

Fall River Chiropractic

Live a Happier, Healthier, More Productive Life

6 Steps to Reset Your Sleep Patterns This Fall

~ From the Huffington post



1. Create A Fake Sunset At Home

Dim the lights and avoid any screen time (i.e. computers, cell phones, TVs) at least one hour before your new desired bedtime (but ideally two hours before). Melatonin is a hormone that's naturally produced in our brains and it comes out when the sun starts to set. Melatonin helps to induce sleepiness and keeps us asleep throughout the night. Bright light can limit melatonin production, and blue light (especially from all the electronics screens) is an even bigger offender.

2. Wind Down

While dimming all the lights in your house, practice winding down your body and mind as well. Find relaxing activities and hobbies that are calm, quiet and soothing. This is not the time to return emails, finish work and be active. Sleep isn't an on/off switch -- it is more like a dimmer switch where you turn down the lights and your body.

3. Light Bright

Do the opposite in the morning. When you wake up, get up and open all the curtains in your house. Get as much natural light as you can. Eat breakfast in front of a window. Bright light stops melatonin production, wakes us up and helps us keep a more consistent bed and wake schedule.

4. Stay The Course

Keep a steady sleep-wake schedule seven days a week. Our bodies don't have a "weekday" switch and a "weekend" switch. We need to keep things steady. If you sleep in on the weekends, you'll only make it harder to go to bed at a more normal time come Sunday night.

5. Slow And Steady

If you're really struggling with adjusting, some people find that gradually adjusting to a new schedule can help. Go to bed 15 minutes earlier (and wake up 15 minutes earlier) every day until you reach your target bed and wake times. This also means that you should dim the lights and wind down at home 15 minutes earlier every night.

6. Eat For Sleep

Get back on a healthy overall diet. We often loosen up our diet rules over the summer in favor of the ice cream and pie. Limit sugar at night, and avoid anything with caffeine (soda, coffee, tea, chocolate) after noon. Avoid alcohol within three hours of bedtime since it can disrupt sleep even further.

Tips for a Healthy Back in the Garden

Have the right tools for the task at hand

Ensure you drink plenty of fluids

Alternate between light and heavy jobs

Lift Correctly

Take frequent breaks

Heavy loads should be shared

Your feet should be protected with supportive shoes

Before you start, warm-up your muscles

Avoid muscle strain, learn techniques

Change positions frequently

Kneel to plant and weed

Q: How do I wear my knapsack properly?

A: Pack it Light. Wear it right.

When choosing a knapsack to purchase, keep your eye out for one with plenty of compartments. The contents of your knapsack will seem a lot lighter if you distribute them evenly. When packing, place the heaviest items closest to your body. Once you're ready to put your knapsack on, use this method: place it on a table and put on one strap at a time. Be sure to use your waist belt and adjust your straps to a suitable length. Last but not least, wear both shoulder straps to provide even weight distribution across your back.



The Benefits of Massage

The transition between seasons can often bring a change of routine for most of us. As we leave behind the “lazy Days” of summer it is important to allow your body time to adjust to new activities. Although staying active throughout the year is ideal, we need to recognize that a change in activities means we may be using different muscles and need to take proactive steps to avoid sprains and strains.

A great way to prevent injuries is to make sure you warm up your muscles before partaking in any activity. This engages your muscles but allows them to go through the motions at a less strenuous pace. Ending your activity with a series of stretches is a great way to reward your hard working muscles and also helps prevent injury.

The majority of us will also see great benefit from a Registered Massage therapist (RMT). An RMT has the ability to stretch and knead muscles in a

manner that decreases tension, improves circulation and brings much needed oxygen and nutrients to the muscles.

We have three registered massage therapists at our office and they see a multitude of people for various reasons. They are able to pinpoint areas that require attention and also educate you on proper stretches that suit your needs and ability. This helps to relieve pain and speed up the recovery process for her clients.

We have found that the majority of our patients find great relief with massage in conjunction with their Chiropractic treatments. The added benefit of massage often allows your body to retrain itself to proper form. If you have been wondering if you would benefit from massage, please feel free to consult with your Chiropractor.



Warm Kale and Roasted Sweet Potato Salad

Ingredients:

1 Head of Kale
1 Sweet potato peeled and cubed
¼ cup dried cranberries
½ cup chopped pecans
Crumbled goat cheese

Dressing

¼ cup White wine vinegar
¼ cup Olive Oil
1 tsp Dijon Mustard
1 Tbsp Fresh Lemon juice

Pre heat oven to 400 degrees.

Bake cubed sweet potato for 20 minute or until soft. Wash all the Kale leaves. Dry thoroughly! Cut out the tough center stems. Tear leaves into bite size pieces.

Toss kale, cranberries, and pecan.

Blend all ingredients for the dressing together. Toss in baked sweet potato while still warm. Top with goat cheese and dressing.

Great addition: Add chia seeds!