



# Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 www.drkarin4spine.com

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**DR. KARIN ADVISES**

## What to do before you start snow shovelling



*Stay hydrated, dress warm, wear proper footwear, warm-up before you begin and use the "right" shovel. Push, don't throw the snow, remember to bend your knees and watch for icy patches too!*

Here are some tips to keep in mind before you start shovelling snow.

**Drink plenty of water.** Dehydration is just as big an issue in the winter months as it is in the summer.

**Dress in several layers** so you can remove a layer as you get warm.

**Wear proper footwear.** Shoes and boots with solid treads on the soles can help to minimize the risk of slips and falls.

**Do a quick warm up.** Before beginning any snow removal, warm up for five to 10 minutes to get your joints moving and increase blood circulation. A brisk walk will do it.

**Pick the right shovel.** Use a light-weight, non-stick, push-style shovel. A smaller blade will require you to lift less snow, putting less strain on your body. An ergonomically correct model (curved handle) will help prevent injury and fatigue. Also, if you spray the blade with a silicone-based lubricant, the snow will slide off more easily.

**All Set to Go...**

### **PUSH, DON'T THROW**

Push the snow to one side and avoid throwing it. If you must throw it, avoid twisting and turning — position yourself to throw straight at the snow pile.

### **BEND YOUR KNEES**

Use your knees, leg and arm muscles to do the pushing and lifting while keeping your back straight.

### **WATCH FOR ICE**

Be careful on icy walkways and slippery surfaces. Intermittent thaws and subsequent freezing can lead to ice building up underfoot, resulting in nasty slips and falls. Throw down some salt or sand to ensure you have a good footing.

**Drop in to the clinic and pick up snow shovelling pamphlets to post in your garage as a reminder.**

## Registered Psychotherapist

Robert MacLennan, MA, RP

Member of the College of  
Registered Psychotherapists of Ontario



## Five Brains?!

From the perspective of evolution, the brain in our head is really three interconnected brains.

Oldest is the brain stem (1) governing survival reactions and bodily functions. Next oldest is the mid-brain (2) mediating memory and emotions. Least old is the neo-cortex (3) enabling thought, language, planning, and discernment. A total of about 100 billion neurons comprise our "head brain." But we have other brains, too! Over 500 million neurons comprise our "gut brain" (4), and over 40,000 neurons, our "heart brain" (5).

Neuroscience suggests that "gut feelings" and "heart longings" are actually vital knowledge generated by our "body brains," and need to be taken seriously. All five brains provide us with different kinds of information essential for living. This is why many forms of psychotherapy emphasize the importance of body awareness in the quest for mental wholeness and health.

**To contact Robert,  
call the clinic at 416-769-8072**

## RMT CORNER

### Boost your immune system with regular massage and hydrotherapy!

We're in the middle of flu season! Some of you may be suffering from the winter blues. According to the media, we are heading into a moderately severe-to-serious flu season. One in 5 Canadians suffer from seasonal affective disorder (SAD), a time of low energy and mood changes.

Are you looking to avoid feeling the lethargy and depression that can occur during the winter months? Are you looking to improve your resilience to colds and flu? You may find relief by integrating regular massage therapy into your health routines. Studies show that regular massages improve mood and sleep patterns. This leads to more energy and improved immune system function.

A study carried out at *Cedars-Sinai Hospital* showed that immune compromised patients who received massage showed significant changes in lymphocyte (immune system cell) activity. An additional randomized study found that women with breast cancer who received massage treatments showed increased immune system function compared to the control group.

Massage therapy practice also includes home self-care which can greatly enhance the benefits of your treatments. Warm foot baths and dry brushing applications, have also been shown to improve immune system function and decrease stress levels leaving you more energised and able to ward off those nasty viruses.

#### REFERENCES

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**Book your massage treatment today with Michelle, Maria or Wendy and enjoy a healthier winter! Reach us at 416-769-8072**