

The Spadina Chiropractic Centre

Summer 2012 Newsletter

New At SCC:

Thank you for your support!

All of our team members hit the trail at the 27th Backs in Motion at the end of April. Looking forward to running again in 2013!

Pedals 4 Preemies: May 26, 2012

For our 2nd year in a row we sponsored this great event that raises money for premature babies throughout the city. We've donated our time and expertise to all the participants to ensure they were well stretched and ready for their run/walk. For more information visit:

www.thelindenfund.com

Just in time for summer!

Learn great ways to keep healthy and in shape during the summer months!



Live Longer By Running!

A recent heart study by the Copenhagen City has shown that regular jogging at a moderate pace can dramatically increase your life expectancy!

Here are the highlights:

- 1) 1 - 2.5 hours per week of "slow or average" jogging delivers optimum benefit
- 2) Increase in life expectancy for women – 5.6 years
- 3) Increase in life expectancy for men – 6.2 years

After many years of it being suggested that jogging might be too strenuous for ordinary middle age people, this study shows that jogging definitely is GOOD for your health! The great thing? You do not have to dedicate much time to reap the benefits!

For this and more articles visit our website at:
www.spadinachiropractic/news-events/

Healthy summer tips

Drink H2O

Hot days should be paired with lots of water to prevent dehydration and heat related illness.

Remember SPF

While relaxing in the sun, prevent sunburns by using on 30 SPF or higher!

Stay Active

Toronto is filled with great events in the summer. Get involved and stay fit!





Are Custom Orthotics for You?

As Chiropractors, we often recommend custom orthotics for our patients.

Here's why:

What Are Custom Orthotics?

They are devices made to correct specific imbalances in your foot and ankle to ensure proper functioning and alignment. They reduce the strain put on your body by these imbalances to ensure your feet are working properly to absorb the stresses put on our body by standing, walking, running and other physical activities.

Who Needs Orthotics?

People demonstrating poor foot mechanics are the best candidates for orthotic devices. Though often these can be missed or asymptomatic, prevention is just as important as correction when it comes to your feet.

Symptoms of poor foot mechanics:

- Foot pain including pain in the arch or heel, bunions or toes.
- Uneven wear of shoes
- Foot fatigue and callus development on feet
- Leg and/or knee pain
- Hip and/or low back pain

How much do they cost?

Due to the equipment used and the cost of customization, orthotics can cost anywhere from \$350 to \$500 per pair. Most private insurance companies do cover a portion or the full amount of the orthotics. Check with your insurance company about the specifics of your plan.

Questions?

For more information about custom orthotics please contact us at (416) 928-1124 or visit our website:

www.spadinachiropractic.com/services/orthotics/





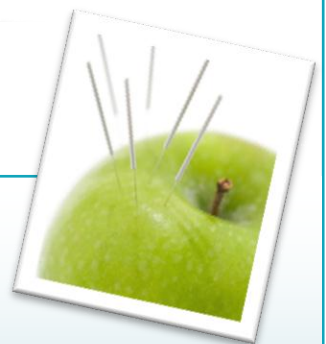
Is your back up for tackling your garden this year? Here are some tips to protect your body!

Use Your Knees: Bending over to plant and weed can put excessive strain on your low back, neck, legs and arms. We recommend kneeling with a kneeling mat to minimize the discomfort that comes with bending. Don't forget to keep that back straight!

Keep Proper Body Positioning: Whether it is standing or kneeling there is always an ideal position for your body to be in for work. For kneeling or sitting, be as close to your work as possible to decrease reaching and keep your back straight to reduce strain on your back and neck. When standing, slightly separate your legs (like scissors), shift your weight from front to back and then switch legs every few minutes to not over load one leg.

Alternate Jobs: Switch back and forth between heavy jobs (like digging and lifting) with lighter jobs (like planting and weeding). This will reduce the impact of the heavier jobs and keep you changing positions which is recommended every 10-15 minutes.

Take your time: Gardening should be enjoyable not a pain in your back! Take short breaks every hour or so. Move around often and stretch occasionally. The work does not have to be all done in one day and, of course, don't forget to stay hydrated!



Ten Benefits of Acupuncture

Ever wonder what acupuncture could do for you? Here are just a few of the areas acupuncture can address!

- 1) Stress Reduction
- 2) Pain Reduction (both acute and chronic pain)
- 3) Improved and accelerated recovery from illness, injuries and surgery
- 4) Balancing emotions – can help with depression and anxiety
- 5) Respiratory health such as allergies, asthma etc.
- 6) Enhanced and improved sleep
- 7) Increasing immune function
- 8) Hormonal regulation such as PMS and menopausal symptoms
- 9) Reduction of side effects of chemo and radiation therapy
- 10) Improve overall health and quality of life

To find out if acupuncture is for you, contact Connie Today!