

5 Reasons to stay adjusted this Summer!

Of course we think of visiting a Chiropractor when we have an injury or pain in our lower back or neck and following an auto accident.

While these are all great reasons to visit a Chiropractor, there are also many other reasons we should be considering chiropractic care. Every Chiropractor is different and specializes in different types of treatment options. Here are some that may be new to you:

Fertility— There are many things you need to focus on to allow your body to prepare for pregnancy. Chiropractic care can improve nerve system function, allowing for a more natural, holistic way to help your body become pregnant. Chiropractic care can ease pain and discomfort during pregnancy. Another reason why many women rely on chiropractic care as a regular part of their pre-natal routine.

Head, Shoulders, Knees and toes. Remember that issues with shoulders, knees, hips and basically all moveable joints can be treated with chiropractic care. Extremity pain or numbness in any of

your joints, has been successfully treated by chiropractors for years by correcting interference to the nervous system known as subluxations.

Weight loss- By developing a custom training program and discussing nutrition, your Chiropractor can help you with safe weight loss and help you learn better habits to assist you with meeting your goals.

Quit smoking- Ready to kick the habit and stop smoking? Maybe you've tried a nicotine patch or prescription drugs already, but have you thought about asking your Chiropractor to help? This could be the most important step smokers can take to enhance the length and quality of their lives.

Sports Performance or general well being- If you are an athlete or just want to feel your best while running, biking or playing with your children or grand children, then a routine schedule of chiropractic care should be part of your game plan. Keeping your spine in proper alignment reduces your chance of injury and keeps your body operating at its full potential.



Recipe of the Month

Salmon Burgers

Fresh salmon, onion and basil make these good-for-you burgers a "fast food" for the summer.

Ingredients:

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 (1-pound) salmon fillet, skinned and chopped
- 1 TBL hot pepper sauce
- 1 large egg white
- Cooking spray
- 8 (3/4-ounce) slices focaccia, toasted

Preparation

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add mixture to salmon mixture, stirring well to combine.

Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large non-stick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

Kirsten Dixon, The Winterlake Lodge Cookbook and The Riversong Lodge Cookbook, *Cooking Light*, JULY 2006



Backpack Dilemma? Read before you buy...



Fashion vs. Function Chiropractors, pediatricians and orthopedists alike agree that backpacks are a problem for a child's spine. Years of

carrying too heavy of a backpack in the "fashionable way" can lead to improper spinal alignment, poor posture and eventually pain for your child. Overloaded backpacks cause stress on the neck and back increasing the risk of injury.

How heavy is too heavy? A child should carry **no more than 15% of his/her body weight.** For example—a 60-lb child should carry no more than 9 lbs., an 80-lb child 12 pounds, and the 100 pre-teen no more than 15 pounds. Parents should weigh your child's backpack weekly. If your child

leans forward to carry, it is too heavy! Here's what you need to know to prevent backpack injuries:

1. **Choose Right**—Choose a lightweight backpack with two wide, padded adjustable shoulder straps and lumbar support for a proper fit.
2. **Pack Right**—Pack only necessary items and place heavier things in first to help distribute weight evenly. Limit weight to 15% or less of body weight.
3. **Lift Right**—Face the pack and bend at knees. Using both hands, lift pack with your legs. Use both straps—do not sling the backpack over one shoulder.
4. **Wear Right**—Use BOTH straps. Adjust the height to no more than 4 inches below the waist, snug but not too tight.