



February Newsletter 2020

Temple Chiropractic and Massage

INSPIRATIONAL QUOTE OF THE MONTH:

“Changing how we eat, drink, think and live, can in fact change our genetic expression for the better, or for the worse. We have much more power than we realize”

~Dawson Church, Ph.D., author of *The Genie in your Genes*



REAL LIFE STORIES

Before I started my care at Temple Chiropractic, I was experiencing lower back pain and headaches. My mobility was low to medium and I couldn't walk for long periods of time.

I was taking Ibuprofen and Advil twice daily. I did try Chiropractic before but then just tried to deal with it on my own, massage therapy seemed to help but it depended on

the day. With dealing with this pain for a few years, I decided to come in and see if one of these doctors would be able to help.

Since I have been getting my adjustments the pain has decreased, I am able to sleep more comfortably, walk longer distances; and walk up stairs with little to no pain. Chiropractic care is worth it, it's like putting the spine in order, straighten-

ing everything out.

I would recommend Chiropractic care to my friends and family and tell them not to wait until they are in extreme pain. The staff and the doctors here are super friendly and make you feel welcome and want to come back. I have



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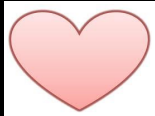
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The Office will be CLOSED for Family Day long weekend on Saturday February 15th and Monday February 17th

- Dr. David will be working 8-11 and 3-6pm on Tuesday February 18th

Happy Valentine's Day





LOOKING FOR A GREAT VALENTINE'S DAY GIFT? GIVE THE GIFT OF MASSAGE



Massage therapy is a popular treatment for the relief of sports injuries, strains, and muscle soreness. But its benefits are more than just physical: it is also an effective way to alleviate depression and anxiety—and improve sleep quality. Although life's stresses are unavoidable, we can counter negative feelings and insomnia with the positive benefits that massage therapy offers.

Depression

According to Health Canada, 11 percent of men and 16 percent of women will experience severe depression over the course of their lives. Studies show, however, that massage therapy can be an effective tool for dealing with depression.

In a study published in 2010, breast cancer patients who received two 30-minute massages weekly for five weeks reported significant reductions in depression and anxious depression compared to those who received no massage therapy.

In addition, a meta-analysis of 17 studies conducted by Taiwanese researchers found massage therapy was strongly associated with relieving depressive symptoms.

Anxiety

Health Canada reports that of all mental disorders, anxiety conditions top the list. They estimate that 10 percent of Canadians suffer anxiety in some form.

But anxiety can be reduced by the positive effects of massage.

Turkish researchers measured burn patients' anxiety levels before and after massage therapy sessions. Over the course of a five-week period participants showed a significant reduction of symptoms, including itching, pain, and anxiety from the first treatment to the last.

Poor Quality Sleep

Statistics Canada reports that 3.3 million Canadians (13.4 percent of Canadians over the age of 15) suffer from insomnia. Fortunately, massage has also been shown to improve sleep quality.

HEARTBURN OR HEART ATTACK?

Learn how to tell the difference between heartburn and a heart attack

Common heart attack symptoms:

- Squeezing and pressure in the chest
- Pain spreading to the shoulders, neck, or arms
- Light-headedness, weakness, or dizziness—even cold sweats
- Shortness of breath, along with nausea and possible vomiting

Common heartburn symptoms:

(These characteristics of heartburn will help you distinguish between the two)

- Pain generally does not radiate to the shoulders, neck, or arms (although it may)
- Pain usually comes after meals
- Symptoms usually respond quickly to antacids

When in doubt, always consult a health care practitioner or seek emergency medical services.



CHIROPRACTIC IN THE SUPER BOWL

Chiropractic care has become a part of mainstream NFL culture. Every team, except one, has a chiropractor on staff. The same can be said about every other professional sports league



including major league baseball, basketball, hockey and soccer.

Today's athletes are learning from some of the greatest of all time who have utilized chiropractic and taught today's modern day players about how to perform at their highest level for a lifetime and take care of their body along the way.

Youth sports programs are now learning from the pros and young athletes are seeking out chiropractic care as a part of their training in record numbers. Little League football, baseball, basketball, soccer and hockey teams as well

as gymnasts, cheerleaders and even members of the marching band are realizing that a healthy spine and nervous system is important for good health and to ensure your highest level of performance.

Don't wait for an injury. If you're an athlete or participate in an exercise program, be like these Hall of Fame and Super Bowl Champions. Make chiropractic care a part of your lifestyle. Make your appointment today.

HOW OMEGA-3 HELPS YOUR HEART

What are omega-3 fatty acids, and why are they good for your heart?

Omega-3 fatty acids are a type of unsaturated fatty acid that may reduce inflammation throughout the body. Inflammation in the body can damage your blood vessels and lead to heart disease and strokes.

Omega-3 fatty acids may benefit heart health by:

- Decreasing triglycerides
- Lowering blood pressure slightly
- Reducing blood clotting
- Decreasing your risk of strokes and heart failure risk
- Reducing irregular heartbeats

Eating at least two servings a week of fish, particularly fish that's rich in omega-3 fatty acids, appears to reduce the risk of heart disease, particularly sudden cardiac death.

Although many types of seafood contain small amounts of omega-3 fatty acids, fatty fish contain the most omega-3 fatty acids and seem to be the most beneficial to heart health.

- Good omega-3-rich fish options include:
- Salmon
- Sardine
- Atlantic mackerel
- Cod
- Herring
- Lake trout



Romantic Recipe: Gluten Free Strawberry Shortcake

Ingredients:

1/2 cup butter
1 cup icing sugar
4 eggs
1 teaspoon vanilla
1 cup cornstarch
1 1/4 teaspoons bak-



ing powder

Directions:

- 1 Preheat oven to 375 degrees. Grease a 12-muffin pan.
- 2 In a large bowl cream butter and sugar, using electric mixer.
- 3 Add the eggs and vanilla. Beat until light and fluffy.
- 4 In a small bowl mix the cornstarch and baking powder together and add slowly to the creamed mixture. (If added too quickly, it will fly about the kitchen.)
- 5 Mix until well blended.
- 6 Fill the greased muffin tins half full.
- 7 Bake for 15 minutes. (Test with a toothpick, after 15 minutes, even if the top looks shiny).
- 8 Remove from the pan while still warm. (They will look like little cupcakes. But trust me they will taste just like little shortcakes).
- 9 Serve topped with strawber-



HOW PEOPLE IN LOVE ACT

Kids, aged 5 to 10, were asked questions about what they thought of people in love

- “Lovers will just be staring at each other and their food will get cold. Other people care more about food.” ~Brad, Age 8
- “They act mushy. Like puppy dogs, except puppy dogs don’t wag their tails nearly as much.” ~Arnold, Age 10
- “All of a sudden, the people get movies fever so they can sit together in the dark.” ~Sherm, Age 8
- “Romantic adults usually are all dressed up, so if they are just wearing jeans it might mean they used to go out or they just broke up.” ~Sarah, Age 9
- “It’s love if they order one of those desserts that are on fire. They like to order those because it’s just like how their hearts are on fire.” ~Christine, Age 9
- “Many daters just eat pork chops and French fries and talk about love.” ~Craig, Age 9
- “See if the man picks up the cheque. That’s how you can tell if he’s in love.” ~John, Age 9