



Hammerich CHIROPRACTIC Clinic

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Dr. Karin has...

News from the World of Research

Dr. Karin has just returned from the *Association of Chiropractic Colleges-Research Agenda Conference*. Here are the latest findings of clinical interest.

Icing: We continue to get questions about when and how to ice. When injured, it's important to apply ice within the first 24-48 hrs. This reduces pain, swelling, risk of secondary tissue damage and increases normal and early movement. Ice extracts the heat of inflammation, which is why red skin after icing is NORMAL. How long should you ice for?...til the area feels NUMB.-:-)

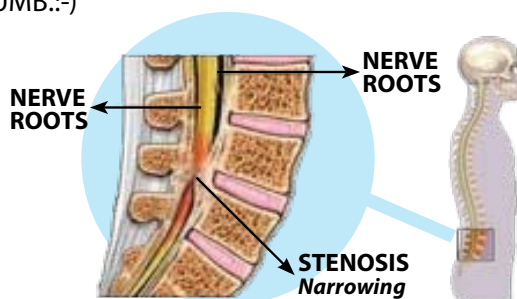
Lumbar Spinal Stenosis: This is the narrowing of the nerve canal that develops with age and pinches the nerve[s] going to the legs. Research confirms that the Boot Camp exercises we have been using in the clinic, along with chiropractic care, show clinically important improvements.

Muscle Degeneration: A few newsletters ago, we talked about the multifidus muscle in your lower back. Well, it has fat in it that degenerates. Chiropractic care and exercise keep that muscle functioning to the best of its ability.

Sciatic Nerve: Do you know that the sciatic nerve has to move throughout its entire length in order to function well? Movement at the ankle causes it to move higher up in your leg. This is why we check all your joints that relate to a problem you come in with.

Effects of Chiropractic Adjustments on Brain & Muscle: PET scans have demonstrated metabolic changes in glucose in the brain and neck muscles after an adjustment. Decreased glucose in one of the neck muscles is thought to be one of the reasons for a reduction of pain.

Orthotics and Lower Limb Function: Orthotics not only improve foot function, especially excessive pronation responsible for lower extremity injuries, but also affect knee and hip function.



SCIATIC NERVE



Clinic NOTICES



- It is **vital** that you let us know of any changes to phone numbers, email or address so we can reach you in case of an emergency. **Please update your info today.**
- If you are currently receiving our newsletter via post & are able to receive it by email, please call us and we will change you over.

Plant and Rake without the ache—Spring into Chiropractic care!

Dr. Erin
helps you to...



You may have seen the posters around the clinic... it is time for the **CMCC 31st Annual Backs in Motion Run/Walk**.

Have you thought about starting a walking/jogging routine?

Dr. Erin is here to help achieve your goal of completing your first 5K. Too many people have been turned off from running simply by trying to start too quickly. Their bodies rebel, and they wind up wondering why anyone would possibly want to run in the first place!

Dr. Erin has just the APP and training schedule for you...

Couch to 5K (C25K)

This program is less of a running regimen and more of a walking and jogging program.

The idea is to transform you from couch potato to a regular jogger and to be able to complete a 5K on a regular basis in just **two months**.

Each session should take about **20 or 30 minutes, three** times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for **optimum fitness!**

Worried about your back pain? Don't be... aerobic exercise has been shown to help reduce the incidence of low back pain! The combination of aerobic exercise and regular chiropractic adjustments will keep your spine happy and healthy!

Check out the corner display in the clinic outlining this 8-week training program or download the free C25K app on your phone.





RMT CORNER

New skin for SPRING!

Now that spring is here, it's time to brush off that dead winter skin! Use a long handled natural fibre brush, before you shower, sauna or bathe. Start at your feet & use long circular motions while moving up the leg. If a bit irritating, follow with a soothing hand stroke.

Do your arms, starting at the hands, then (going clockwise) your shoulders, back, stomach & buttocks. Avoid any open sores, acne or freshly shaved skin. This will invigorate you, so do avoid just before bedtime.

If you want something a little more vigorous, try cold mitten friction & salt glows. These improve the efficiency of the skin's elimination function, gradually increasing one's responsiveness to, and tolerance of cold. It also strengthens the body's immune system.

Cold mitten friction is an application of cold water to the skin with friction. Although great in promoting skin circulation, this technique is also milder on the heart. Dip a wash mitt in water and wring out well. Uncover the part of the body to treat and rub vigorously, using moderate pressure. Cover immediately to avoid chilling, but do not dry off. (Follow same pattern as in dry brushing.) This film of water adhering to the skin induces the skin temp to gradually rise. This gently trains the vascular system to react positively to cold.

A salt glow involves the application of slightly moistened salt to the body using friction. This modality is excellent for removing dead cells and softening rough skin.

Moisten 1-2 cups of coarse Epsom or sea salt in a bowl so that the salt sticks together slightly. While on a towel or in a tub, place moistened salt between your hands and vigorously apply to your body. Rinse with cool water.

Enjoy your new skin this SPRING!



Chicken & Toasted Coconut Lettuce Wraps

Serves 5-6 as an appetizer or 2-3 as main course

Ingredients

- | | |
|---|---|
| 2 chicken breasts (about 1lb) | 1 tbsp of grapeseed, sunflower or coconut oil |
| 1 cup unsweetened shredded coconut | Squeeze of fresh lime juice |
| 2 large shallots – thinly sliced | Salt, to taste |
| 1 tsp of chili powder | 1/2 head of iceberg lettuce leaves |
| 1/2 tsp of lemongrass powder (optional) | 1 avocado – diced (or try diced mango) |
| 1/2 cup fresh cilantro leaves – chopped | Lime wedges |

Method

1. Add chicken breast to boiling water and then lower heat to simmer and cook for about 15-20 min. When cooked, remove and cool chicken, then pull into thin strips.
2. Toast coconut in a non-stick pan over low heat until lightly brown & fragrant. Set aside.
3. In a large bowl, combine shredded chicken pieces with shallots, 2/3 of the toasted coconut flakes, cilantro, chili powder, and lemongrass powder (optional). Season to taste with salt. Add lime juice & oil, and mix well.

To assemble

Place the coconut-chicken salad mix on the lettuce wrap. Top with diced avocado, more coconut flakes, and squeeze of fresh lime juice.

This delicious, healthy recipe is gluten, sugar & dairy free

Social Norms and Storms

Have you ever been bullied by social norms? There are so many preconceived ideas about how or who we 'should' be in any given situation! We're often moved to think, feel, or behave in ways that, if we had our druthers, we wouldn't.

The different roles our society assigns to women and men, children and parents, students and teachers, employees and employers—to name a few—influence us every day. We often 'buy into' these expectations without question.

Social norms can be useful in helping us respond constructively in different situations, but they can also be oppressive and hurtful 'storms' when they force us to live in ways that

Counselling

**Robert Maclennan, MA,
Psychotherapist**



don't reflect who we really want to be. When added to all the other stressors and worries that we face, they can be downright ornery! Sorting through this complex web of outside and inside influences, especially when they start to get us down, is one of the primary functions of psychotherapy.

More on therapy approaches at <http://www.drkarin4spine.com>

Annual 10km/5km Run/Walk—April 27th

As every year, the Canadian Memorial Chiropractic College is holding it's annual Backs in Motion 10km/5km Run/Walk on April 27th. Funds go to chiropractic research and education. Please join us for some family fun!

<http://www.mynextrace.com/events/cmcc-backs-in-motion/>



Do you know someone who could benefit from chiropractic care? We appreciate your referrals.