



Health & Wellness



by OHG



June is Migraine Awareness Month!

Migraine is a type of headache characterized by recurrent attacks of moderate to severe throbbing and pulsating pain on one or both sides of the head. The pain is caused by the activation of nerve fibers within the wall of brain blood vessels traveling inside the meninges (three layers of membranes protecting the brain and spinal cord).



The Canadian National Library of Medicine estimates that approximately 3.4 million Canadians suffer from migraines, only about half of which are likely to have been diagnosed by a physician.

A number of different factors can increase your risk of having a migraine or trigger a headache. These factors vary from person to person and include:

- Sudden changes in weather or environment
- Too much or not enough sleep
- Strong odors or fumes
- Emotion
- Stress
- Overexertion
- Loud or sudden noises
- Motion sickness
- Low blood sugar
- Skipped meals
- Tobacco
- Depression
- Anxiety
- Head trauma
- Alcohol
- Some medications
- Hormonal changes
- Bright or flashing lights



Untreated attacks last from four to 72 hours. Other common symptoms include:

- Increased sensitivity to light, noise, odours
- Nausea
- Vomiting

Manual chiropractic adjustments are an effective way to treat, manage, and prevent migraine headaches. Migraines are mediated by the central nervous system and chiropractic adjustments on the upper cervical spine can be beneficial in reducing the frequency and severity of migraine attacks.

Quick tips to ease migraine symptoms:

- Nap or rest with eyes closed in a quiet, dark room
- Place a cool cloth / ice pack on the forehead
- Drink lots of fluid



GARDENING SEASON

Tips to plant & rake without the ache!



Keep your work at a comfortable height: Kneel when planting, avoid excessive bending at the waist, and try to keep your neck aligned with your back as much as possible to avoid letting your neck bend to turn your head down.



When lifting, keep your back straight, push your bum out as you bend at the knee, and hold objects as close to your body as possible.

To turn, rotate your whole body with your toes pointing towards the direction of movement. Do not twist your back.




When carrying, keep your hands vertical with your thumb at the top and your wrists straight. Instead of gripping hard-to-carry objects with your fingers, try carrying them atop your forearms.



Whenever possible, push; don't pull.

Stretching before & after strenuous activity can prevent injury & soreness.


Stand straight; bend one knee, holding your ankle or foot. Pull the heel towards your hip till the stretch is felt in the thigh and hold for 4 seconds. Repeat for the other knee.




Grasp your hands above your head and bend slowly to the left, down towards the ground. Hold for 5 seconds, repeat on the opposite side.



Stand straight; place your one foot on a step. Keeping your back straight, lean body forward from the hips. Return to the starting position and repeat 5 times.



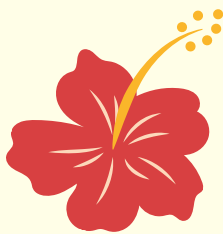
Stand straight. Clasp hands behind head, and stretch arms back. Hold for 5 seconds, and repeat.



Slowly bend your right ear towards your right shoulder and hold for 5 seconds. Bring up straight, then repeat on the left side. Continue for 3 to 4 repetitions.




Summer Squash and Shrimp Fricassee



Ingredients

- 2 bunches scallions
- 2 tablespoons olive oil
- 6 (2.5 tbsp) medium garlic cloves, thinly sliced
- 2 fresh or dried bay leaves
- 1 ½ (2 ears) cups fresh corn kernels
- 1 pound raw, large shrimp (peeled, deveined)
- ½ cup shrimp stock or fish stock
- 1 small fresh habanero chile (seeded, minced)
- 1 pound summer squash, roughly chopped
- 1 medium tomato finely chopped
- ½ cup dry white wine
- 3 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons fresh thyme leaves
- 2 tablespoons fresh lemon juice (from 1 lemon)
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 2 tablespoons unsalted butter

Directions

Thinly slice scallions, dividing the white and light green parts from the dark green parts.

Heat oil in a Dutch oven over medium-high. Add white and light green scallion parts, garlic, and bay leaves; cook, stirring occasionally, until scallions soften, about 2 minutes. Add corn; cook, stirring constantly, 1 minute. Add shrimp, shrimp stock, and habanero; cook, stirring constantly, until shrimp just start to turn opaque but are not cooked through, about 45 seconds. Add squash, tomato, wine, parsley, thyme, lemon juice, salt, and black pepper. Cook, stirring constantly, until shrimp are just cooked through, about 1 minute. Add butter; cook, stirring vigorously, until butter melts and makes a creamy sauce, about 1 minute.

Stir in dark green scallion parts. Serve immediately.



Happy Father's Day!

Sunday, June 16th

For a great go-to Father's Day gift, consider an Ottawa Health Group gift certificate for massage therapy!