

May
2011



NEWSLETTER TO PATIENTS, FAMILY & FRIENDS OF THE Chiropractic Care and Longevity Center

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May 2nd - 8th is Spinal Week

Getting back into gardening, yardwork and warm weather activities like golf doesn't have to be a pain in the back if you take a few simple precautions, say Canada's chiropractors. May 2nd to 8th is Spinal Health Week across Canada and chiropractors are offering some easy tips to get back into the swing of spring without taking a toll on your back.

"When the warm weather finally arrives, people are eager to get outdoors and many of us tend to overdo it – especially on the weekends," says Dr. Grayden Bridge, president of the Canadian Chiropractic Association. "That usually leads to a sore back and a lot of very stiff people showing up at work on Monday morning. The good news is that it's mostly preventable. Taking a few simple steps will give your back a break and won't slow you down. In fact, it may even improve your performance in the yard or on the green."

The Canadian Chiropractic Association offers the following ten tips to give your back a break this spring – and all year round.

- 1. Take It Slow**
Many of us are more sedentary during the winter months and lose flexibility and muscle tone. So, take it slow when starting-up spring and summer activities. Try nine holes of golf instead of 18 the first-time out, and resist raking the entire yard in one day.
- 2. Stretch-Out**
Warm-up your muscles with five to ten minutes of gentle, slow stretching exercises to help prevent injuries and strains on muscles and joints before heading out for the garden or sports field.
- 3. Take a Break**
When working in the yard, alternate tasks and positions, and take three brief breaks every hour. Do the same for sports activities and stretch-out frequently.
- 4. Lift It Right**
When lifting, keep your back

- straight and bend your knees. Lift with your legs not your back whether you're unloading sports equipment or moving potting soil.
- 5. Hydrate**
Drink plenty of fluids before, during and after physical activity - especially during warm weather.
- 6. The Right Moves**
In the garden kneel to plant and weed. Rake with one leg in front and the other behind. Use tools that are a comfortable weight and size for you. The same goes for sports activities. Make sure your equipment is sized correctly for you and learn good technique whether it's swinging a golf club, kicking a soccer ball or cycling. Use a cart instead of carrying a golf bag on your shoulder.
- 7. Wear Protective Gear**
Wear a helmet when cycling, rollerblading or skateboarding and don't forget wrist, elbow and knee guards - there's more than your back at stake. A hat, sunscreen and breaks in the shade will also help prevent overexposure to the sun's rays and its heat.
- 8. Good Footwear Reduces Wear and Tear**
Wear comfortable supportive shoes appropriate for your activity to avoid slipping, twisting and sliding that can put your back out of gear.
- 9. Stretch-Out Before You Wrap-Up**
Before you call it a day, stretch-out your back and leg muscles to help prevent tightness and soreness.
- 10. Sleep on Your Back or Side**
Sleeping on your stomach can prompt back pain - not what you want after an active day outside. A supportive mattress will also give your back a break.

"Despite the best preventive efforts, some people will still end-up with stiffness and soreness," says Dr. Bridge. "Studies show that unless the condition is severe, you're better off returning to light to moderate physical activity after taking it easy for a day or two. In fact, the sooner you begin to move, the faster your recovery will be."

To help ease soreness, the Canadian Chiropractic Association suggests

the following:

- When lying on your back, you can ease the pressure on your back by propping a pillow under your knees, or while lying on your side, placing a pillow between your knees.
- Use a lumbar support pillow for any prolonged period of sitting, for example at your desk at work or while driving a car.
- Apply ice for the first day or two to calm spasms in the muscles and reduce inflammation. If one particular area of the back is sore or if you've suffered an injury, try an ice pack wrapped in a towel.
- If the pain persists for more than a few days, apply heat such as a hot water bottle, a heating pad, or a towel heated in water. Apply the hot compress for no more than 15 minutes at a time, up to four times a day. A hot bath or a shower massager will also bring relief by increasing blood flow to the back. Too much heat, however, may make the inflammation worse. When stiff and achy alternate heat and ice.

"If you have significant pain that lasts more than a few days, don't tough it out - visit a health professional," advises Dr. Bridge. "An expert evaluation, diagnosis and treatment plan will help ensure that chronic problems do not set-in and will get you back into your favourite activities more quickly."

The Canadian Chiropractic Association represents more than 5,000 Canadian chiropractors. Chiropractic is a regulated health care profession recognized by statute in all Canadian provinces, and is one of the largest primary contact health care professions in Canada. Every year approximately 4.5 million Canadians use chiropractic services. Chiropractors provide diagnosis, treatment, and prevention of disorders related to the spine, nervous system, and joints.

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“Mental Health is Everyone’s Concern” – May 1st – May 7th is Mental Health Week

What is it?

Most of us have heard the *terms* mental illness or mental disorder or psychiatric condition. These terms are used to describe a wide range of different conditions but what they have in common is that they all affect a person’s emotions, thoughts and behaviours — how they see themselves, see the world around them, and how they interact in that world. The key difference from “having a bad day or week” is both the duration and magnitude of the impacts on your life. There are many different kinds of mental disorders. One in five Canadians, over the course of their lives, will experience a mental illness and what that ultimately means is that every single family in Canada will in some way be affected. There is nobody in Canada who can stand up and say, “Not my family, not my aunts or uncles or cousins or grandparents, children, siblings, spouse or self.” And yet the reluctance to talk about mental illness, to acknowledge it openly, to treat it as a form of human suffering like any other illness, relates in part to how threatening this set of illnesses is to our sense of who we are. Mental illness cuts across all age, racial, religious, or socio-economic categories.

The Impacts Are Staggering?

The World Health Organization (WHO) predicts that by the year 2020 depression will become the No. 2 cause worldwide of years lost due to disability. That’s a profound impact. The number of suicides in Canada is almost 4,000 people a year. For people aged 15 to 24 in Canada, suicide is the No. 2 cause of death. According to the World Health Organization (WHO) mental illness is the number one leading cause of disability in the world and five of the 10 leading causes of disability are related to mental disorders. Mental illness costs the Canadian economy a staggering \$51-billion a year, and each day 500,000 people will miss work due to mental health problems. Each year employers and insurers spend a whopping \$8.5 billion on long-term disability claims related to mental illness. Mental illness is the number one cause of disability in Canada, accounting for nearly 30% of disability claims and 70% of total costs. Mental health disorders in the workplace cost Canadian companies nearly 14% of their net annual profits and up to \$16 billion annually.

The unemployment rate among people with serious mental illness is 70 - 90%. There is a 60% drop in family income when a breadwinner is diagnosed with mental illness.

Next time you’re in line at the supermarket or at a bus stop, look around you. How many people do you see? 5? 10? What if we told you that research shows that two of those 10 people have or will have a mental illness? Mental illness can affect anyone, at any time.

Types of Mental Illnesses?

Mood disorders – involve changes and disruptions in a person’s mood and emotions. Depression and bipolar disorder are examples of mood disorders.

Anxiety disorders – are the most common type of mental disorder. They cause people to be overly anxious and afraid of situations or events that most people consider normal. Panic disorder and post-traumatic stress disorder are anxiety disorders.

Schizophrenia – involves people losing the ability to know what’s real and what isn’t (this feature is called psychosis). Schizophrenia also makes it difficult for people to think, speak and interact in an organized way. Psychosis is not just a part of schizophrenia, but may also be seen on its own, or with other disorders like mood disorders.

Eating disorders – involve a distorted body image along with serious behaviours to manage food and weight, making it difficult to nourish oneself properly. Eating disorders can be life-threatening. Examples of eating disorders include anorexia and bulimia.

Personality disorders – affect the way a person acts, feels and gets along with other people. They can also cause people to be more impulsive. Borderline personality disorder and antisocial personality disorder are examples of personality disorder.

Substance use disorders (commonly called addictions) – occur when a person becomes dependent on a substance such as alcohol, tobacco or other drugs.

Dementia – involves the loss of brain cells and results in loss of memory, judgment and reasoning, along with changes in mood, behaviour and communication abilities (beyond what might be seen in normal aging). Alzheimer’s disease is the most common form of dementia.

Attention deficit (hyperactivity) disorder (ADD or ADHD) – can be diagnosed in adults but is usually found in children and youth and affects their ability to focus their

attention. This condition may also include hyperactivity, which is when a person becomes easily over-excited.

Myths and Facts

Myth: *Young people and children don’t suffer from mental illness.*

Fact: It is estimated that more than 18% of young people (ages 15 – 24) in Canada may suffer from a mental health disorder that severely disrupts their ability to function at home, in school, or in their community. Suicide accounts for 24% of all deaths among 15 - 24 year olds and 16% among 25 - 44 year olds. Ninety percent of people who commit suicide have a diagnosable mental illness. The mortality rate due to suicide among men is four times the rate among women.

Myth: *Mentally ill persons are dangerous.*

Fact: The vast majority of people with mental illnesses are not violent. In fact, they are more often victims of violence rather than perpetrators of violence. In the cases where violence does occur, the incidence typically results from the same reasons as with the general public such as feeling threatened or excessive use of alcohol and/or drugs.

Myth: *People with mental illness can work low-level jobs but aren’t suited for really important or responsible positions.*

Fact: People with mental illness, like everyone else, have the potential to work at any level depending on their own abilities, experience and motivation.

Myth: *A person who has had a mental illness can never be “normal.”*

Fact: People with mental illnesses can and do recover and resume normal activities. The vast majority recover.

Do You Need More Information?

Mental Health Week is a designated week created by **The Canadian Mental Health Association** (CMHA) to talk, reflect, engage and celebrate mental health for all. The theme of Mental Health For All represents the right of every Canadian to enjoy and have the best possible mental health. It’s this attitude that represents ways in which all Canadians can actively protect and preserve their mental health at home, work and in their own community. CMHA develops policies and delivers programs and services through its 10,000 volunteers and 135 branches across Canada everyday. This year, Mental Health Week celebrates its 60th year in 2011 from May 1st to 7th. **Learn more by visiting www.MentalHealthWeek.ca**

Get Into Your Summer Swing By: Cherilee Garofano BA, CPT, CNP, RNCP

If you are like most Canadians you may think our favourite pastime is hockey, but more adults play golf, with tennis not far behind.

This is because both sports are enjoyed by women and men of all ages, as well as their children. If you're one of the many Canadians that enjoy a day on the links or the court for fun or competition, consistent, specific cross training exercises will help you become a better athlete, dramatically improve your game and reduce your risk of injury.

Following Kevin's lead

Ex pro golfer Kevin practiced thousands of rounds of golf, and lifted weights. For 10 years he thought this was the right training, until he bulged a disc between his L4-L5 vertebrae, in the centre of his spine. He had to quit his sport due to the back pain. Two years ago, still in a great deal of pain, a new training program was created to improve his muscle imbalances. Kevin had a weak core along with tight, weak hips leaving his spine prone to injury. The rotational motion of a golf or tennis swing makes it imperative that the muscles encasing the spine (and core) are strong to support the movement; rotational exercises and sport-specific conditioning help to reduce injury, create power and strength.

After 12 months, combining flexibility and strength exercises twice a week with working alongside his chiropractor, Kevin reached his goal and played his first 8 holes this past winter.

Each of the following exercises is crucial for balance, dynamic flexibility, core stability, range of motion, strength and speed. Include them in your training program twice a week or as a beneficial spine stretch before you play, to help you score your best game of golf or tennis.

1. Leg swings

range of motion-low back, hamstrings, hips

Stand, holding onto golf club or chair, swing leg forwards and backwards, and then swing across the body and outwards, as shown. 10 repetitions each direction.

2. Lunge with twist

core strength, legs and hips

Hold golf club or tennis racket behind head to keep spine straight; step right leg forward into a lunge and twist to side over leading leg. Step back. Repeat with left leg. 2 sets of 10-12 repetitions. Progress to weighted bar behind head.

3. Good mornings

glutes, low back

Stand feet hip width apart, hold weights, back flat, shoulder blades drawn together and abdominals engaged, bend forward to 90 degrees. Slowly engage glutes to standing. 2 sets of 12 repetitions. (Note: a neutral back, not rounded)

4. Woodchopper

core strength, balance

On stability ball, swing medicine ball on horizontal plane. Arms overhead, abs engaged, control chop down to side; return overhead. Keep ball still. 2 sets of 12 repetitions each side.

5. Squat with twist

whole body, core strength, torso rotation

Hold cable or flex band. Stand feet hip width apart. Squat as low as you can, hips back, knees behind toes maintain upright posture; stand back up and with straight arms twist torso to right then left. This is one flowing movement. 2 sets of 12 repetitions each side.

6. Dynamic side plank with arm rotation

core stability, range of motion, strength

Side plank, elbow under shoulder, feet stacked, lift hips off floor, extend arm to ceiling. Bring extended arm, down under body as shown. Untwist, return to start position. Repeat. 1 set of 10 repetitions each side.

CANADIAN HEALTH & LIFESTYLE SUMMER 2010 - www.healthandlifestyle.ca



Now this is interesting

- *If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth
- *To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers
- *Heroin is the brand name of morphine once marketed by 'Bayer'
- Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!
- *People in nudist colonies play volleyball more than any other sport
- *Albert Einstein was offered the presidency of Israel in 1952, but he declined.
- *Astronauts can't belch - there is no gravity to separate liquid from gas in their stomachs.
- *Ancient Roman, Chinese and German societies often used urine as mouthwash.
- *The Mona Lisa has no eyebrows. In the Renaissance era, it was fashion to shave them off!
- *Because of the speed at which earth moves around the sun, it is impossible for a solar eclipse to last more than 7 minutes and 58 seconds.
- *The night of January 20 is "Saint Agnes's Eve", which is regarded as a time when a young woman dreams of her future husband.
- *Google is actually the common name for a number with a million zeros
- *It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- *Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years
- *Your tongue is the only muscle in your body that is attached at only one end
- *If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- *Each year 2,000,000 smokers either quit smoking or die of tobacco-related diseases.
- *Zero is the only number that cannot be represented by Roman numerals
- *Kites were used in the American Civil War to deliver letters and newspapers.
- *Drinking water after eating reduces the acid in your mouth by 61 percent
- *The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- *Nine out of every 10 living things live in the ocean
- *The University of Alaska spans four time zones
- *The tooth is the only part of the human body that cannot heal itself.
- *In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
- *Warner Communications paid \$28 million for the copyright to the song Happy Birthday.
- *Intelligent people have more zinc and copper in their hair.
- *A comet's tail always points away from the sun
- *The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent
- *Caffeine increases the power of aspirin and other painkillers that is why it is found in some medicines.
- *When a person dies, hearing is the last sense to go. The first sense lost is sight
- *In ancient times strangers shook hands to show that they were unarmed
- *Strawberries are the only fruits whose seeds grow on the outside
- *Avocados have the highest calories of any fruit at 167 calories per hundred grams
- *The moon moves about two inches away from the earth each year
- *The earth gets 100 tons heavier every day due to falling space dust
- *Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters
- *Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down
- *For every extra kilogram carried on a space flight, 530 kg of excess fuel is needed at lift-off
- *In 2011, July has 5 Fridays, 5 Saturdays, and 5 Sundays. This apparently happens once every 823 years! This is called 'money bags'.

Y B O D Y N O I T I R T U N U
 D A P S N I M A T I V N S O U
 V G J T T Z M E S C T O C I A
 S Q O R O N Y S N Q Q I E T T
 K T I E V M E R W I T S S N E
 H M N S H N U M U C P I M E G
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 I D H E A L T H Y E S S X E S
 L C C T H A D J U S T M E N T
 A E D G E K Q U N Y E N O B T

ADJUSTMENT
 ALIGNMENT
 BACK
 BESTHEALTH
 BODY
 BONE
 CHIROPRACTIC
 EXERCISE
 HEALTHY
 INJURY
 JOINT
 LIGAMENT

MUSCLE
 NECK
 NERVE
 NUTRITION
 PREVENTION
 SCOLIOSIS
 SLEEP
 SPINE
 STRESS
 TENDON
 VITAMINS
 WELLNESS

The 9-Dot Puzzle



Can you connect all of these dots with four straight lines without lifting your pencil? How about three straight lines without lifting your pencil? There is a solution on page 6 of this newsletter.

*"There is more hunger for love and appreciation in this world than for bread."
Mother Teresa*

Staying On Top Of Your Game – Mental Health Awareness

Some Strategies

1. Relationships

- Remind yourself regularly of all the people in your life who are special to you. Then, think of ways to make them a priority in your life.
- Connect with others in your community and meet new people by getting involved with organizations of interest, or by volunteering for a cause that you are passionate about (e.g., join a club or work association, volunteer at your child's school).
- Try getting to know some of your neighbours where you live, or just smile and say "hello".
- If you notice that someone may need a friend or a helping hand, reach out to them.

2. Self Regard

- Take time for reflection (e.g., try writing in a personal journal, mediation etc.).
- Regularly share your thoughts and feelings with others and be open to receiving their feedback.
- Try new things that involve you moving out of your own comfort zone.
- Indulge yourself sometimes (e.g., treat yourself to a nap jog, favourite dinner, bubble bath, etc.).
- Speak up and stand up for yourself.

3. Physical Health

- Maintain your healthy body weight through a combination of a balanced diet and exercise that is right for you. Clinical studies show that exercise is more effective than anti-depressants.
- If you drink alcohol, drink in moderation (i.e., for most people, the general guideline is no more than one drink a day for women

and no more than two drinks a day for men).

- If you smoke or use drugs, kick the habit by finding a program that can help. Talk to your doctor, or find a reputable, local program in your telephone book or by searching on the Internet.

- For detailed information and tips on how to manage stress, please refer to our Workplace Mental Health booklets posted at www.psychologyfoundation.org.

4. Financial Health

- Use resources that are available to you to help you with your financial planning. For example, see a reputable financial advisor if you think it would help, or use online tools available to you through your employer, bank or insurance company.
- Create an overall monthly budget that includes a savings plan.
- Become aware of (and take advantage of) opportunities to save even more (e.g., government re-imburement programs, employer pension plan/RRSP matching programs, etc.).
- Review your financial portfolio regularly, and make any necessary changes in it as your life circumstances change, but make sure your portfolio is a diversified one, no matter how old you are.

5. Love

- Regularly demonstrate to your partner that you understand and care for him/her (e.g., ask how he/she is doing, buy a small gift to show you care, take on an extra household chore to help out, etc.).
- Allow your partner to speak his/her mind and listen carefully and non-judgmentally.
- Encourage your partner to enjoy his/her own separate friends, interests and activities.

- Always be open and honest with your partner.
- Make time to laugh and have fun together!

6. Meaning

- Set priorities and goals for your life and regularly review and rank them in order of importance to you.
- Make time to pursue your passions and even rekindle old interests you once had - ones that made you feel energized and gave you an appreciation for life.
- Set aside a few minutes each day to stop and "smell the roses" or to day-dream, while remembering personal goals for your life. Then, try to visualize yourself reaching your goals.
- Involve yourself in your community and with organizations that are of interest to you.
- Develop meaningful relationships with co-workers, your family, your friends and your higher power.

7. Work

- Take the time to get to know colleagues at work and/or join a relevant group or association to meet new people in your industry.
- Consider how you might be able to set up a career "mentorship program" with someone you admire, to further support your career goals.
- Make sure that your manager and others in the organization are aware of your strengths and interests.
- Show initiative at work (e.g., ask how you might help with challenges facing your manager or organization, ask to be involved in projects or new roles that develop your skills, take training that will keep you current in your industry).

A Winner's Creed

If you think you are beaten,
you are;
If you think you dare not,
you don't;
If you'd like to win, but think
you can't
It's almost certain, you won't.
If you think you'll lose,
you're lost;
Since out in our world we find
success begins with a
person's will,
It's all in your state of mind.
Life's battles don't always go
to the stronger or faster hand;
But sooner or later
the person who wins
is the one who thinks.....
"I CAN".

Nervoheel®

Emotional distress, psychosomatic disorders, climacteric neurosis, nervous tension, sleep disturbances and emotional symptoms of menopause
Unlike other "natural" mood enhancers, Nervoheel does not cause liver damage or photosensitivity.

Many people all over the world suffer from restlessness, agitation, and depression. Nearly 75% of people say they experience "severe" stress at least twice a week. Up to 90% of all visits to primary care physicians are for stress-related problems, and job stress is by far the leading cause. Nervoheel is used by increasing numbers of practitioners all over the globe with great success. More than 80% of patients treated with Nervoheel describe its efficacy as "very good" or "good".

Nervoheel can be used successfully not only as monotherapy but also in combination with other medications, especially in treating disorders with psychosomatic components, such as ulcerative colitis or menopausal symptoms. Nervoheel is also suitable for children – in stressful school situations, for example.

www.heel.com

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If you have any
comments or
suggestions about our
Monthly Newsletter
please email them to
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We're on the Web!

See us at:

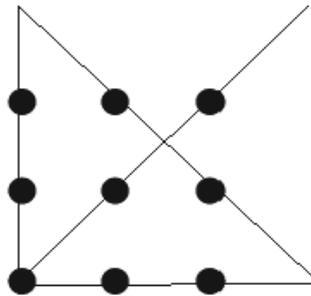
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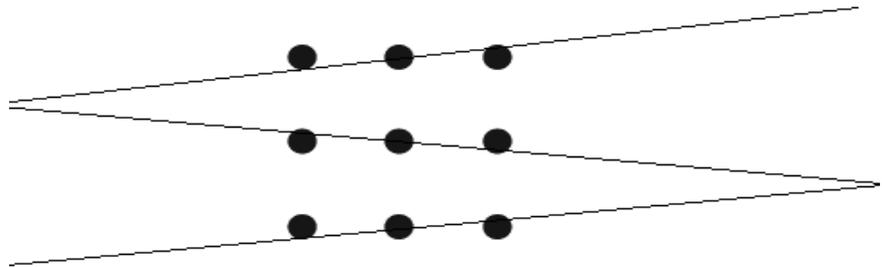
Answers to the 9 Dot Puzzle

So, why are we asking you to do this? You know we always have a reason! The term "Think Outside of the Box" is used a lot. It's used to reference looking at a situation in a different way, a different light. It's used in business quite a bit. Where did it come from? It came from this 9-Dot Puzzle. The solution to the puzzle is in thinking "outside of the box". Most of us try to solve the puzzle while in the paradigm that we created...we have to stay within the boundaries of the 9 dots...the "box". Never did we say you had to keep the straight lines within these imaginary boundaries. Only when we have a mind shift or a "Paradigm Shift" can we solve the puzzle.

Four Line Solution



Three Line Solution



Beth Fequet, RMT

Lymphatic Drainage is a type of gentle massage which is intended to encourage the natural circulation of the lymph through the body. Lymph returns protein and excess interstitial fluid to the circulation, and picks up bacteria and brings them to lymph nodes to be destroyed. Lymph also transports fats from the digestive system.

The lymph system depends on essential contractions of the smooth muscle cells in the walls of lymph vessels and the movement of skeletal muscles to propel lymph through the vessels to lymph nodes and to the lymph ducts which return lymph to the cardiovascular system. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.

Interested in booking in for a lymph drainage massage? Book with Beth Fequet, RMT!

Experience the Benefits of Monthly Chiropractic!