

# Downtown Chiropractic

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## STRESS

### The Chiropractic Lifestyle

Doctors of chiropractic know that emotional and physical health is inextricably linked. That's why Dr. deGruchy and Dr. Burton educate patients about the chiropractic lifestyle, a mode of living that focuses on disease prevention through healthy choices for body, mind and spirit.

Stress reduction is an integral part of this lifestyle.

#### Banish Low-Back Pain

Low-back pain and stress go hand in hand; both increase the risk for each other, according to multiple studies. Your doctor can't remove stress in your life; however, eliminating spinal dysfunction associated with stress is a primary function of chiropractic care.

#### Engage in Exercise

Daily exercise is a winning stress-busting strategy. Carving out an hour per day for a structured workout will work wonders when it comes to slashing anxiety. However, even a shorter cardiovascular workout, such as a brisk 20 minute power walk, significantly reduces stress levels.

#### Seek and Savour Sleep

Research shows that adequate sleep is essential to optimal health. Missed sleep is linked with a myriad of disorders, including depression, anxiety, cardiovascular disease, cognitive impairment and difficulty losing weight. If you're having trouble getting enough zzz's, stress may be the primary suspect.

#### Promote Productivity

Many individuals are under the false impression that stress bolsters productivity. However, research shows that, while a small dose of stress may initially spur efficiency, any more than a small amount will decrease productivity.

#### Call on a Confidant

Supportive networks inside and outside of your workplace are important. If you feel stress mounting, block out time to connect with someone who's upbeat and caring - even if it's just for a quick phone call.



#### Ways Chiropractic Can Help You Cope With Stress

- Reduced joint and nerve irritation.
- Reduced muscle tension.
- Increased range of motion allowing you to function better throughout the holidays.
- Custom exercise programs to help you focus and cope with physical stress.
- Nutritional support to help your body deal with chemical stressors.
- Knowing that we're always here to help when things get rough.

## **Burning Those Holiday Calories:**

### **Being Festive:**

- Christmas carolling - 107 cal
- Dancing the night away - 321 cal
- Mingling and socializing - 143 cal
- Making yourself gorgeous and dressing up - 178 cal
- Kissing under the mistletoe - 71 cal
- Shopping - 164 cal

### **Entertaining:**

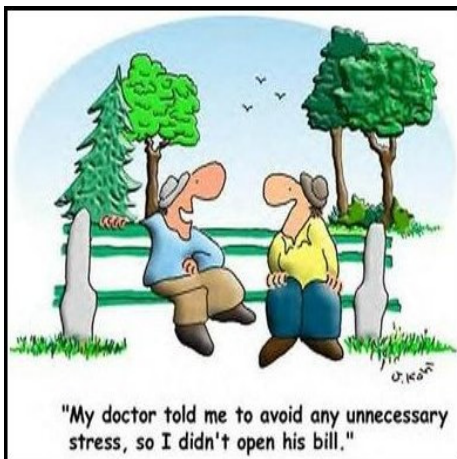
- Cleaning the house for guests - 250 cal
- Grocery shopping, lugging them, and unpacking them - 821 cal
- Baking Christmas goodies - 179 cal (eating them -600 cal)
- Clearing the table and washing the dishes - 164 cal

### **Keeping Warm and Safe:**

- Chopping and splitting wood - 428 cal
- Carrying and stacking wood - 357 cal
- Removing snow with shovel - 428 cal

### **Playing Around:**

- Having a snowball fight - 321 cal
- Building a snowman - 285 cal
- Ice skating - 500 cal
- Making snow angels - 214 cal



## **Four Tips for Shopping Without Dropping**

1. Pack healthy snacks. Stock your bag with dried fruit, trail mix, and low fat granola bars. Also, drink a bottle of water to avoid headaches, fatigue and dehydration.
2. Wear supportive shoes. The ideal shoe would be cushioned walking shoes or cross-trainers.
3. Be careful in the food court. Skip bread or deep fried foods and opt for grilled, roasted or barbecued items instead.
4. Stay limber in line-ups. Prevent back and leg strain caused by endless standing by shifting your weight from one foot to the other and your packages from hand to hand. Take off your backpack regularly and stretch your arms and roll your shoulders.

**From all of us at Downtown Chiropractic to all of you, a very Merry Christmas and a happy and healthy New Year!**