

Momentum

A health, fitness and nutrition publication by Momentum Chiropractic Clinic

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Welcome!

Welcome to the first edition of *'Momentum'* an e-newsletter courtesy of Momentum Chiropractic Clinic.

By publishing a newsletter every 3 months, we hope to provide you with health, fitness and nutrition ideas to enhance your wellness!

If there is a specific topic that you are curious about, we invite you to e-mail: info@momentumchiro.ca with your topic/question which may be featured in an upcoming e-newsletter edition.

Keep Fit, Live Well and Happy Reading!



What's New at the Clinic

WELCOME TO OUR MESSAGE THERAPISTS!

Afton Ellis, RMT

Valerie Lyons, BSc, RMT

Afton and Val bring a wealth of experience and expertise in Therapeutic, Injury, Sports and Pre/Post-natal Massage techniques.

Appointments are available between : 9:30AM - 8:00 PM



Afton Ellis, RMT



Valerie Lyons, BSc, RMT

COMPLIMENTARY FOOT REFLEXOLOGY SESSIONS UNTIL AUGUST 31, 2010

Amy, our Registered Acupuncturist, is currently completing her practicum hours for Foot Reflexology and would like to offer the Momentum Chiropractic community and their family and friends Complimentary 1-hour Foot Reflexology sessions until August 31, 2010.

Appointments available Tuesday, Thursday and Saturday.



Amy Wong, R.Ac

To book an appointment, please call us at: (780) 433 - 5771

The point about pain: New study sheds light on acupuncture

PARIS (AFP) - Acupuncture eases pain in the limbs because it releases a natural molecule called adenosine, neuroscientists in the United States reported on Sunday.

The mechanism was discovered through experiments in lab mice, which were given an injection of an inflammation-inducing chemical in their right paw.

The researchers inserted fine needles below the midline of the mice's knee, at a well-known acupuncture location called the Zusanli point.

They rotated the needle gently every five minutes for 30 minutes, mimicking a standard acupuncture treatment.

During and just after this operation, levels of adenosine in the tissues surrounding the needle surged 24-fold. The mouse's discomfort -- measurable by the rodents' response time to touch and heat -- was reduced by two-thirds, they found.

The same test was carried out on mice that had been genetically engineered to lack adenosine. The acupuncture failed to have any effect, and the mice reacted in discomfort, as before.

The team then experimented with an adenosine booster. They gave mice a leukaemia drug called deoxycoformycin, which makes it harder for tissues to remove adenosine.

As a result, levels of adenosine accumulated in the muscles, nearly tripling the duration of the acupuncture's effectiveness.

"Acupuncture has been a mainstay of medical treatment in certain parts of the world for 4,000 years, but because it has not been understood completely, many people have remained skeptical," said Maiken Nedergaard of the University of Rochester Medical Center in New York, who headed the research.

Previous work has focused on acupuncture's effectiveness on the central nervous system -- the trunk of nerves in the spinal cord and brain -- rather than the peripheral nervous system.

In the central nervous system, acupuncture creates signals that cause the brain to produce powerful anti-pain chemicals called endorphins.

The paper is published by the journal Nature Neuroscience.



“Acupuncture creates signals that cause the brain to produce powerful anti-pain chemicals called endorphins”

ACUPUNCTURE: DID YOU KNOW?

► Acupuncture and other elements of TCM have been successfully recommended to treat many ailments including but not limited to:

Joint/muscular Pain (Arthritis)	Headaches
Digestive concerns (IBS, constipation)	Chronic Pain
Anxiety, depression, stress, insomnia	Stress, tension
Smoking cessation	Insomnia

Please refer to our website at: www.momentumchiro.ca to learn more about Acupuncture or E-mail: info@momentumchiro.ca to ask Amy, our acupuncturist, a question.

How's Your Posture?

You probably remember being scolded to "Sit up straight!" at some time in your childhood. At the time, you probably didn't give this a second thought as the most comfortable position for us was to watch TV lounging back on the chair. However, over time the muscles that support good posture weaken if not used regularly and will contribute to back pain, rounded shoulders, a protruding abdomen, spinal dysfunction or nerve compression.

Adopting good posture habits have many benefits including taking years off your appearance, evoking an image of confidence and health. As the muscles supporting good posture strengthen, sitting or standing up straight will take less effort!



A good posture naturally enables you to breathe properly. When you are breathing properly, you increase thinking ability too. Our brain requires 20% of the oxygen to do its job properly.



From the front, stand directly in front of a full-length mirror and answer the following questions:

Is your head tilted to one side or the other?
Is one shoulder lower than the other?
Are the spaces unequal?
Is one hip higher than the other?
Do either of your knees turn in or out?
Do your ankles roll in so that your weight is on the inside of your feet?

To do a quick posture check from the side, have a friend photograph you in this position and to evaluate the photograph by answering the following questions:

Does your head slump forward?
Does your chin tilt up with the head held back?
Are your shoulders dropped forward or pulled back?
Is your chest sunken in and your upper back rounded?
Does your abdomen sag?
Is your lower back too flat or does it curve forward into a hollow back?
Do your knees bend forward or are they thrown backward into a locked position?

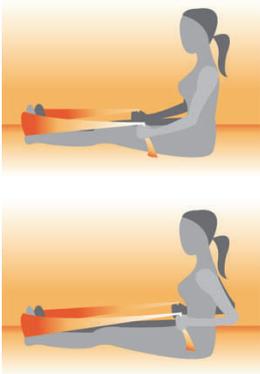
How's Your Posture? <Continued>

If you've answered 'YES' to any of the preceding questions, this may suggest an imbalance in your supporting musculature, ligaments or joints. Here are some quick tips to improve your posture:

- Avoid staying in one position for long periods of time. Inactivity causes muscle tension and weakness.
- Sleep on a firm mattress and use a pillow under your head just big enough to maintain the normal cervical (neck) curve.
- Exercise regularly. Exercise promotes strong and flexible muscles that keep you upright in a proper postural position.
- Wear comfortable and well supported shoes. Avoid continuous use of high heeled or platform shoes, which distort the normal shape of the foot and throw the back's natural curves out of alignment
- When sitting for long periods of time, use a lumbar support to maintain the normal curvature in your lower back.

Below are two exercises that focus on strengthening postural muscles in your upper back.

Try these exercises!



Seated Rows—Sit on the floor with legs extended and tubing secured around bottom of feet. Hold tubing with palms up. Pull tubing into chest keeping elbows tight to sides. Sit tall and avoid shrugging shoulders. Slowly return to starting position. This is 1 repetition



Pull-Aparts - Stand with feet hip-width apart. Grasp band with both arms extended in front of you at shoulder height, elbows slightly bent. Pull hands away from each other, focusing on squeezing your shoulder blades together until both arms are horizontal to your body (band may be against chest). Release and repeat 8–10 times

Exercise at Home: Interval Training

Interval training involves mixing bursts of high intensity work with low intensity periods of recovery. Benefits include: a more efficient workout in less time, it will build endurance, higher intensities stimulate your metabolism more AFTER workouts than lower intensity workouts. The following walking routine will burn up to 300 calories in 50 mins. vs. 90 mins. straight of brisk walking!

The Plan: After a 3-minute warm-up, follow the pyramid routine below, which builds to a peak intensity. Repeat 4 times; cool down for 3 minutes.

Time: 2 min **Intensity:** 5-6 **Speed (mph):** 3.5-4.0 **What it feels like:** Late to meet a friend

Time: 2 min **Intensity:** 7-8 **Speed (mph):** 4.0-4.5 **What it feels like:** Late to meet your boss

Time: 1 min **Intensity:** 8-9 **Speed (mph):** 4.5-5.0 **What it feels like:** Your bus is pulling away from the curb

Time: 2 min **Intensity:** 7-8 **Speed (mph):** 4.0-4.5 **What it feels like:** Late to meet your boss

Time: 2 min **Intensity:** 5-6 **Speed (mph):** 3.5-4.0 **What it feels like:** Late to meet your friend



Chiropractic – Acupuncture – Massage Therapy

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OUR COMMITMENT TO YOU:

Whether your goal is pain management, injury recovery or prevention, we are committed investing the time necessary to uncover the most likely cause of your concern.

Our philosophy is to not only provide quality health services, but also on-going education and tools to assist you in making *pro-active* decisions about your health because a healthy body is shown to be more resistant to injury. If not at the very least, enhance recovery or healing time from an injury.

Developing sustainable healthy lifestyle habits make a world of difference in the long-term, affecting not only how positive we feel about ourselves but also affecting our interactions with others.

“Gain the Momentum you need to get back into action!”

Nutrition Corner

This section highlights a “Super Food” and a new recipe to add this Super food to your diet!

Super food: describes a food high in naturally-occurring chemical compounds that research has shown to promote optimal health.

STRAWBERRIES

Quick Facts:

- One of the world’s most nutrient-rich foods.
- Excellent source of Vit C; 8 strawberries provide more Vit C than an orange
- Vitamin C is essential for in neurotransmitter synthesis to ensure normal brain function
- Full of cholesterol-lowering antioxidants that guard against chronic conditions. High cholesterol is known to contribute to heart disease
- Provide some folate. Folate lowers homocysteine levels. High levels of homocysteine may damage nerve cells.

FRUIT SALSA AND CINNAMON CHIPS

Serves 4

Ingredients

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples—peeled, cored and diced
- 8 ounces raspberries
- 1 pound strawberries
- 1 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavour
- 10 (10 in.) flour tortillas
- 1/4 cup melted margarine
- 2 cups cinnamon sugar

Directions

In a large saucepan, combine the fruit, sugars and fruit preserves. Cover and chill for 15 mins.

Preheat oven to 350 degrees F (175 degrees C). Coat one side of each flour tortilla with melted margarine. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with cinnamon-sugar and brush on more melted margarine.

Bake in preheated oven 8 to 10 mins. Serve with chilled fruit mixture.

Nutritional Analysis

Serving size: 1 cup

Calories	72	Cholesterol	1 mg
Protein	3 g	Sodium	241 mg
Carbohydrate	12 g	Fiber	2 g
Total fat	1 g	Potassium	199 mg
Saturated fat	< 1 g	Calcium	78 mg
Monounsaturated fat	< 1 g		

