an injury such as falling off a bicycle; other causes may include neurological disease, or tumors. Scoliosis is slightly more common in girls than boys, although both genders can be affected. One of the big mistakes that we hear of are people thinking that they have a "curve" due to extreme muscle spasm; these curves generally represent a "functional scoliosis" caused by muscle spasm, postural disturbance, or leg-length inequality; typically these curves are less than 10 degrees in size and can be corrected.

### *Diagnosis*

A chiropractor can perform a spinal screening for scoliosis, but the most definitive way to confirm the diagnosis of scoliosis is full spine x-rays. Additional x-rays may be taken to determine the skeletal maturity of the individual, and whether there is a likelihood that the curve will progress; depending on the outcome, it may be necessary to repeat x-rays every 3-4 months to monitor for progression and increasing severity.



If you see a chiropractor, scoliosis may be detected by uneven shoulder heights, loss of structural balance, or changes in posture or muscle firing patterns. If a spinal curve exists, pressure can increase in the joints, discs, and nerves. Because spinal bones can continue to grow well into the early 20's, if left uncorrected, scoliosis often progresses, leading to joint pain, stress on joints and may even degenerative arthritis; in severe cases (curves greater than 45 degrees), there may be compromise of lung and heart function.

### *Treatment*

Curves under 20 degrees are generally monitored closely and may be treated with chiropractic manipulation, massage therapy and exercises to reduce back pain; because these curves are structural in nature, treatment is aimed at controlling symptoms, and will not reduce the size of the curve. Bracing is implemented for curves 25-45 degrees, and curves greater than 45 degrees usually require surgical intervention.

**Early detection and chiropractic correction is important for optimum results.** If you have a child at home and want to have them screened for scoliosis, take advantage of our "Scoliosis Screen" for the month of October. This is a **free spinal screening** for children for the month of October. Call the office to schedule. For more information about scoliosis, please visit: [http://www.acatoday.org/content\\_css.cfm?CID=2189](http://www.acatoday.org/content_css.cfm?CID=2189)

## FALLING LEAVES: PREVENT YARD WORK BLUES



Before you rev up the lawnmower or reach for your rake this fall, consider the possible consequences: upper or lower-back strain, neck strain and pain in the shoulders.

Just as playing football or golf can injure your body, the twisting, turning, bending, and reaching of mowing and raking can also cause injury if your body is not prepared. Like an athlete, if you leap into something without warming up or knowing how to do it, the chances of injury are greater.

### *What Can You Do?*

The American Chiropractic Association (ACA) offers the following tips to help prevent the needless pain yard work may cause.

- Do stretching exercises, without bouncing, for a total of 10 to 15 minutes spread over the course of your work. Do knee-to-chest pulls, trunk rotations, and side bends with hands above your head and fingers locked. Take a short walk to stimulate circulation. When finished with the yard work, repeat the stretching exercises.
- Stand as straight as possible, and keep your head up as you rake or mow.
- When it's still warm outside, avoid the heat. If you're a morning person, get the work done before 10 a.m. Otherwise, do your chores after 6 p.m.
- When raking, use a "scissors" stance: right foot forward and left foot back for a few minutes, then reverse, putting your left foot forward and right foot back.
- Bend at the knees, not the waist, as you pick up piles of leaves or grass from the grass catcher. Make the piles small to decrease the possibility of back strain.
- When mowing, use your whole bodyweight to push the mower, rather than just your arms and back.
- If your mower has a pull cord, don't twist at the waist or yank the cord. Instead, bend at the knees and pull in one smooth motion.
- Drink lots of water, wear a hat, shoes and protective glasses. And, to avoid blisters, try wearing gloves. If your equipment is loud, wear hearing protection. If you have asthma or allergies, wear a mask.



- Try ergonomic tools, too. They're engineered to protect you when used properly.
- If you do feel soreness or stiffness in your back, use ice to soothe the discomfort. If there's no improvement in two or three days, see your local doctor of chiropractic.

Article from:

[http://www.acatoday.org/content\\_css.cfm?CID=78](http://www.acatoday.org/content_css.cfm?CID=78)

## GUIDE TO STAYING HEALTHY DURING THE COLD & FLU SEASON

During this time of the year, a staggering number of patients come in with those symptoms common to allergies and allergic sinusitis. You know the symptoms: itchy and watery eyes, sneezing, coughing, sore and/or scratchy throat, fatigue ... you name it. There are SEVERAL things you can be doing to help prevent these symptoms from showing up or fix them should they arise.

First – **your immune system** is your only line of defense when it comes to allergens, viruses and bacteria. Your immune system works and repairs when you are sleeping, so make sure to get plenty of rest – at least 8 hours a night.

Your immune system and other systems in your body fight a multitude of toxins that need to be eliminated. A buildup of toxins can slow down these systems so be sure to **drink plenty of clean water** every day; the general recommendation is to drink half of your bodyweight (in pounds) in ounces of water. For instance, a 200-pound person should drink about 100 oz of water per day (that's 2.96 liters), so roughly 1-1/2 liters of water per 100 lbs!

In order for your immune system to work optimally, you need to provide your body with **high quality nutrients**; it is even more important to make good food decisions during the cold and flu season. Try to eliminate greasy, fried and fast foods. When you shop – **shop the perimeter of the store**; the perimeter is where you find fresh fruits and vegetables, meats, fish, poultry and dairy. Skip the middle of the store; avoid boxed, canned and frozen foods when you can. If you must shop the middle of the store, make sure to only buy things where the ingredients are easy to pronounce. If it sounds like a biochemical equation gone bad, then put it back! Buy items that are preservative and High Fructose Corn Syrup free!

Choose quality vitamins and supplements. Of course it is always idea to obtain your nutrients from food, however the average American diet tends to be lacking. When choosing your supplements, be sure to select quality sources from a reputable brand; you want to be sure your body is actually absorbing and using what you are putting into it, and not just creating very expensive urine. In general, most people should be supplementing with a high quality Multi-vitamin and Vitamin D. Vitamin D (D3 as Cholecalciferol) is produced via exposure to the sun; given our geography, most of us tend to be deficient. Vitamin D is essential for good bone health, and also helps boost the immune system.



### COLD & FLU FIGHTERS:

- **Garlic:** antibiotic properties and effects on allergies and general immunity; in supplement form be sure it contains the key component - **allicin**
- **Vitamin C:** plays a role in respiratory defense mechanisms when taken consistently as a prophylaxis
- **Tea: L-theanine** found in tea increases immune response in fighting bacteria, infections, viruses, and fungi
- **Zinc Lozenges:** zinc gluconate glycine lozenges have been found to reduce cold duration, however long-term use is not recommended
- **Immucore:** combines mushroom extracts, high potency vitamin C, and antioxidants (zinc, selenium) to boost your immune system; take 2-3 capsules/day when symptoms are active, or 1 capsule/day as prevention. **One of Dr. Reena's favourites!**
- Finally, do not forget to visit your Chiropractor! Yes! **Spinal adjustments** can help to boost your immune system too!

For more information, visit:

[http://www.acatoday.org/content\\_css.cfm?CID=1332](http://www.acatoday.org/content_css.cfm?CID=1332)



## DOUBLE PEANUT BUTTER CHOCOLATE CUPS: THE HEALTHY WAY!



Fun, flavourful, and packed with healthy fats from the coconut and peanuts, these homemade treats are an upgrade from the hydrogenated versions you should avoid at the store. You can substitute other nut butters or sunflower seed butter, but you'll need to adjust the honey to taste.

**Nutritional analysis per serving (1 peanut butter cup):** calories 144, fat 13g, saturated fat 7g, cholesterol 0mg, fiber 1g, protein 4g, carbohydrate 8g, sodium 2mg

### INGREDIENTS:

#### Bottom Layer

2 tbsp extra virgin coconut oil  
1/4 cup smooth peanut butter  
1/2 tsp pure vanilla extract  
2 tbsp honey

#### Top Layer

2 tbsp extra virgin olive oil  
1/4 cup smooth peanut butter  
1/4 cup unsweetened cocoa powder  
1/2 tsp pure vanilla extract  
2 tbsp honey

### DIRECTIONS:

Bottom Layer: Combine all ingredients in a small bowl and mix until very smooth. Set 10 mini baking cups in a mini muffin pan. Pour about 1 tbsp of bottom layer mixture into each baking cup without dribbling it down the inside of the paper (or you will get streaks in the final product). Place on a flat surface in freezer.

Top Layer: Combine all ingredients in a small bowl and mix until evenly incorporated. Removed pan from the freezer and fill each baking cup to the top with the top layer chocolate mixture.

Put tray back in freeze and let chill until the chocolate layer has hardened, about 15 mins.

Store the peanut butter cups in the freezer for up to 4 months.  
Chill time: 30 mins

Recipe courtesy of Mark Hyman, MD. <http://drhyman.com/blog/2013/11/14/double-peanut-butter-chocolate-cups/>



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