

Chiropractic helps *whiplash*

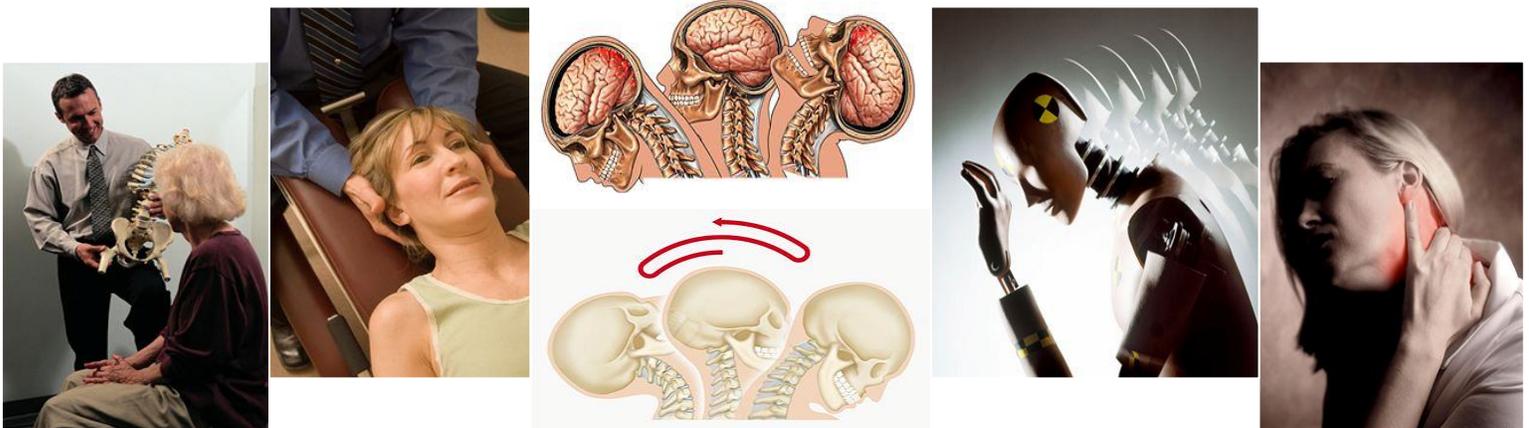
Dr. Kevin Shimizu, DC

Fall is here and winter is just around the corner. Dark, cold and wet weather is back and driving becomes treacherous and challenging. The most common injury resulting from motor vehicle accidents is whiplash or sprain/strain of the neck. Although symptoms of headaches, dizziness, neck, shoulder, and jaw and/or arm pain may subside with appropriate care, one in four cases become chronic resulting in long term pain and discomfort. According to a study published in the *Journal of Orthopaedic Medicine*, chiropractic may offer the best solution for the relief of whiplash symptoms.

The study divided patients into 3 groups based on the nature and severity of their symptoms. The results show 72% of Group 1 (neck pain and restricted range of motion only) and 94% of Group 2 (neck pain, restricted ranges of motion, tingling and numbness in the extremities) improved under chiropractic care. Group 3 patients (*severe neck pain with full neck ROM and bizarre pain distributions in the extremities with blackouts, nausea, vomiting, chest pain and visual dysfunction*) showed 27% improvement. Nevertheless, the authors suggest a multi-disciplinary approach (ie. chiropractic and massage, chiropractic and physiotherapy) for Group 3 will show better outcomes. On average, patients received 19.3 visits over four months. The authors conclude “the study provides further evidence that chiropractic is an effective treatment for chronic whiplash symptoms.”

If you or a loved one is suffering from whiplash, make an appointment with a doctor of chiropractic.

Reference: Khan S, Cook J, Gargan M, et al. Asymptomatic classification of whiplash injury and the implications for treatment. *Journal of Orthopaedic Medicine* 1999: Vol. 21, No. 1, pp22-25.



Beat the fall and winter blues!

Takashi Yamada / Certified Personal Trainer for Chikara Fit

We all know that it can get quite gloomy in Vancouver in the fall and winter. With the days getting shorter and with increased rainfall, we often go into hibernation mode. You know what this means.... Yes, a couple more pounds on your body! Well today, I am going to talk a little bit about what you can do to prevent this.

Find a training buddy

Find a friend with a common goal or hire a personal trainer. Make a goal to see them at least 2-3 times a week. Having someone there to work out with makes quite a difference in motivation and helping you stick to your goals.

Look for group fitness classes

Yoga, Pilates or boot camp classes are just some examples of what you can get involved in to get you out of the house. Group fitness is fun and it provides you with the opportunity to get to know others that are working towards a common goal. Personally I enjoy a Japanese martial art called kendo and this gets me out of the house at least 3 times a week on top of the times I am in the gym seeing clients. In the winter, I also enjoy cross-country skiing. If you have not tried cross-country skiing before, I recommend it for a great cardio workout! In fact if you enjoy any winter sport, keep it up because it gets you out of the house and you burn calories doing it.

Watch what you eat

With many seasonal gatherings on the agenda, make sure you enjoy yourself but not overeat. A good point of advice is to eat a little before going to the gathering. This should help you control your appetite. Remember that it all comes down to making the smart choices. Think before you eat, and if there is a healthier alternative, choose it instead!

Work to reduce stress

Getting a good night sleep and reducing daily stress are important steps to take to manage your weight. It is natural for people to eat more or eat unhealthy when they are stressed. So make sure to take some time to destress once in a while!

Contact information: www.chikarafit.com / e-mail: info@chikarafit.com



Seven daily essential mental activities to optimize brain matter and create well-being

Yukiko Matsu-Pissot, MA, RCC, CCC / Registered Clinical Counsellor

Dr. Daniel J. Siegel, Executive Director of the Mindsight Institute and Clinical Professor at the UCLA School of Medicine & Dr. David Rock, Executive Director of the NeuroLeadership Institute created an idea of 'Healthy Mind Platter' which consist of 7 daily essential mental activities to optimize brain matter and to create well-being: According to Dr. Dan Siegel's website, "The Healthy Mind Platter has seven daily essential mental activities necessary for optimum mental health. These seven daily activities make up the full set of "mental nutrients" that your brain and relationships need to function at their best. By engaging every day in each of these servings, you promote integration in your life and enable your brain to coordinate and balance its activities. These essential mental activities strengthen your brain's internal connections and your connections with other people and the world around you."

And the 7 daily mental activities are explained in his website as follows:

Focus time When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

Play time When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

Connecting Time When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

Physical Time When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

Time In When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

Down Time When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

Sleep Time When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

The idea of Healthy mind platter is based on healthy food chart. As many of us try to eat healthily, the Healthy Mind Platter gives us a great pointer for healthy daily nutrients for our mind. For further information about Dr. Siegel's exciting field of Interpersonal Neurobiology and Mindnight, please refer to www.drdansiegel.com.

~ Thank you for your comments Part 1 ~

*Reason you sought chiropractic care: *Hip and legs tightness*

- Jacky L. -

How has chiropractic helped you? *My body naturally regains the energy and able to do exercise without pain*

Seasonal Recipe

~ Editor Pick From *Allrecipes.com* Canada ~

Mini Pumpkin Pies

Prep Time: 30 Min / Cooking Time: 15 Min / Ready In: 1 HR

Servings: 24

Ingredients

- 2 prepared pie crusts
- 3 eggs, divided
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup white sugar
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Roll each pie crust out onto a floured surface to a rough rectangle about 11 inches square.
3. Separate one egg, and place the egg white into a small bowl. Beat the egg white until slightly frothy, and brush the edges of each mini pie crust with egg white. Place the remaining yolk into a bowl, and beat with remaining 2 eggs. Mix the softened cream cheese, sugar, pumpkin, vanilla extract, and pumpkin pie spice into the eggs to make a smooth filling. Spoon about 2 tablespoons of the filling into each crust.
4. Bake the pies in the preheated oven until the crust edges are golden brown and the filling is set, about 15 minutes. Allow to cool before eating.

Nutritional Information

Amount Per Serving Calories: 138

Total Fat: 8.9g / Cholesterol: 37mg / Sodium: 139mg

Total Carbs: 12.2g / Dietary Fiber: 0.9g / Protein: 2.5g



~ Thank you for your comments Part 2 ~

*Reason you sought chiropractic care: *Pain sitting near my tailbone*

- Kevin B. -

How has chiropractic helped you? *Despite not begin fully healed yet, my lower back definitely has gotten better since seeing Dr. Shimizu. I was surprised how well he diagnosed my troubles, as I had visited another chiropractor before who was pretty useless. I've been in for 2 sessions and look forward to re-cooperating with his support.*

A friendly reminder for Extended Health Insurance

Most extended health insurers end their coverage at the end of December. With 3 months left in 2011, you should consider booking appointments for Chiropractic, Orthotics, Massage therapy and Shiatsu. Plan ahead and our office will be happy to help you arrange your appointments. **Please call our reception at 604-731-3319.**