

The Wellness Family

SUPERIOR CHIROPRACTIC NEWSLETTER

Winter 2010-11

Welcome Back Dr. Jinny!!

Dr. Jinny Sirard has returned from maternity leave and *is now accepting new practice members*. She is dedicated to providing the absolute best chiropractic care and does **specialize in working with infants, children, and expecting mothers**. To find out more information on Dr. Jinny and the techniques she practices please visit our website. Be sure to introduce yourself to her as you see her around the office and do not forget to tell your friends and family members about an excellent opportunity to be seen by a special chiropractor. Her schedule will fill quickly so be sure to set up an appointment today.

Dr. Jinny will be available in the office on Monday & Friday afternoons.

Office Announcements

- Please welcome the most recent addition to our chiropractic team, Samantha, our new office assistant.
- Dr. Kemmy has expanded her office hours and is now available Tuesday afternoon 12:30-5 PM.
- Drs. Mischa and Kemmy will be out of the office from 12/22-12/31. The office will remain open during this time.

Shoveling Safety Tips

1. **Hire someone to do it for you!** If this is not an option I recommend you continue reading.
2. **Warm up before you tackle your shoveling job!** Warming up and stretching helps prepare your muscles and decreases your risk of injury.
3. **Pace yourself!** Taking it slow will decrease your risk of injury.
4. **Dress warm!** This sounds like common sense but it is very important.
5. **Get a shovel that fits!** Not all shovels are created equal. Make sure you have a shovel that properly accommodates your height. You shouldn't have to bend excessively when scooping up snow.
6. **Get a wide grip!** Make sure to get a wide grip when holding your shovel as well as a wide stance with your feet. This will decrease the stress on your back.
7. **Limit twisting and throwing!** Limit the amount of twisting you do when shoveling. Repetitive twisting motions can be very stressful to your spine (especially your discs!) and surrounding muscles. Rather than twisting and throwing snow, try walking or pushing snow.
8. **Bend at the Knees!** When you are bending be sure to avoid bending excessively at the waist, instead bend at your knees. Always try to preserve your lumbar (low back) curve. This will greatly reduce the amount of stress on your spine.
9. **Take a break!** If you get tired, take a break. When shoveling, technique is very important for protecting your spine. If your muscles become fatigued it will be more difficult to maintain good form. This is often the time when people get injured!
10. **If you experience chest pain or shortness of breath..... STOP!** Shoveling snow is a great aerobic workout and can put additional stress on your heart. Make you are in good cardiovascular health before shoveling
11. **If you experience soreness and back pain after shoveling make sure you VISIT YOUR CHIROPRACTOR!**



Testimonials

"My 9 year old son knows when it's time to come and see our chiropractor for his adjustment! She has changed his life." -Nikolas

"Since coming here my mobility has improved 100%- I cannot thank you enough!" - Vicky

"I used to sleep 2-3 hours at a time. Now I can sleep for 7 hours straight. I feel good." - Bob

Your Child's Developing Spine

There are three windows of time in which your child's spine will go through major stages of development. The 1st of these is birth through age five. This is definitely the most crucial time since it is during this period that the child also has the most minor traumas and repetitive stress on the spine.

The 2nd window of development is the five years to ten years of age. During this time your child will begin school and spend recess climbing on monkey bars, sliding down slides, playing organized sports and generally leaving themselves open to repeated falls and tumbles resulting in their own spinal injuries.

Finally, at age ten to fifteen years old, your child's spine will go through its last stage of development. During this final stage, your child's spine growth will be greatly affected by most if not all of the following:

- Improper backpack loading and wearing
- Poor Posture
- An active or sedentary lifestyle
- Repetitive movements
- Typical sports injuries

It may be possible that you missed the first window of opportunity for care, but it's not too late; your child or teenager could benefit from chiropractic care.

A peek into Dr. Jinny's Recipe Box Black Bean Brownies

1 can black beans (drained and blended)
1/2 c. cocoa
4 Tbsp. extra-virgin coconut oil
1/2 c. xylitol (honey or brown sugar)
1 tsp. organic vanilla extract
3 large free range eggs
1/2 c. gluten-free flour
1/4 tsp. sea salt
1/4 c. water

Blend all ingredients together. Grease pan with and bake for 20 to 35 min. at 350 degrees. Add nuts if desired.

Melt dark chocolate bar and spread over top of brownies.

Enjoy!

Toys for Tots Donations

Superior Family Chiropractic will be collecting new unwrapped toys within the office until Friday Dec 10th. Thank you for your support this Holiday season in making a memorable experience for a less fortunate child. Be sure to help support Toys for Tots by bringing a gift to your next visit.

*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.*

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