



## PRODUCT OF THE MONTH

### NUTRI-SEA OMEGA 3 FISH OIL AND DEPA

10% OFF IN SEPTEMBER!



Omega oils are essential, but are not produced by our bodies. They must be supplied by our diet to maintain many everyday functions. Omega fatty acids are responsible for the proper functioning of the cell membrane so are critical to the health of ALL cells. These omega fatty acids regulate many body processes and are keys to immune system responses, hormones, brain neurotransmitters, nerve system function and reducing inflammation. Unfortunately, a shift in our diet means the vast majority of people are not getting enough of this key nutritional need through diet alone. Many experts suggest that this is the one key supplement that EVERYONE should add to their day. Just one teaspoon per day of Ascenta Nutri-Sea omega oil will fulfill your recommended daily intake with an ultrapure source! Quality matters in our supplements, and especially with fish oils. Concerns about fish oil and mercury content is real and we have researched our source to ensure the clean, pure ingredients for better health all around.

10% OFF IN SEPTEMBER!

## Forward Head Posture

### What is Forward Head Posture?

Forward head posture is defined as when a patient is standing or sitting in a neutral position and their ear canal lies in front of their shoulder. This position is also associated with a loss of normal cervical curve.

### How Does Forward Head Posture Affect You?

Forward head posture has several symptoms. The most common are neck pain and tension headaches, but other more serious symptoms are: cervical disc herniation, migraines, nerve root impingement felt as numbness and tingling in the arms and hands, fatigue, carpal tunnel syndrome, arthritis, even up to 30% loss in vital lung capacity.

As your head moves forward over your shoulders it creates increased pressure on the structures of your neck and upper back. In fact for every one inch forward your head goes over your shoulders, it doubles the force that is required to hold your head up. This leads to the breakdown of your spinal joints and can lead to the conditions listed above.

### How Do I Develop Forward Head Posture?

*Forward head posture* is generally developed slowly and over time. Today we are seeing more people with this condition than ever before. This is because of the advent of computers and even more recently smartphones and tablets. Being hunched over looking at your phone or sticking your neck out to get closer to that computer screen is an issue. This activity done for hours a day over many years will change the structure of your spine and soon become normal posture. People that work at a desk, spend a lot of time on their smartphone or tablet device, and people who are on the road for a living are at an increased risk for forward head posture. Forward head posture can also develop suddenly. A traumatic injury such as a whiplash injury in a car crash can have such force as to deform a normal cervical spine causing forward head movement.

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## CALENDAR OF EVENTS

Closed Mon Sept 2nd  
Labour Day

We have added extra hours on Fri Sept 6th

Mon Sept 30th Truth  
and Reconciliation  
Day



## RECIPE OF THE MONTH



### STUFFED ZUCCHINI

**Ingredients:**

- 4 zucchini (about 6 oz. each)
- 3 tsp. oil, divided
- 2 small links fresh chorizo sausage (about 6 oz. total)
- 2 scallions, thinly sliced
- 3 oz Monterey Jack cheese, coarsely grated
- 1/2 c. cilantro, chopped, plus more for sprinkling
- Kosher salt and pepper

**Directions:**

Place rimmed baking sheet in oven and heat to 450°F. Cut zucchini in half lengthwise and, using a spoon, hollow out each zucchini half. Brush cut sides with 1 teaspoon oil, then place, cut sides down, on heated baking sheet. Roast 5 minutes.

Meanwhile, heat 2 teaspoons olive oil in large skillet on medium-high. Add sausage and cook, breaking up, until no longer pink, 3 to 4 minutes. Using slotted spoon, transfer to bowl.

Add scallions to chorizo and toss to combine.

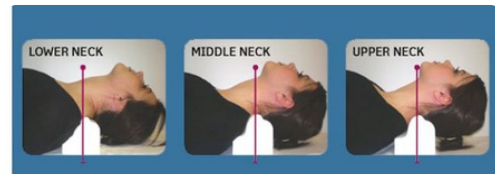
Fold in Monterey Jack cheese and cilantro. Turn zucchini cut sides up and season with 1/4 teaspoon each salt and pepper. Divide chorizo mixture among zucchini halves (about 1/4 cup per half) and roast until zucchini are just tender, 8 to 10 minutes more. Sprinkle with cilantro if desired.

**FLAVOR SWAP:** Substitute equal amounts of Italian sausage, parsley, and provolone instead of chorizo, cilantro, and Jack cheese.

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People involved in auto accidents and athletes who experience high-speed collisions, such as football, rugby, and hockey players, are at greater risk for this condition. Chiropractic care is essential for this postural condition and can definitely help slow and sometimes reverse the curve, depending on conditions. Quite often we also suggest the use of a Denneroll. Not a dinner roll :) Ask Dr Andrew if this is right for you. But urgency is recommended, as like a lot of conditions, the longer you wait the more difficult and chronic this postural condition can get.

### DENNEROLL



## PATIENT TESTIMONIAL OF THE MONTH



Before coming to see Dr. Andrew, I was in so much pain I couldn't move. Since coming for regular treatments, I can now move freely and exercise without pain. This has led to me losing 30 lbs!! I have nothing but positive things to say about Dr. Andrew and my care - Nazeeh.

\*\*Please note that all information is shared with the expressed permission of clients. This is the experience of an individual and is not meant to imply or guarantee results in others. Health care is unique to each person's history, diagnosis and condition.

