

S U M M E R 2 0 1 5

Fall River Chiropractic

Live a Happier, Healthier, More Productive Life

What's New:

Welcome Cynthia Baird to the FRC team!

The Fall River Chiropractic team has expanded to include Cynthia Baird, a Nutritional and Dietary Counselor! Cynthia will be starting to take private patients on July 3rd.

She will also be hosting our first FREE monthly intro to Nutrition seminar on July 15th at 7:30 here at the FRC clinic. Space is limited! Please sign up at the front desk.

Starting this Fall, Cynthia will also be directing a 6 week healthy eating seminar and an 8 week weight loss seminar. Stay tuned for more information.

Book your appointment now, as her appointments are limited.

Check out our webpage to read more about Cynthia.



Live Longer By Running!

A recent heart study by Copenhagen City has shown that regular jogging at a moderate pace can dramatically increase your life expectancy!

Here are the highlights:

- 1) 1-2.5 hours per week of “slow or average” jogging delivers optimum benefit
- 2) Increase in life expectancy for women = 5.6 year
- 3) Increase in life expectancy for men = 6.2 years

After many years of it being suggested that jogging might be too strenuous for the average middle age person, this study shows that jogging definitely is GOOD for your health! And the great thing? You do not have to dedicate much time to reap the benefits!



Healthy summer tips

Drink H2O

Hot days should be paired with lots of water to prevent dehydration and heat related illness.

Don't forget the SPF

While a tan is nice, prevent sunburns by slathering with 30 SPF or higher!

Stay active

Nova Scotia is filled with great events though out the summer. Find what interests you, get involved and stay fit!



Is your Back up for tackling your garden this year? Here are some tips to protect your body!

Use your Knees: Bending over to plant and weed can put excessive strain on your low back, neck, legs and arms. We recommend kneeling with a mat to minimize the discomfort that comes with bending. Don't forget to keep that back straight!

Keep proper body positioning: Whether it is standing or kneeling there is always an ideal position for your body to be in for work. For kneeling or sitting, be as close to your work as possible to decrease reaching and keep your back straight to reduce strain on your back and neck. When standing, slightly separate your legs (like scissors) and shift your weight from front to back and then switch legs every few

minutes to not over load one leg.

Alternate jobs: Switching back and forth between heavy jobs (like digging and lifting) with lighter jobs (like planting and weeding). This will reduce the impact of the heavier jobs and keep you switching positions, which is recommended every 10-15 minutes.

Take your time: Gardening should be enjoyable not a pain in your back! Take short breaks every hour or so. Move around often and stretch occasionally. The work does not have to all be done in one day and, of course, don't forget to stay hydrated!

Spiced Red Pepper Hummus

A great, healthy alternative to high calorie dips for all your summer gatherings.

4 clv garlic, unpeeled
1/3 c fresh parsley leaves, packed
15 oz canned chickpeas (garbanzos), rinsed and drained
1 c jarred roasted red peppers, rinsed and drained
2 tbsp tahini
2 tbsp fresh lemon juice
1 tbsp mild cayenne pepper sauce, such as Frank's Red Hot or Texas Pete
Pre-cut vegetable sticks and wholewheat pita wedges, for dipping

Place the garlic in a small dish (or custard cup). Add enough water to just cover the garlic (about 3 tablespoons). Cover the dish with plastic wrap and microwave for 1 minute at full power; discard water.

When cool enough to handle, squeeze the garlic into the food processor. Add parsley and process until chopped. Add chickpeas, red peppers, tahini, lemon juice, and pepper sauce. Blend until smooth. Serve with pita triangles and raw vegetable sticks

