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Health & Wellness

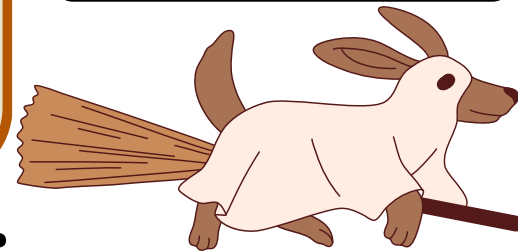
by OHG

Fall Prevention

Anyone can fall, but the risk of slips and trips increases as you get older. Hip, wrist and pelvic fractures are common in Canadians over 65 and can take a toll on independence and quality of life.

Chiropractic care improves your range of motion, making everyday movements like walking and turning safer. Posture correction improves body mechanics, promoting greater stability and control. Spinal adjustments reduce nerve interference and improve your body's response to balance challenges.

World Spine Day!



Reduce Your Risk:

Massage therapy relaxes tight, overworked muscles and enhances muscle function and flexibility to help you move more freely and with greater control. A registered massage therapist will also help improve circulation, increasing oxygen and nutrient delivery to muscles to improve their strength and endurance. **Physiotherapists** design individualized exercise programs to strengthen muscles to maintain balance. Specific activities and exercises help improve stability and coordination as well as increase the range of motion in joints, making it easier to move without losing balance.



Prescription medicines, over-the-counter products, and herbal supplements can all interact with each other. Some medicines and supplements can cause dizziness, weakness or other side-effects that may increase your risk of falling. Talk to your doctor or pharmacist if you have any questions about your medication.

Feet Hurt? Bunions, calluses, ingrown toenails, and plantar warts can make you walk gingerly to avoid sore spots, contributing to unsteadiness. A **chiropractor** can assess the way you walk and can prescribe **orthotics**, if needed.

Strengthening your legs can reduce the chance of falling. Try starting with brisk walking or strength training at home. Leg extensions are a great low-impact exercise to start with: While seated, straighten-out one leg and lift it off the ground to a comfortable height. Hold for 10 seconds if you can. Put that leg down & repeat with the other leg.

WORLD SPINE DAY

Spinal health Checklist

I regularly remind myself to stay aware of my posture while sitting, standing, and walking.

I take breaks to stretch and move throughout the day.

I lift heavy objects by bending my knees and keeping my back straight.

I engage in regular exercise to strengthen my core.

I incorporate flexibility exercises like yoga or stretching into my routine.

I try to maintain a diet rich in calcium and vitamin D.

I prioritize staying well-hydrated.

I sleep on a comfortable mattress with a supportive pillow.

I avoid sleeping on my belly.

I wear comfortable, supportive shoes that promote proper posture and gait.

I have regular checkups with a healthcare provider.

Your spine has 120 muscles, 220 ligaments, and over 100 joints!

Healthy individuals are born with a spine that has 33 separate vertebrae (bones), but some of these bones can naturally fuse together over time to form only 24 individual vertebrae.

The human backbone is incredibly flexible! So much so that it can be bent to form two-thirds of a circle! This flexibility allows reaching, bending, twisting, and turning.

There are five sections of the spine altogether:
The cervical spine is the neck, where the spine connects with the base of the brain; the mid-spine is the thoracic spine, protected by ribs and other structures; the lumbar spine is lower and typically the source of spine-related symptoms; below this is the sacrum, a triangular bone between the hips; below which is the coccyx, otherwise known as the tailbone.

Some foods that naturally keep bones and muscles healthy include leafy green vegetables, bright-coloured fruits, low-fat dairy products, and fatty fish!





HALLOWEEN



FRIGHTFULLY DELICIOUS

Creamy Pumpkin & Lentil Soup

- 1 tbsp olive oil, plus 1 tsp
- 2 onions, chopped
- 2 garlic cloves, chopped
- approx 800g chopped pumpkin flesh, plus the seeds
- 100g split red lentil
- ½ small pack thyme, leaves picked (plus extra to serve)
- 1L hot vegetable stock
- pinch of salt and sugar
- 50g crème fraîche OR coconut cream (plus extra to serve)

• STEP 1

Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock. Season, cover and simmer for 20-25 mins until the lentils and vegetables are tender.

• STEP 2

Meanwhile, wash the pumpkin seeds. Remove any flesh still clinging to them, then dry them with kitchen paper. Heat the 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between to keep them in it. When the seeds look nutty and toasted, add a sprinkling of salt and a pinch of sugar, and stir well.

• STEP 3

Blend the cooked pumpkin mixture with a hand blender or processor until smooth, then add the crème fraîche/coconut cream and blend again. Taste for seasoning.

• STEP 4

Top with a spoonful of crème fraîche/coconut cream, scatter a few thyme leaves and toasted seeds on top, and serve!

Don't forget to take a proactive approach to fall prevention by booking your next chiropractic, physiotherapy, and/or massage therapy appointment. Remember that joint mobility, proper posture/alignment, good balance and circulation, relaxed muscles, strength, and flexibility all help to prevent against falls!

