



# The Spinal Column



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March 2011



**Give your Back a Spring Tune Up** It's Spring and that means more time spent outdoors on yard work and activities. It's important to take care of your back during this season. Here are some simple tips:

1. Before picking up the rake, do stretching exercises or walk to warm up muscles. Follow up the activity with more stretching. Recommended stretches include side bends with your hands above your head and fingers locked, knee-to-chest pulls and trunk rotations;
2. Drink plenty of water before, during, and after raking or exercise;
3. Bend at the knees, not the waist, when picking up anything;
4. Alternate hands so that you are not over-working one side;
5. Take regular breaks. A good rule of thumb is 10-15 minutes for each hour of activity;
6. Use ergonomic tools that encourage proper body mechanics;
7. Come in to get balanced! A healthy spine is a healthier you!



## Recipe of the Month

### Squash Linguini with Cream Sauce

- 1 medium spaghetti squash, cut with the seeds scraped out
- 2 TBL grape seed oil
- 2 cloves garlic, minced
- 1/2 yellow onion, diced
- 2 ripe tomatoes, diced
- 2 cups almond milk (or low fat condensed milk)
- 4 cups baby spinach
- salt & pepper to taste
- 1/2 cup parmesan cheese

Preheat oven to 350 °F. Place the squash flesh down in a 13 x 9-inch baking pan. Add 1/4 inch of water and bake until the squash is easily pierced with a fork, 50 to 60 minutes. When the squash is done, use a fork to separate the strands into a large bowl. Set strands aside.

Place the oil in a large skillet over medium-high heat. Add the garlic and onions and sauté for 5 minutes. Add tomatoes and sauté for another 3 minutes. Season with salt & pepper. Add 1 3/4 cup of the almond milk to garlic mixture. Whisk the remaining 1/4 cup milk with the cornstarch and pour into skillet, stir to combine. Simmer for 5 minutes. Add spinach and cook until wilted. Gently stir in 2 cups of squash strands and cook 3 minutes. Add parmesan cheese as garnish.

## Chiropractic Boosts Brain Power & Creativity

As Henry Gray stated, "The nervous system controls and coordinates all organs and structures of the human body". Therefore, removing spinal misalignments can have a positive affect on the brain and the body's systems. New research has found that **chiropractic adjustments may enhance creativity and cognitive thinking.** The **cerebellum** area of the brain coordinates memory, learning, attention, language, emotion, spatial perception and non verbal clues, and even helps decision making. **With every chiropractic adjustment you receive, your cerebellum is positively "fired off".**<sup>1</sup>



tributed to a number of possibilities, including reduced anxiety and emotional stressors as well as enhanced blood flow to specific areas of the brain.

Positive stimulation of this subsection of the brain (the cerebellum), long known for its role in posture, coordination, balance, and movement, may be our brain's "sleeping giant." Chiropractic can wake up this giant.

Jensen states that the developing brain needs sufficient activation of the cerebellum for successful movement and cognitive growth. This is exciting news for parents! Chiropractic care can help boost brain function in children, which improves reading and writing skills, impulse control, memory and creativity. **Your children should enjoy the same positive results of chiropractic adjustments as you.**

References: 1Schmahmann. *The Cerebellum and Cognition*. *Int Rev Neurobiology* Vol 41, 2Jensen, E. 2000 *Brain-Based Learning* 3Jensen, E. 2000 *learning with the body in mind*.

The Australian study reported chiropractic adjustments contributed to improved scores on both cognitive and creative thinking performance. Most of the participants received both cervical and thoracic adjustments. The improvements are at-

