

Don't let FALL get you

WHAT'S CAUSING THAT HEADACHE?

Dr. Kevin Shimizu, DC

down



We all get headaches from time to time, but figuring out why we're suffering or how to get rid of them isn't always easy. Too many of us take daily or near-daily doses of pain relief medication, often providing temporary relief and a variety of unpleasant side effects.

A number of clinical studies note the effectiveness of chiropractic manipulation in relieving headaches. A recent literature review provides evidence of a potential spinal cord connection. Specifically, a dysfunction in the upper part of the neck has the potential to create headaches. **Possible causes include: stress, muscle tension, nutritional deficiencies, and hormonal imbalances.**

Reference: Alix ME, Bates DK. A proposed etiology of cervicogenic headache: the neurophysiological basis and anatomic relationship between the dura mater and the rectus posterior capitis minor muscle. Journal of Manipulative and Physiological Therapeutics, Oct. 1999: Vol. 22, No. 8, pp534-39.

Needless to say, most headache sufferers turn to over-the-counter medicine as their only form of relief. **You don't have to be one of the millions dependent on pain medications.** If you suffer from headaches, schedule a comprehensive evaluation with your of chiropractor. If neck and spine dysfunction is the cause your pain, **chiropractic adjustments might be an effective solution.**

Stress is a part of everyday life. We cannot avoid it. A change in environment, a loss of a loved one, illnesses, sleeplessness, relationships and work can trigger stress.

Stress

Maki Ando, Reflexologist / Aromatherapist

Under normal circumstances, our body has the mechanisms to fight it. Yet, when stress is prolonged or chronic, our body starts to wear down. Stress impairs our nervous system, imbalances our hormone levels, and suppresses our immune system. We develop bodily dysfunctions such as high blood pressure, constipation, rashes and susceptibility to disease and illnesses.

There are a variety of ways to cope with stress, but the **three keys are: good nutrition, exercise and rest.** I like to watch movies, drink lots of water and scream-out loud, but taking up a hobby, yoga, going out with friends, getting plenty of sleep and eating a balanced diet works well too.

Stress punishes our body so we have to strengthen ourselves by taking better care of our bodies.

Reference: In 1930, Canadian biologist Hans Selye (1907-1982) proposed a concept of stress and its mental and physical affects on humans





Poor eating habits cause pain

CHIKAKO TSUKADA, *Shiatsu*practor

Too many of us are in a hurry and don't have time enjoy a nutritious meal.

Too often, our meals are fast and furious. Such **eating habits** stress our body and cause pain swelling in our joints, muscles and even organs.

Stuffing food down your mouth doesn't allow proper digestion of food. Chewing secretes digestive enzymes that break down the food, so your stomach and intestines are not overworked.

Excessive consumption of certain foods can also increase pain and inflammation in your body. White sugar is the worst. Simple carbohydrates such as white rice, pasta and bread can tighten muscles and stiffen joints. Other foods that affect us are fast food and processed meat.

Begin a healthier way of living by reducing sugar and simple carbohydrate consumption and start chewing your food.

Shiatsu therapy can also influence your **digestive system** and **reduce pain** and **swelling** by stimulating meridian points in your shoulder, back, legs and arms.

You'll notice a difference in just a few weeks.



Tips for Bone Health

- ☆ Caffeine interferes with calcium absorption, so drink less coffee or soft drinks
- ☆ Cigarette smoking and excessive alcohol consumption are bad for bones
- ☆ Do weight-bearing exercises, such as walking, lifting weights, playing tennis, or dancing
- ☆ Get plenty of natural light to increase vitamin D or during the winter, supplement by taking between 400 to 800 IU of vitamin D daily

History of Chiropractic

Vol.1



D.D. Palmer (1845-1913)
The Father of Chiropractic

Born in Port Perry Ontario, a self-educated healer D.D. Palmer discovered the relationship of misaligned vertebrae with neurological symptoms. On September 18 in 1895, D.D. Palmer performed the first spinal adjustment on Harvey Lillard, a janitor who had lost most of his hearing due to a fall 17 years prior. Mr. Lillard explained to D.D. that he had developed a lump in his back after the fall. D.D. replaced the offending vertebra and he restored Mr. Lillard's hearing. With a help of a friend, Rev. Samuel Reed, D.D. Palmer named his discovery Chiropractic combining the Greek words "cheiros" and "praktikos", meaning 'done by hand'. In 1896, he founded the first school of Chiropractic in Davenport Iowa which is known today as Palmer College of Chiropractic.

~Message from our clinic~

- ☆ Shiatsu & Reflexology **Gift certificate** Available!
- ☆ New Registered Massage Therapist (**RMT**) to start in October!
- ☆ **Cold Laser Therapy** to begin 2nd week of November!
- ☆ **Mobile Orthotics and Casting** now available!
- ☆ For more information and up-to date news, please view our website or call our office.

URL: www.chiro-shimizu.com



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Palmer college of Chiropractic West (1999)

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"We never know how far reaching something we may think, say, or do today will effect the lives of millions tomorrow."

Bartlett Joshua (B.J.) Palmer (September 10, 1881-May 21, 1961),
Chiropractic pioneer