

The Wellness Family

SUPERIOR CHIROPRACTIC NEWSLETTER

Spring 2011

Do you know someone who needs to be under Chiropractic care?

We all come across a friend, co-worker, family member or neighbor who needs to be under chiropractic care. Many of them may be misinformed or have a misunderstanding about the benefits of chiropractic care. I find many of these people also have questions about chiropractic and may want to take an opportunity to hear more about this natural approach to health and wellness. Take a chance to invite them to our next in-office workshop. Come open minded, spend an hour, have a snack, ask some questions, and get some answers. I look forward to seeing you there. Seating is limited so be sure to reserve your seats today! -Dr Tyler

Tuesday April 19th
10:00 AM or 7:00 PM

Office Announcements

- Drs Mischa and Kemmy will be out of the office from April 27th- May 6th. The office will remain open during this time.
- Visit our booth at the 2011 MTU Employee Benefits & Community Service Fair on Tues May 3rd from 10am-3pm at the Memorial Union Building.

Spring into shape

For some of us spring is a time to transition from one activity to the next. Skiing to cycling. Snow shoeing to hiking. Shoveling to gardening. For others it is about breaking out of a sedentary winter and into the more active months of spring.



Regardless of which category you fit into, there are some things to take into consideration while starting any new activity.

1. Start slow. You're not going to pick up where you left off last year, so do not expect to. Take your time and build both strength and endurance. Injuries often happen because we attempt to do too much too fast.

2. Strengthen you core. Core strength is tremendously important not only to increase power and balance, but also reduce injury. Basic planks are a great starter exercise for most people.

3. Stretch, stretch, and stretch. Yes it is something you have heard again and again, but it can make a big difference. Take 10-20 minutes and start a daily stretching routine or yoga.

4. Hydrate yourself. The majority of us do not consume enough water. As our heart rate increases so does our perspiration, so if you're exercising you need to drink more (great recipe on back to make your own electrolyte drink). Supplementation with Cal/Mag may be necessary as Magnesium levels can drop during periods of dehydration.

5. Get Adjusted. Regular chiropractic care can not only help to improve performance, but also help to prevent against injuries. Athletes of all ages can benefit for chiropractic care. Be sure to tell your chiropractor about starting any new activity.

"I did not realize how bad my neck had gotten until I started to see how great it should feel."

"Not only is my back feeling great, but I am bowling better than ever. I cannot wait for golf season!"

"He just seems like a new baby" – Happy mom following sons 1st adjustment

A peek into Dr. Jinny's Recipe Box

Homemade electrolyte balance drink

**This is a great drink to help re-hydrate you following athletics/illness or even just to sip on during those warm days of spring.

2 quarts of pure water

¾ cup lemon juice

½ tsp sea salt

½ cup natural sweetener
(honey or maple syrup)

Mix well and refrigerate. Enjoy!

Mock Banana Ice cream

Bananas (peeled and frozen)

Whole milk, Cream, or non-dairy equivalent

Pure honey or Vanilla

Puree frozen bananas with milk/cream to the consistence of soft serve ice cream. Add honey and vanilla to taste. This recipe does not keep well, so eat once it's ready & feel free to sample different toppings. Enjoy!

Spring Cleaning

It will not be long before we're opening all the windows and starting our spring cleaning projects. Take this as an opportunity to introduce natural cleaning products into your home. There are many inexpensive, easy-to-use natural alternatives which can safely be used in place of commercial household products. Here is a list of common, environmentally safe products which can be used alone or in combination for a variety of household applications.

Baking Soda - cleans, deodorizes, softens water, scours.

Soap - unscented soap in liquid form, flakes, powders or bars is biodegradable and will clean just about anything. Avoid using soaps which contain petroleum distillates.

Lemon - one of the strongest food-acids, effective against most household bacteria.

Borax - (sodium borate) cleans, deodorizes, disinfects, softens water, cleans wallpaper, painted walls and floors.

White Vinegar - cuts grease, removes mildew, odors, some stains and wax build-up. Mix 50/50 with water to clean glass or use pure 5% acidity vinegar to kill microbes and use as a kitchen cleaner.

Washing Soda - cuts grease, removes stains, softens water, cleans wall, tiles, sinks and tubs. Use care, as washing soda can irritate mucous membranes.

Cornstarch - can be used to clean windows, polish furniture, shampoo carpets and rugs.

Citrus Solvent - cleans paint brushes, oil and grease, some stains. (Citrus solvent may cause skin, lung or eye irritations for people with multiple chemical sensitivities.)

A growing number of commercial non-toxic home cleaning products are also available, as healthier and environmentally responsible alternatives. Your use of these products helps promote the growth of green businesses.



*Dear Practice Member,
Superior Chiropractic is dedicated to providing you with the absolute best in family wellness care. Take a moment today to ask your Family Wellness Chiropractor any questions you may have regarding a friend or family members overall health and wellness.*