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Office Newsletter of
Biamonte Chiropractic Centre

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Don't Let a Little Stiffness Get You Out of the Swing this Summer

We've all heard about arthritis, and many suffer from the symptoms of this degenerative ailment on a daily basis. There are many different forms of arthritis, the most common being osteoarthritis, often abbreviated as OA. Osteoarthritis is a type of arthritis that is caused by the breakdown and eventual loss of the cartilage of one or more joints. Cartilage is a protein substance that serves as a cushion between the bones of the joints. Essentially then, OA is the accumulation of the daily "wear and tear" of our joints, and usually builds up over decades. Osteoarthritis commonly affects the hands, feet, spine, and large weight-bearing joints, such as the hips and knees. By the time we reach the age of 40, most of us will show some signs of arthritic change on normal x-rays.

I find that for many people, "arthritis" is a scary word. When first diagnosed, many people feel that their regular activities have to be curtailed, or risk a worsening of their condition. I have heard from many people that they are worried about their golf game having an adverse effect on their joints. Some have even quit playing in an effort to slow their degenerative change down. In reality, for cases of mild to moderate osteoarthritis, exercise and regular joint motion is actually encouraged. Think of your joints as the regular hinges that you see on the doors of your home. If you never move these hinges back and forth by opening the door, they will eventually get rusty and seize up. The same thing happens to your joints. As a chiropractor, a remedy for OA that I employ is regular chiropractic adjustments, designed to keep the joints moving and properly aligned. I'll often use Active Release Therapy to break up adhesions and scar tissue that tends to build up in the surrounding soft tissues. In essence, we need to keep the rust from building up in and around your joints, or things will go downhill.

Golf can be a great mix of exercise to keep your muscles strong, as well as flexibility to keep your joints in motion. As with any activity, you should listen to your body and remember that moderation is important. But for the most part, you shouldn't let a little stiffness keep you from enjoying the game of golf. Treatment options include chiropractic, heat, stretching, and many others. Just remember the old adage "Move it, or lose it", and know that golf can be part of the solution, not the problem. The same holds true for other Spring and Summer activities such as gardening, walking, cycling and swimming, just to name a few.



Great news for those of you that have extended health care benefits through SunLife, Great West Life or Green Shield.

Our office can electronically direct bill for your Chiropractic claims. That means no mailings, no lengthy claim forms, and best of all, little to no out-of-pocket expense for you.

Recently, we have been notified that ManuLife will also be offering electronic billing and payments for your Chiropractic claims in the near future.



We are just getting our Facebook page up and running. Feel free to check us out and give us a “thumbs up” if you like what you see! Look for **Biamonte Chiropractic Centre.**



SuperFood - The Benefits of Chia Seeds

Ch-ch-ch-chia! The fuzzy green novelty items may be the first thing you think of when you hear the word chia, but these tiny superfood seeds are the reason Chia Pets get their lush coating. Nowadays, chia is becoming better known as a great source of healthy omega-3 fats and fibre, and fortunately it's an easy food to add to your diet. Anecdotal evidence of chia's positive health effects include boosting energy, stabilizing blood sugar, aiding digestion, and lowering cholesterol.

Here are a heap of reasons to eat chia:

1. Chia is gluten free
2. It is super high in dietary fibre, making it great for digestion and healing digestion issues.
3. It contains 20% Omega 3 ALA, making it a super food for the brain and heart. Chia has eight times more Omega 3 than salmon!
4. It boasts 20% protein
5. The protein is a complete protein with all 8 essential amino acids
6. It is high in antioxidants (It has a four times higher ORAC value than blueberries)
7. Chia contains five times more calcium than milk
8. Chia contains seven times more vitamin C than oranges
9. It contains three times more iron than spinach
10. It contains twice the potassium content of banana
11. It is food for healthy skin, hair and nails
12. It has a positive impact balancing blood glucose levels (making it awesome for diabetics)
13. Chia makes a great egg replacement. Just combine with water to form a gel, and add it to recipes that call for egg.



HOW MUCH CHIA SHOULD WE EAT?

Nutritionists recommend that 15g/0.53oz (one tablespoon) of chia is consumed each day. Be sure to drink plenty of water as chia is very high in fiber. Sprinkling the seeds on cereal and salads, or mixing the seeds into smoothies are simple ways to get your chia.

Strains and Sprains

Remember P.R.I.C.E. – five simple rules to help speed up your recovery in the first 72 hours of a sprain (ligament) or strain (muscle) injury.

P is for PROTECTION. Protect the injured area from sustaining any more damage.

R is for REST. Allow the injury time to heal.

I is for ICE. Ice should be applied to an injured area as soon as possible. Use the 10/10/10 method of ice application: 10 minutes of ice; followed by 10 minutes of rest without ice; followed by 10 minutes of ice again. Do not apply heat. Ice works to reduce pain and inflammation to your injured muscles, joints and tissues and may even slow bleeding if a tear has occurred.

C is for COMPRESSION. Use a tensor bandage to wrap the injured area. When wrapping, begin at the end furthest away from the heart.

E is for ELEVATION. If possible, raise the injured area above the level of the heart, especially at night, by putting a pillow under the injured area. After the first 48 hours, slowly start to use the injured area again and continue icing for another day. If you are unsure of the severity of your injury, consult a chiropractor for an evaluation.



FINAL THOUGHT.....CHIROPRACTIC IS BASED ON PROVEN SCIENTIFIC TRUTHS.

Not that science is the end all be all! However, there is one undisputed aspect of chiropractic often overlooked by most people: that the nervous system is the master system that controls and regulates virtually every cell, tissue, organ and system of the body. It is potentially earthshaking to many people, who are far more likely to believe genetics exert greater influence over their well being than the integrity of their nervous system.

Most people have no idea that a stomach problem could actually be a nerve communication problem. The sensory nerves (nerves that carry the pain messages) make up such a minute percentage of their nervous system. Chiropractors are concerned with the integrity of the entire nervous system. Many people have no “pain” symptoms, but a very compromised nervous system.

Chiropractic is about nerves and not bones; about function and not feeling.



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Family Chiropractic Care • Animal Chiropractic • Computerized Custom Orthotics • Active Release Therapy
• Spinal Decompression • Registered Massage Therapy