

SHAW CHIROPRACTIC

Newsletter

New Patients Welcome!

It's that time again...New Year's resolution time. This time each year we resolve to exercise more, clean up our diets and make changes that are good for us.

In the next week or so most gyms and workout clubs will do most of their business. It is a fantastic idea to improve your health and to take the steps to do this, but it's important that your joints, especially in your spine, are healthy enough to join in.

You don't want to start strengthening your muscles around joints that are not lined up properly!

Improper daily activities (such as repetitive movements like lifting, typing or sitting too long) can cause significant wear and tear to the joints and make your muscles tight and painful. Unfortunately, a lot of this damage isn't obvious until you experience pain, and sometimes you will never experience pain or discomfort because your body compensates and adapts to the problem.

It is therefore very important to add Chiropractic to your health regimen – for current problems, and to prevent excessive wear and tear (osteoarthritis) down the road.

If we haven't seen you in a while, consider coming in for a checkup so that we can treat any joint or muscle problems that would otherwise sabotage your fitness or weight loss program.

Happy New Year! We hope 2006 is the best and healthiest for you and your family!

MAKING EXERCISE SAFE AND FUN

You don't have to go crazy when starting an exercise program. You will see improvements in your health by starting with just three, 10-minute periods of moderate activity each day. Increasing your level of fitness, even just a little bit, will help you feel good. Exercise can go far in keeping your body strong and healthy, able to fight disease and ward off injuries. A healthy and fit body also generally recovers faster from injury and pain.

Do not undertake any exercises if your physician has cautioned you against doing so. Immediately STOP any form of physical exercise if you experience pain, dizziness, shortness of breath, or other unusual symptoms. Always remember to breathe normally when performing any exercise.

Exercise is essential to stimulate healing. The natural stimulus for the healing process is active exercise – in a controlled, gradual, and progressive manner. Movement keeps the discs, muscles, ligaments and joints in the spine healthy. Physical activity also allows diffusion of nutrients into the disc space and helps it stay healthy.

*If you have any questions or comments, please contact us at (250) 287-7429 or email: dr.shaw@telus.net
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