



The Chiropractic Voice

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The Sitting Disease

A new factor has been discovered that can be a determining factor in your susceptibility to diabetes, heart disease and even early death. That factor is how much time you spend sitting. For many of us this is something that seems unavoidable. We have to sit at work, we sit in our car while commuting, and we sit to relax. The latest stats from the CHEO Research Institute in Ottawa show that Canadians are sitting or are in a reclined position for 75% of their waking day on average¹. The risk of dying from any ailment is 1.54 times higher in individuals who spend most of their day sitting than compared to individuals who sat infrequently².

So what can those of us who have to sit at work do to help combat the increased risk? The obvious answer is to begin an exercise regiment when we are away from the office, but apparently that alone is not enough³. Even if you exercise every day after work you are still not doing enough to combat the damaging effects of sitting for long periods of time. So in addition to working out the easiest thing you can do to help reduce the effects from sitting is.....Sit Less!

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Affirmation

**I am moving in the direction
that is best for me.
Today and every day,
I am grateful!**

Find any opportunity in your day to move to perform a task. Whether it is standing when talking on the phone, use a printer that you'll have to walk to instead of the one at your desk, or just taking a break to walk and get a glass of water. Anytime you can get up from the seated position you will help to reduce your risk of the sitting disease. If I find that I've been sitting for 30 minutes or more I will stand up and do a few simple stretches to try and prevent my muscles from getting used to one position. Below I included an example of a stretch I do that is quick and easy to perform anywhere. You simply stand, take a deep breath in, and as you exhale you roll your arms back and bring your shoulder blades together while also tucking your chin straight back. Repeat this stretch for five straight breaths.



References:

1. http://www.canadianliving.com/health/prevention/the_sitting_disease_is_real.php
2. http://www.ncbi.nlm.nih.gov/pubmed/19346988?ordinalpos=13&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
3. <http://bjsm.bmj.com/content/43/2/81.full>

Martha's Table:

Long Winter

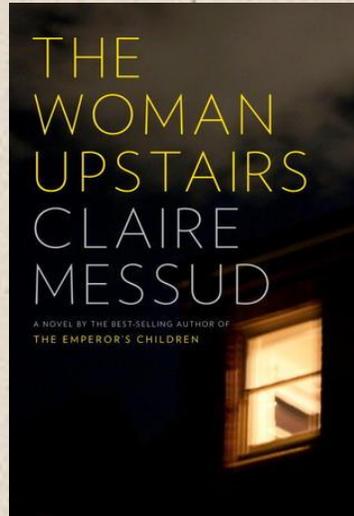
It's been a long winter, everyone will agree, and we were weary of the sameness of days, longing for the change of seasons....for spring....a sign of new hope.... New growth. Driving home, I saw the magnolia trees beginning to bloom, lawns greening, the tentative signs of leaves unfurling, the first flowers coloring our once gray world. Change! I started thinking about change.

We generally don't like change. We enjoy the predictability of routine, the sameness...we don't have to think...autopilot. But looking at spring, change brings about new growth. It shakes things up. We clean up the yard of all the dead debris and get ready to plant, anticipating summer. What an analogy for life! How often are we stuck in routines, on autopilot, when changing things up would bring new life into our lives and a chance to clear out dead debris and get ready to plant something new. I have friends that run the same route all the time... I love trails because there's a new view around every corner...and hills for the challenge..and sometimes even the track, playing with some speed, imagining winning a race. At the gym, if you do the same routine all the time, your body gets used to it and then you wonder why the results aren't what you want. Trainers will constantly change things up to wake up your body so it can achieve new things. Clean up some dead debris in your diet and watch the changes happen. Change. It is a challenge for all of us. I remember being up on Lake Huron for the summer, where the water is cold and you'd stick your foot in and say too cold. But then, you would take a running start and charge in, water splashing, arms flailing and dive in and coming up gasping, laughing, exhilarated, rejuvenated.

I hope all these things for you...change...new life!

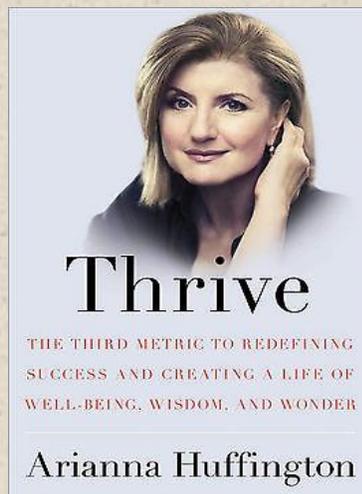
April Book of the Month:

Woman Upstairs
By: Claire Messud



May Book of the Month:

Thrive
By: Arianna Huffington



Recipe of the Month:

Grilled Halibut and Fresh Mango

Ingredients:

- 2 cups plum tomatoes, seeded and dices
- 1 ½ cups diced peeled ripe mango
- ½ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon cider vinegar
- 1 teaspoon sugar
- 1 teaspoon salt, divided
- 1 teaspoon black pepper, divided
- 2 cloves garlic, minced
- 4 (6-ounce) halibut fillets
- 1 tablespoon olive oil



Instructions:

Prepare grill.

Combine first 7 ingredients. Stir in ½ teaspoon salt, ½ teaspoon pepper, and garlic.

Rub halibut with oil, sprinkle with ½ teaspoon salt and ½ teaspoon pepper. Place fish on grill rack; grill 3 minutes on each side or until fish flakes easily when tested with a fork. Serve with mango salsa.

Supplement Sale

15% OFF

Magnesium Citrate is known as the relaxation mineral. It is key in over 300 enzyme reaction in the body and is needed for cellular energy. If you feel tight, crampy, irritable or stiff, you may benefit from supplementing with Magnesium Citrate.

Magnesium Citrate

Sale: \$16.95

Regular: \$19.95

Sale Valid until May 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.

Wednesday, June 18th at 6:15pm