



# Chiro Health & Wellness

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## **This Issue:**

- Walking Your Way To Health
- Chiropractic and Neck Pain

## **Book Of The Month**

### ***Eat Great and Lose Weight***

by Suzanne Somers. A great source of recipes and ideas to eat less refined sugar and starch. The method works, is easy to follow and helps you melt the fat away. The book explains how high carbohydrate diets cause high blood insulin levels and insulin resistance. As Americans we consume very large quantities of refined carbs and some of the research is suggesting this is the cause of obesity in the USA. Check it out.

## **Quote of the Month**

" Everyone has a story; shoes they've walked in, tears they've cried, laughs they shared, love they gave, pieces they've lost. It all makes them just as unique as you. So don't judge because you'll never truly understand a person until you've seen the world thru THEIR eyes."

- Jessica Kyle

## **Walking Your Way to Health**

While some fitness enthusiasts relentlessly seek out the latest, trendiest exercise crazes, many others are returning to good, old-fashioned walking to help them feel great and get into shape. Whether enjoying the wonder of nature or the company of a friend, walking can be a healthy, invigorating experience. Walking accomplishes all of the following and more:

- Improves cardiovascular endurance
- Tones muscles of the lower body
- Burns calories: about 80 if walking two miles per hour, and about 107 if walking four and a half miles per hour
- Reduces risk of heart disease

Walking just 12 minutes every other day can offer important health benefits. Walking 20 minutes every other day is even better. But in order to increase your longevity, try to eventually work up to 30 minutes, five days per week. Keep in mind that if you have not previously been physically active, you should consult your doctor of chiropractic before beginning an exercise program. Also, should you experience pain or injury in a particular area, such as a knee or a hip, the root of the problem may lie somewhere else and can be successfully diagnosed and treated by a chiropractor.

SOURCE: *American Chiropractic Association.*

## **Manual Therapy Best for Neck Pain**

New study findings suggest that for some neck pain, manual therapy may be more effective than exercise, painkillers, and other standard treatments.

Researchers reported that this "hands-on" technique worked better than exercise therapy or routine care from a medical doctor, for patients with neck pain due to muscle or joint strain. The researchers used specific mobilization techniques involving range-of-motion and slowly applied pressure. At the end of the study, about 68% of manual-therapy patients said they were "completely recovered" or "much improved," compared with 51% of those on exercise therapy and 36% of patients continuing their usual care.

SOURCE: *Clinical Journal Annals of Internal Medicine, May 21, 2002*