



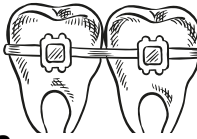
HEALTH & WELLNESS NEWSLETTER



World Spine Day!

World Spine Day highlights the burden of spinal pain and disability around the world. With health professionals, exercise and rehabilitation experts, public health advocates, schoolchildren and patients all taking part, World Spine Day is celebrated on every continent.

Chiropractic Analogy: Chirodentics



How do you know you need braces?

After a dental evaluation, improper positioning of the teeth or jaw that interferes with bite and alignment helps assist the dentist in making their recommendations for braces.

How do you know you need chiropractic?

After a chiropractic evaluation, misaligned vertebrae (vertebral subluxations) in the spine that interfere with or impinge nerves help the chiropractor make their recommendations for care.

Benefits to braces?

Besides the overall improvement in appearance of teeth, braces may help enhance your bite or chew, and provide an overall contribution to the quality of your teeth and gums.

Benefits to regular chiropractic care?

Besides the overall improvement in posture and mobility, regular chiropractic may enhance the innate power of the body to heal itself due to the emphasis on the relationship between structure and function that is coordinated by the neurological system.

Consistency is key.

You don't just wear your braces for a short time and expect great results. So, too, with consistent chiropractic adjustments. Regular care helps reinforce normal position in the ligaments, muscles, and bones around the spinal cord and nerve roots.



6 Incredible Spinal Facts

1 SOME SPINAL BONES
NATURALLY FUSE TOGETHER

2 THE SPINE IS FLEXIBLE
ENOUGH TO ALMOST FORM
A CIRCLE

3 THE SPINE HAS 5 SECTIONS

4 TINY SPINAL JOINTS DO A
LOT OF WORK

5 MORE THAN 25% OF THE
SPINE'S LENGTH COMES FROM
CARTILAGE

6 THE SPINE HAS A MEMORY

5 Ways to Keep your Spine Healthy & Happy

1 Let your spine really rest while sleeping.

While you're lying down, all the structures in your spine that have worked hard all day finally have an opportunity to relax and be rejuvenated.

Use a medium to firm mattress and try to keep your spine naturally aligned.

This means for back sleepers, try placing a pillow beneath the knees to reduce stress on the lower back. For side sleepers, try placing a pillow between the knees to keep the hips balanced. Some people may also benefit from a neck pillow that supports the cervical spine.

2 Exercise your core.

Your core muscles — located in your lower back and abdomen — need to be strong and supple in order to support your spine and take pressure off your lower back.

3 Your shoes need to support your spine.

Good shoes provide a supportive base that helps the spine and body remain in alignment. For example, make sure the area of the shoe that fits the back of your heel is snug, but not overly tight. A good fit prevents over pronation or supination — or too much rolling of the foot to the outside or inside. Also, consider using shoe orthotics or inserts if you need further balance or support.

4 Enjoy the benefits of massage therapy.

Massage therapy can support a healthy spine and spinal cord function because it: increases blood flow to all body organs and hormonal centers, promotes relaxation and rejuvenation, clears toxicity from the cellular structures including from the spinal cord and restores flow to nerve function, and reduces joint pain and muscle strain by stretching and unknotting tight muscles and ligaments so that bones and joints can return to their proper positioning and full functions.



5 Practice good ergonomics while sitting.

The discs in your lower spine are loaded more while sitting than standing, so long periods of sitting can create or aggravate a painful back condition. Moreover, when sitting at a desk and/or looking at a computer screen, our natural tendency is to slouch and lean forward, stressing our lumbar discs even more. Choosing the right office chair and practicing good posture while seated plays important roles in supporting the natural curves of your back.

Spinal Curves

From the back, your spine should be straight. But from the side, you should have 4 spinal curves. These curves allow pairs of nerve roots to exit from the spinal cord to serve various organs and tissues of your body. Loss of one or more spinal curves often signals nervous system interference, even if there are no obvious symptoms.



Why Pay Attention to Spinal Health?

Back pain is common, and it has many possible sources including poor posture, improper form when exercising or playing sports, and sudden trauma. Roughly 90% of people will experience spine-related discomfort at one time or another. This means such issues aren't rare or limited to age.

Your Spine is Affected by Many Different Parts

The human spine consists of 33 individual bones, 23 discs, and an assortment of spinal joints and nerves. Other key spine-supporting parts that should be kept healthy and strong include large spine-supporting muscles such as the erectors, glutes, and abdominal muscles, as well as many ligaments and tendons. It is important to be mindful of your posture and how long you sit at your desk in order to keep all these moving parts healthy.

Most Importantly -- Spine Health Can Impact Quality of Life

Even occasional recurring back pain can affect everything from your ability to concentrate at work and get a good night's sleep to how well you can enjoy your favourite activities. If you suspect a problem, see your chiropractor to ensure your spine is healthy.





Best Ever Healthy Pumpkin Pie

Ingredients

- 1 pie crust (ideally homemade)
- 1 (15 ounce) can pumpkin puree
- 3 eggs
- ¼ cup pure maple syrup
- ¼ cup coconut sugar (or organic cane sugar)
- 1 teaspoon vanilla extract
- ¼ cup unsweetened almond milk (any milk will work)
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon allspice
- ¼ teaspoon salt



Directions

1. Preheat oven to 350F.
2. In a large bowl, add the pumpkin puree, eggs, pure maple syrup, coconut sugar, almond milk, vanilla, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until well combined and completely smooth. Pour into pie pan.
3. Bake for 50-60 minutes until filling is no longer jiggly. Check pie after every 20 minutes to make sure crust isn't burning.
4. Allow pie to cool for at least an hour before serving. Store pie in fridge.

The Global Burden of Spinal Disorders

Low back pain is the single leading cause of years lived with disability worldwide. Neck pain is ranked number four [1].

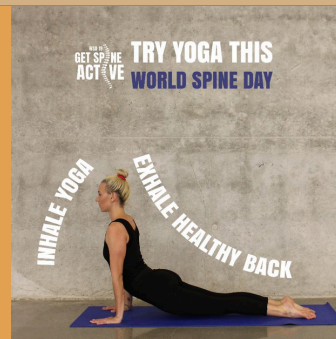
Back pain is one of the most common reasons for missed work. One study showed that back pain was responsible for 12.5% of all sickness absences from any cause [2].

Most cases of back pain are mechanical or non-organic — meaning they are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer. It can be difficult to precisely identify the structures in the back giving rise to pain - which is why it's often referred to as non-specific [3].

Studies have shown that low back pain can affect up to 25% of adults reporting low back pain in the last 3 months [4].

1. GBD 2019 Diseases and Injuries Collaborators. *The Lancet* 2020; 396 (10258): 1204-1222
2. Bevan, Stephen, et al. London: The work foundation 2009 (2009).
3. National Institute for Neurological Disorders and Stroke Low Back Pain Fact Sheet.
4. US Centers for Disease Control and Prevention. Acute Low Back Pain.

OCTOBER 16



This year, the theme is **Every Spine Counts**. Join us in bringing attention on the global burden of spinal disorders and highlight the challenges of living with low back pain in all regions, cultures, backgrounds, and age.



Interested in learning more about World Spine Day?



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