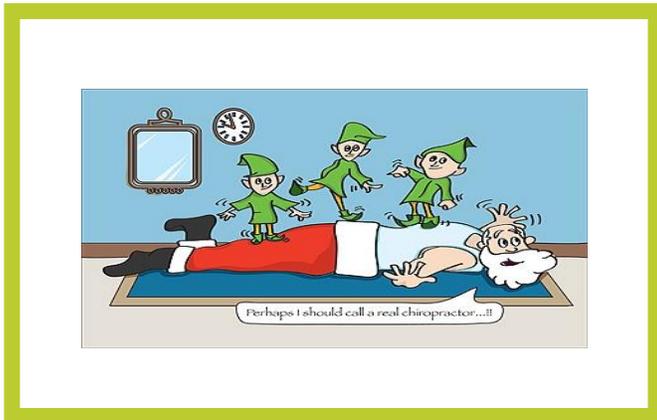




## Happy Holidays!

Whether you celebrate Christmas, Kwanzaa, Chanukah or Festivas, the OCC staff wishes the very best for this holiday season from our family to yours! In the hustle and bustle of it all, don't forget to prioritize your health and wellness. Regular adjustments, proper nutrition & supplementation, and plenty of fluids & rest will keep you at the top of your game. Let us worry about your health while you worry about decking the halls and ringing in 2014! Happy Holidays! --Dr. Brian Huggins, Dr. Tiffany Huggins, Dr. Tim Searle & OCC staff!



Is it time to see a Chiropractor? Family Chiropractors Dr. Brian Huggins & Dr. Tiffany Huggins offer the very best in patient care! From infants to seniors, our family looks forward to working with yours!

### Jingle all the way into 2014!

Bring in a new patient with you in January of 2014 they will receive:

- Chiro New Patient Exam for only \$20
- Report of Findings for on \$14

*(Valid with Newsletter Reg. \$50 & \$40)*

Call Today for Better  
Health Tomorrow!



**Oakville  
Chiropractic  
Centre**

627 Lyons Lane  
Suite 102  
Oakville, ON L6J 5Z7  
www.oakvillechiropractic.com

E: info@oakvillechiropractic.com  
P: 905-845-2291  
F: 905-845-2291

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### Winter is coming!

**So take the time to Lift Light and Shovel Right!**

□Dr. Tiffany Huggins

Did you know each shovelful of snow can weigh upward of 7lbs? Now take a moment to estimate how many shovelfuls it would take to clear your driveway and front walk! How many pounds will you be lifting and transferring using your arms, legs, and back if every hundred shovelfuls you are moving between 500-700 lbs! Here are some quick tips to save your body some aches and pains courtesy of Old Man Winter!

### **Warm-Up!**

This means dress weather appropriate keeping limbs and head sufficiently covered preventing heat loss. Warming up also calls for pre-shovel exercise, stretch out arms, legs, back and even try some jumping jacks to get your heart ready cardio wise!

### **On a snowy day, don't delay!**

Once the snow falls, try to clear it daily. Less snow on the ground means less work for you along with less stress on your body. Don't let it pile up especially if the weather report calls for continuous days of frosty weather!

### **Choose your weapon!**

Spending a little money on a quality shovel goes a long way! Make sure the length works with your height, allowing you to keep a neutral spine rather than a hunched position. Select a shovel that is lightweight and easy to lift. Metal shovels can be sprayed with Teflon to prevent snow from sticking to it!

### **Don't throw it away!**

Try to push the snow along the ground and off to the side rather than using a throwing motion. This will help maintain a neutral spine which helps to prevent injuries that lifting and twisting movements can cause! If need better leverage, bend at the knees and use your legs and arms to move the snow, save your back!

For more information on how to prevent injuries during the winter months, speak to one of our OCC Chiropractors!



## COLD & FLU SEASON

Well, it's that time of year again – the weather's changing, summer vacations are long gone, your year-end deadlines are fast approaching, the stress of the impending holiday season is getting us down, and everyone seems to be getting sick.

To make things worse, the government is pushing the flu shot, and even if you haven't had an adverse reaction in the past, you may be looking for alternative ways to stay healthy this season.

Here are some proven interventions to help keep you healthy, or minimize your down time:

### Diet:

- **Decrease mucous-forming foods** (dairy, eggs, red-meat, gluten, sugar): all of these foods tend to be binders, so naturally will make secretions thicker – a happy environment for the growth of bacteria. Sugar also is food for bacteria, so limiting it will help stave them off
- Increase **fluids**: soups, water and juices are easier to digest and absorb and help thin out our secretions – beware the sugars in juices (see above), so select ones high in Vitamin C with no sugar added
- Don't be afraid of too much **garlic**: it's a powerful antimicrobial, so you have to decide between bad breath and being sick

### Lifestyle:

- **Reduce stress**: when the body is in a constant state of fight or flight, the required energy needed for the immune system becomes drastically depleted.
- **Exercise** helps to keep the immune system primed to fight infection, but don't overdo it as that can have the opposite effect
- Get plenty of **sleep**: when we sleep, our bodies recharge and repair - too little sleep can increase the stress your body experiences
- Proper **hygiene**: remember to wash your hands often, and cover your mouth with the crook of your elbow when you cough or sneeze to avoid transmitting the infection

### Supplements:

- **Vitamin C**: a powerful antioxidant that is also used in collagen and carnitine formation - you can take 1g/day to help keep infections away, and up to 6g/day during acute infection (divided dose, take less if GI discomfort is experienced)
- **Vitamin A**: maintains epithelial and mucous secreting cells (skin, cells that line the respiratory tract, etc.) – you can take up to 25,000 IU's while sick
- **Vitamin E**: another potent antioxidant that also has anti-inflammatory effects and enhances the immune system – up to 50 IU's/day
- **Vitamin D**: along with helping the absorption of Calcium and Phosphorus, D can modulate the immune system and prevent infection – up to 5,000 IU's/day
- **Zinc**: , an antioxidant essential for the immune system with anti-inflammatory & anti-viral effects as well– up to 90mg of elemental Zn per day acutely, and 10-20mg for maintenance  
\*If taking Zn long term, the supplement must contain a small amount of copper  
\*\*Zinc lozenges are a good form to take, they also help soothe a sore throat

□Dr. Tim Searle

For more homeopathic and herbal remedies, or if you have any questions about the above therapies, doses, or want to learn more about other natural medicine, please contact Doctor Tim directly.



Are you & your family  
sick and tired  
of being  
sick and tired?

## Preventative Care: **Why Chiro Works!**

Why Do I Need to Keep Coming? I can't tell you how many times over the past 30 years I have been asked that very question. Typically when the pain goes away many people feel as if there is no need to continue with Chiropractic adjustments and wellness care.

You know chiropractic care is not just about back pain, neck pain or headaches. I repeat it is not just about pain. Chiropractic adjustments are designed to keep your nervous system running at its best. Better function better health plain and simple. You see those nerves that are affected by the adjustment do indeed have a pain component but the major idea is that your nervous system controls everything. Did I mention everything? The beating of your heart, the digestion of food, breathing, wound healing, sight, sounds....these are all functions of the nervous system.

Imagine your spine like a circuit breaker in your house. When a vertebrae gets out of alignment it causes a nerve to not function normally. Think of it like the breaker going off and needing resetting.

Did you know getting regular adjustments increases your immunity, decreases blood pressure and in general improves your health and wellness?

Another way of looking at why you want to have regular care is the following. I would suggest that most people you know brushed their teeth today. Will they do it tomorrow or are they finished? Of course this sounds ludicrous but to me and anyone who understands how the nervous system works equally think not getting adjusted on a regular basis is foolhardy.

The research is overwhelming and if you would like to read more about how chiropractic helps just ask and we will be happy to supply you with information.

Another question that I was repeatedly asked was how often regular care is. Well I think you can help with that answer. I have some patients over the years who get adjusted weekly to combat stress and strain of work. Others are less frequent. What is your job, your stress level and life functions. Professional athletes get adjusted twice a week or more but where do you fit. Maybe it is monthly?

The bottom line is if your nervous system controls every little thing in your body...don't you think you want it working at its best.....

**“OCC, IMPROVING THE QUALITY OF LIFE.”-DR. BRIAN HUGGINS**