

final thoughts...

Dr. Eva Chan shares her thoughts for focusing on the health of your back this fall.

After reading through this newsletter I hope that the importance of stretching, being aware of your ranges of motion and easing into activity is more apparent to you. Remember, your body likes motion. Avoiding extended periods of inactivity is always ideal but be sure to take breaks as soon as your body indicates it you.

Please keep in mind our new hours: Monday, Wednesday and Friday (10am to 1pm & 3pm to 6pm) as well as every other Saturday (9am to 12pm)

I look forward to assisting you with your health this fall.

Yours in health,
Dr. Chan



coming soon >>>

In The Next Issue

Winter Activity Guide
How It Works: TCM Appetite Aide
The Gift of Chiropractic
& Much More!

in this issue >>>

Fall Activity Guide
Healthy Back Tips
The 2012 Ovarian Cancer Walk
How to Rake Fallen Leaves
How It Works: TCM Sleep Aide
How to Wear your Knapsack Properly
Final Thoughts from Dr. Chan



GET YOUR BACK IN MOTION WITH THE SPADINA CHIROPRACTIC CENTRE THIS FALL!

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hot topic >>>

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
Hheavy loads should be shared
Your feet should be protected with supportive shoes

Before you start, warm-up your muscles
Avoid muscle strain, learn techniques
Change positions frequently
Kneel to plant and weed
Spinal check-ups can help your back s health



fall 2012

Appreciating the Season

Learn how to keep your back healthy this fall!

It's hard enough to maintain your posture during the rest of the year but the fall (and winter) season can be particularly difficult on your spine.

Fall is finally here. With each passing day the leaves are changing, the sun is setting earlier and there's a crispness to be found in the morning air. With the many environmental changes come new tasks to be taken care of. Be it heading back to school or helping your garden transition through the new season, your body has to make adjustments.

Many fall tasks require movements that your body may not be accustomed to. To help you get through these activities, we have a few quick tips! Read through the entirety of our Fall 2012 Newsletter to learn how to properly carry your heavy school bag, rake fallen leaves and to give your body the rest it needs to repair itself each day.

With the onset of environmental changes come new tasks to be taken care of.

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Ovarian Cancer Walk 2012

We are proud to announce that we will be participating in the 2012 Ovarian Cancer Walk. For the second year in a row we are donating our services to all participants in the Toronto walk on September 9, 2012.

About the Event

The Ovarian Cancer Walk the largest one-day fundraising event in Canada that solely raises money for ovarian cancer. It's an essential part of raising funds for research, awareness and support programs. In addition, it creates a positive community for affected women and their families.



How We Help

At the SCC we are constantly on the lookout for ways to participate in our community. We look for events where we can provide it's participants with our knowledge and expertise.

We will be providing the following services to participants of the 2012 Ovarian Cancer Walk:

- Pre- and post-walk stretching
- Soft tissue work
- Suggestions for chiropractic care
- Answers to any questions



Get Involved

Over the past 10 years, the Walk has been able to develop more visible support, raise awareness about the disease and instill a sense of community among those who are affected. They continue to reach each of their goals and provide support to more individuals as their event grows. This year's walk will only help to raise more consciousness and is highly anticipated across the entire country.

To participate in the walk, make a donation, or volunteer your time, please visit the Ovarian Cancer Walk website: <http://www.ovariancanada.org/>

advice >>>

How to Rake Fallen Leaves

Raking may seem like a simple fall task but completing it improperly can cause strain on your back. Positioning your body correctly reduces strain on muscles and joints. Following a few simple steps before you jump into your raking can make the world of a difference. Using the right moves enables you to rake without the ache. Here's what we recommend:

Stretch

Working in the garden can allow you to burn up to 300 calories an hour. It really is a work out! Try some of the following stretches 5 times each, holding for 15 seconds.

Thighs: Lean against a tree. Bend your right knee and grasp your ankle with your left hand. Repeat on the opposite side.

Shoulders: Let your arms hang loose. Rotate your shoulders forward, then back.

Sides: Extend one arm over your head. Bend left from the waist. Then right.

Hamstrings: Stand. Reach your hands to the sky. Then bending at the waist, reach towards your toes.

Wrists: 1. Hold one arm out, palm down. Bend wrist until the fingers point to the ground. Use opposite hand to hold this position. 2. Keep your arm straight; place your palm in the "stop" position. Use your opposite hand to hold this position.

3. Place your hands in "prayer position and press palms together.

Arms/Shoulders: Hug yourself snugly and slowly rotate at the waist, as far as comfortable to the left, then right.

Back: Sit, bend from the hips, keeping your head down. Reach for the ground.

Activity

When raking, ease the strain on your back by putting one leg in front and the other behind. Switch lead legs and hands from time to time to prevent over use.

Be sure to purchase ergonomically designed, long handled and lightweight tools to use in your garden.

Once you've raked the leaves into a pile and placed them into a bag, be aware of how you lift the bag to the side of the road for pickup: keep your back straight, knees bent and carry the bag close to your body.

How It Works: Traditional Chinese Medicine

Many people ask Connie Chung how Traditional Chinese Medicine (TCM) works. In this season's newsletter, she will begin a series of articles that explain some TCM basics to the patients of the Spadina Chiropractic Centre.

Traditional Chinese Medicine has its own standardized methods of evaluating your health. A TCM practitioner can learn a lot about your issues by assessing:

1. Sleep Patterns
2. Appetite
3. Thirst & Perspiration
4. Bowel Movements & Urination Patterns
5. Warmth of hands & feet

This season we're going to take a look at sleep patterns in more detail.

According to TCM theory, the body has 12 main channels; each of which has a timeframe when it is dominant. If you consistently wake up in the middle of the night, or have trouble falling asleep, this may indicate that the channel or organ associated with this timeframe needs attention. For example, the gall bladder channel runs from 11pm to 1am and the liver channel runs from 1am to 3am. Conversely, if you feel tired everyday between 5pm and 7pm, there may be kidney issues.

When do you feel affected?



One of the functions of the liver is to detoxify. TCM suggests going to bed around 11pm every night to ensure that the liver and gall bladder rest and recover well from your busy day. Stress and depression can also tax the liver and in turn affect your sleep.

In the long term, a lack of sleep can be very detrimental to your health. It is best to address any health issues before they become serious.

ask the experts >>>

Q: How do I wear my knapsack properly?
A: Pack it light. Wear it right.

When choosing a knapsack to purchase, keep your eye out for one with plenty of compartments. The contents of your knapsack will seem a lot lighter if you distribute them evenly. When packing, place the heaviest items closest to your body. Once you're ready to put your knapsack on, use this method: place it on a table and put on one strap at a time. Be sure to use your waist belt and adjust your straps to a suitable length. Last but not least, wear both shoulder straps to provide even weight distribution across your back.



What is Traditional Chinese Medicine?

The aim of Traditional Chinese Medicine (TCM) is to regulate and balance your Qi (vital energy), blood, bodily fluids and detoxification. This helps to restore harmony to mind, body and spirit.

The Tools

Connie Chung focuses her treatment methods by using very specific tools. Between acupuncture and herbs, she is able to provide relief to those who seek it. These methods have been known to relieve migraines, digestive issues, general listlessness and a variety of women's health issues (particularly infertility and obstetrics.)

Book your first TCM appointment today!

For help with sleeping disorders or any of the issues mentioned on the left, please contact Connie Chung at the Spadina Chiropractic Centre.

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