



The Chiropractic Voice

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INSIDE THIS ISSUE

1. A Look Back
2. A Look Back con't.
3. Martha's table
4. Martha's Table con't.
5. Book of the Month
6. Recipe of the Month
7. Supplement Sale
8. Dinner Talks

Affirmation

Every Accomplishment
starts with the decision to
try.

A Look Back

March 1st marks three and a half years that I have been in practice. It's amazing to think that three and a half years have passed since I began working as a Chiropractor. I guess time really does fly when you're having fun! An enjoyable part of being in practice for a longer period of time is reminiscing with patients who have been coming to the office for a year, two years or even three years and talking about where they were when they first came in and where their health is now.

Some people will come into the office because they have had a bout of acute pain either from work, an activity, or just out of the blue. There are also a lot of people who come in who have been dealing with a symptom off and on for years and have decided to see what they can do for it. Then there are people who have finally had enough of their nagging issue and are tired of the solutions that have been offered to them with no avail and are ready to try anything. And finally there are patients who come in with a main complaint, and find out that a secondary complaint they've "learned to deal with" can be addressed also.

The best part of my job is seeing the change patients go through. For some it may be just being able to stand up straight again after a bout of back pain. Sometimes it may be being able to breathe again after having their sinuses worked on. Sometimes it may be the realization that chronic issues (such as daily headaches, sleeping problems, frequent colds) have resolved without them even being aware of it. Sometimes it is being able to see a weight lifted off a parents shoulder after their newborns colic resolves, their toddler sleeps through the night again, or their child has a dry night after battling with bedwetting.

Many patients tell me that after having regular chiropractic adjustments for a year or more that they can't believe they used to just deal with their symptoms on a daily basis and not do anything about it. I hear on a regular basis that patient have never felt better and wish they had started coming in sooner. I tell them, and now you, tell someone in your life about your experience and maybe they can see the same changes to their life that you have. Taking a proactive approach to your health will not only help you live with less symptoms, but also with less stress from not having to deal with those symptoms. So spread your story and help someone you care about live their life to the fullest!

By: Dr. Pye

Martha's Table:

I enjoyed watching the Olympics. I wish I could have watched more, seen every athlete and cheered them all. What an accomplishment just to be there. I wish there was a way to let them all know that each one of them is exceptional, regardless of the result. I hope you were inspired. And yeah
Canada!

Interestingly, there have been studies that show a surge in fitness participation around the time of an Olympics. Good timing as this is the time when resolutions start to fade and, with the winter we're experiencing, hibernation seems to be the activity of choice. I hope you will dust yourself off and begin again, or start, to invest in your inner athlete. (It will eventually warm up out there!)

On another, somewhat related, note...there have recently been programs on television, in magazines, and online talking about a very serious problem arising from our ever increasing sedentary lifestyle: sitting disease. If we have an office job, we sit in our car, sit at the office, sit in the car and go home and sit in front of the TV or computer and unfortunately the hour some of us may spend at the gym is not enough to offset the harm done by all that sitting(our manufacturing sector, I would think, would not be as much at risk). In the Thursday Windsor Star pg C2, Drs. OZ and Roizen had an article with suggestions to combat this problem as well as what is at risk.

They say, "prolonged sitting flips biochemical switches inside muscle cells that boost your odds for heart failure, up your risk for fatal heart disease by 27 percent and fatal cancers by 21 percent, even if you exercise regularly. Prolonged sitting puts muscles into suspended animation dropping the activity of a key metabolism-revving enzyme called lipoprotein lipase by up to 95 percent.

The result is that you burn less sugar and less fat while your health risks sore. Fortunately, the way to cure sitting disease is simple: Wake up your muscles (especially the big ones in your legs, butt and core) with just two minutes of movement every 30 minutes.” Here are their suggestions:

Set a timer, eg on your phone, and put it out of reach. When you get up to turn it off try the following.

Plank: a held push up position either on your hands or elbows; start with 30 sec and try to work up to 2 minutes (FYI: a strong core helps relieve back pain)

Take a quick walk. Challenge yourself to see how far you can go and get back in two minutes

Take the stairs: 3 minutes of stairs burns 29 calories

Sitting on an exercise ball, rather than a chair engages the big muscles in legs, butt and core while you work. Do it every 10-15 minutes every hour or two throughout the day

March in place for a minute

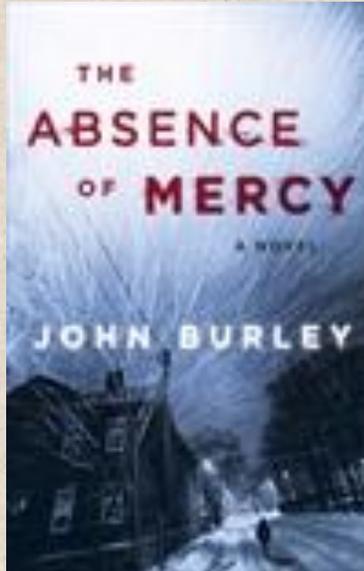
Stand up, sit down , repeat, without using your hands to push off

Just stand up: your body works 30 percent harder

At home take a commercial break and get up and do any of the above So be encouraged, start moving and consider that the little things we choose to do to improve ourselves, can lead to big results and that can apply to all areas of our lives.

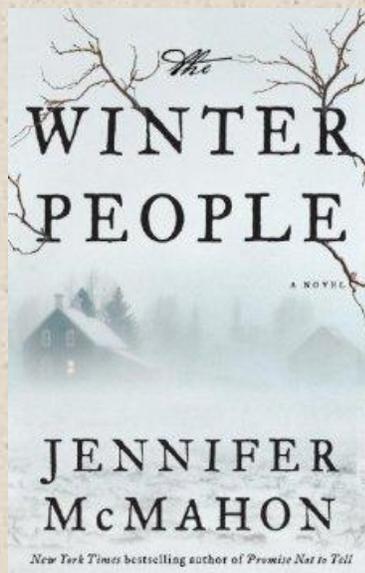
February Book of the Month:

The Absence of Mercy
By: John Burley



March Book of the Month:

The Winter People
By: Jennifer McMahon



Recipe of the Month:

Irish Potato Salad

Ingredients:

- 5 lbs
- red potatoes, with skins on
- 2 cups mayonnaise
(more or less depending on how you like it, Do NOT use fat free or low fat)
- 1 large onion, finely diced
- 2 stalks celery, finely diced or 1 teaspoon celery seed
- 3 carrots, finely diced
- 1 green pepper, finely diced
- 6 hard-boiled eggs, finely chopped
- 3 tablespoons fresh finely chopped chives
- 20 green olives, finely chopped
- 1/4 cup yellow mustard
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 teaspoon black pepper

Directions:

- 1 Peel potatoes, and boil until just done, about 20 minutes. (Just until your fork can be inserted all the way through the potato. You don't want them mushy).
- 2 Drain well and let cool, then dice or slice potatoes. (I like a small dice, about 1/2"x1/2"). The potatoes will cut nicely once chilled and won't fall apart.
- 3 Mix other ingredients, and add to chilled potatoes. Let set in the fridge for at least 2 hours before serving for flavors to meld.
- 4 Serve chilled.

Supplement Sale

15% OFF

Did you know that Vitamin D is a vital factor for activating your immune system? Having insufficient amounts of Vitamin D can lead to the immune system not being able to react and fight off bacteria and viruses.

Vitamin D3

Reg: \$28.95

Sale: **\$24.60**

Sale Valid March 1st - 31st, 2014

We would like to invite you and a guest to attend one of our Chiropractic Dinner Talks.

This talk will give you the opportunity to share with someone you know about the benefits of chiropractic care. Please review the following date and let us know if you and a guest would be able to attend.

Thursday, April 10th at 6:15pm

