



Hammerich CHIROPRACTIC Clinic

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DR. KARIN SAYS

School is well underway and backpacks are overloaded!

The backpack should be made of the lightest material possible and have wide straps. It should **NEVER** weigh more than 10-15% of your child's body weight when full. That's why you need to **pack it LIGHT to wear it RIGHT!**

Check your child's backpack before heading out to school to ensure that

only items absolutely necessary for the day are in it.

It's to be noted that 50 % of young people experience at least one episode of low back pain by their teenage years. 50 % of teenagers nowadays show signs of degenerative disc disease.

Drop in to the clinic and pick up fun worksheets for your child to do the arithmetic on how much items weigh. Make it a family project.

Encourage your child to take breaks while doing homework or while sitting too long for other reasons—**texting!!!... ughh!**

Here is a link to easy exercises for youth: [Straighten Up](#)



Moms and Dads need to take care of their spines too, make it a family event to get ready for **WORLD SPINE DAY**, held on October 16th every year!

<https://www.chiropractic.ca/resources/straighten-up-canada-video-series/>

ONLINE 24/7

Hammerich Clinic videos and information at your fingertips

I am extremely excited about videos about the clinic and common injuries that are now up on **YouTube!** Check these out: [Hammerich Chiropractic Videos](#)

Use them to inform family and friends in need of chiropractic care. They can also be found on the new clinic website: www.drkarin4spine.com

You can also contact us through the website for easy communication and scheduling appointments: [Scheduling and Appointments](#)

WANT TO GO PAPERLESS? To those of you receiving a hard copy of the newsletter, contact us to be put on the email list instead.



Stay tuned for the RMT Christmas special.

Also please note that RMT, Michelle, will be on vacation from Dec. 18th.

PLEASE BOOK EARLY IF YOU WANT TO FINISH USING YOUR BENEFITS PLAN FOR THE YEAR!!

RMT CORNER



In need of sleep..?

We all require quality sleep for our physical and mental health.

Here comes the bad news... research has shown that insufficient sleep impairs overall mental stability, focus and concentration. Poor sleep can negatively affect work performance and contributes to obesity. It can adversely affect a person's mood and overall well-being. Studies have also found sleep deprivation to be associated with numerous chronic illnesses including heart disease, diabetes and depression.

The good news is... health professionals can help identify the root cause of sleeplessness. Unfortunately, approximately half of all chronic cases of insomnia have no identifiable origin. A well-known fact that all agree on is that a good portion of our bodies restoration and repair occurs during sleep.

Massage therapy helps to combat insomnia by promoting the production of serotonin – a neurotransmitter in the brain. It is believed that the area of the brain that facilitates the body entering deep sleep uses serotonin. The brain also uses serotonin to produce melatonin, a hormone that tells the brain to "slow down" and to prepare to sleep.

Massage is a smart and healthy, drug-free option that has helped many people overcome insomnia and insomnia related stress.

Please book your appointment with Michelle, Maria or Wendy 416-769-8072