

Health & Wellness

by OHG

6 Tips for Healthier Holiday Travels!

As millions of Canadians prepare for their holiday travels, it's easy for us to forget about our healthy habits in the hubbub: It can be challenging to stick to your wellness routines away from home, especially when schedules are jam-packed with celebrations! Take a look at these tips to help set you up for success on your travels!

Modify your goals and keep yourself flexible: you don't have to miss out on celebrations just to go to the gym, but it's better to maintain a minimal exercise routine than none at all!

Check out the gyms and parks in the area when you have some down time.

Balance your meals: Our holidays are often filled with decadent, festive meals-- as they should be! But some sensible grocery shopping while on holiday can help you keep up with your nutritional needs & goals.

Take advantage of the cold! Pair cold exposure with breathing exercises to boost circulation and help reduce stress. Try bringing attention to your breath while taking a walk outside or sitting out in nature.

Prioritize rest & recovery! Even though you want to fit all kinds of plans in when travelling, make sure to leave time for plenty of rest. A vacation is a great opportunity to "fill your cup".

Consider red light therapy, which can help ease symptoms of Seasonal Affective Disorder by mimicking sunlight. It can also improve blood flow and circulation (which may become constricted during long flights), and could enhance sleep quality and regulate circadian rhythm (a bonus for beating jet lag.)

Pack your snacks! Travelling with non-perishable, low sugar and/or high protein snacks can help regulate blood sugar levels & provide a much better alternative to fast food and gas station snacks.

The Ottawa Health Group Welcomes Imane Rihani - RMT



Imane will be at our Kanata location on Tues. and Thurs from 10am - 6pm



Holiday Office Hours:

Dec 24 CLOSED

Dec 25 CLOSED

Dec 26 CLOSED

Dec 31 CLOSED

Jan 1 CLOSED





Dizziness & Vertigo

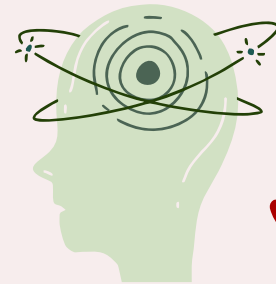
Vertigo is categorized by a false sensation of motion or spinning. **Vertigo is often described as dizziness.**

Dizziness describes a range of sensations that create a disturbed or impaired sense of spatial orientation, including feeling lightheaded, faint, woozy, unsteady, and off-balance.

Spinal misalignment may be exacerbating your vertigo by putting undue pressure on the brainstem. **Chiropractic adjustments and manoeuvres can be highly effective in relieving vertigo and dizziness.**

Dizziness is one of the most frequent medical complaints in patients over 70.

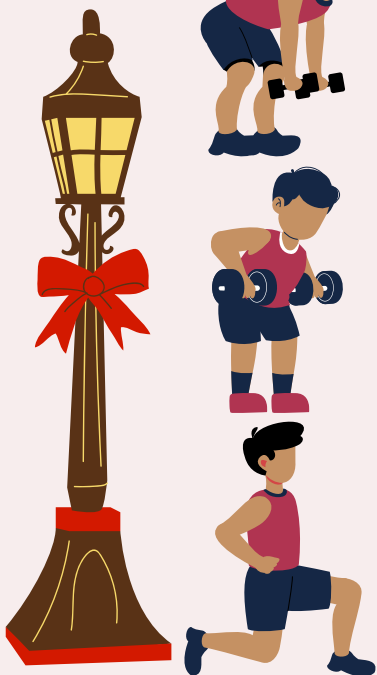
If you are struggling with vertigo or dizziness, be sure to see your chiropractor before the icy season hits!



Snow Shoveling Safety

To avoid injury and pain while snow shoveling, our goal should be to **prepare the lower back for the loads and movements.** To prevent sudden spikes in loading and increase tissue tolerance, this should occur over a 4-6 week period to build up strength and increase the chronic workload.

Effective low back exercises



Assess Your Heart Health

Address your concerns with a healthcare professional before shovelling, especially if you have a history of heart issues or if you are not exercising regularly.



Prioritize Proper Posture

Maintain a straight back, feet shoulder-width apart, and bend your knees while shovelling. Avoid twisting your torso to prevent strain or injury.



Lift Correctly

Lift the snow by using your legs, squatting with your knees bent, back straight, and your abdomen engaged to maintain stability & balance and to avoid back pain and injury.



Choose the Right Shovel

Opt for a lightweight shovel with an ergonomic design to reduce strain and shovel more efficiently.




Don't Rush the Job

Pace yourself while shovelling snow; Take breaks to prevent fatigue and maintain proper form. Rushing through a physically demanding task can lead to overexertion and increase the risk of injury.



Stretch

Warm up your muscles with stretching exercises before and after shovelling to prevent injuries and enhance flexibility.

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Happy Holidays from the Ottawa Health Group!



Thank you so much to all patients that contributed heartwarming and congratulatory messages to Dr. Mark for his 40th anniversary in chiropractic practice!



Pistachio Stuffed Mushrooms

Ingredients:



- 20 medium mushroom caps
- 3 tablespoons minced onion
- 1/2 cup butter or margarine, divided
- 1/3 cup dry bread crumbs
- 1/4 cup shelled pistachios, chopped
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped Italian parsley
- 1/4 teaspoon marjoram, crushed
- 1/4 teaspoon Salt

1. Pre-heat oven to 350°F.
2. Remove stems from mushroom caps; finely chop stems.
3. Sauté stems and onion in 1/4 cup butter until tender. Add bread crumbs, pistachios, parsley, Parmesan, marjoram and salt. Mix well.
4. Stuff each mushroom head with a generous portion of the filling.
5. Bake 5 minutes or until hot. Pistachio Stuffed Mushrooms can be broiled instead of baked.
6. Broil 6 inches from heat for 5 minutes until browned and thoroughly heated.

