



**AC Chiropractic. 217 Scenic Hwy, 124. Lawrenceville, GA 30045**  
**770-513-8922**      **www.acchiropractic.com**

**August 2009**

## Protect your child's back

### Back to school time

means more than 40 million students will head off to school each day with backpacks slung over their shoulders. About half of those students are carrying twice the recommended weight on their back which can lead to stress injuries and spinal pain that can worsen with age.

According to a survey conducted by the US Consumer Product Safety Commission, back pack related injuries are up 330% since 1996. This means that physicians are treating more children and teens with from back pain or spine trauma caused by overloaded or improperly used backpacks.

What's a parent to do? Educate your child and try these tips for protecting their spine from injuries.

**1. Weigh your child's backpack...** Children should carry only 10% of their body weight. For example, a child that weighs

70 lbs. should carry only 7 lbs. on his/her back.

**2. Use BOTH shoulder straps.** Kids wearing just one shoulder strap end up leaning to one side which can lead to an unbalanced posture.

**3. Support lumbar spine** whether sitting or carrying a backpack, supporting the muscles in the lower back area helps distribute the weight more evenly. Backpacks should never hang more than 4 inches below the waist.

**4. Check your child's posture** and schedule regular chiropractic adjustments. Correcting subluxations allows the body return naturally to a healthy alignment.

**AIRPACK Backpacks Now on Sale - 10% off!**



Yoga is moving to Miracles of Massage.  
 For more info, call Lori at 7/265-4055 or visit:  
<http://web.me.com/lbisser/SanctuaryYogaGeorgia>

## Going GREEN an easy switch!

Freeing the world of toxic chemicals, one household at a time!

AC Chiropractic believes staying healthy includes keeping a safe home environment. Think about this: you just wiped the counter top using a chemical based cleaner, and begin making dinner on the same surface. Those chemicals are now



in your food. Babies and pets crawling on your freshly cleaned floor or carpet are exposed to even more chemicals. Cleaning products are the 2nd most common reason for poison exposure in children according to the American Assoc. of Poison Control Center. Wowgreen is a new enzyme-based cleaning product that is safe for the whole family and even pets. Trial packs are available for purchase for \$19.99 and includes 5 sample sizes of their most popular cleaners. Make the switch to green.

### Recipe of the Month

Here is a great after school activity and snack to welcome the kids home from school. Let them decorate & have fun!

#### Apple Butterflies

##### Ingredients

- 1 cup smooth peanut butter
- 1 red apple, cored, cut in half and cut each half into 4 slices
- 1 cup assorted cut fruit chunks: kiwi, strawberry, grapes, etc.
- 1/4 cup dark seedless raisins

##### Preparation

- Place 2 slices of apples next to each other on a plate with the skin on the outside.
- Place 1/4 cup of peanut butter in a line down the center using a knife to make the butterfly body.
- Decorate the wings of the butterfly (the apple slices) with assorted fresh fruit.
- Use raisins to make butterfly's eyes.

Nutrition Information: Per Serving: Cal. 440; Total Fat 33 g; Saturated Fat 6 g; Total Carbs 26 g; Fiber 6

### Wellness Tip

Summer may be over, but the hot weather is still here. Make sure your children are drinking enough water and wearing sunscreen before heading to school or outside activities. Staying hydrated and protected from the sun is essential for good health.