

SCHRICKEL HEALTH & WELLNESS

April 2023

Health Aware Newsletter



Visit us at:
www.schrickelhealth.com

This Month:

- April 9: Happy Easter!

Nutrition: Turmeric

Turmeric, with its active ingredient curcumin, is anti-inflammatory. Because of its anti-inflammatory properties, it can help lessen pain and inflammation when it comes to diseases in which inflammation plays a role (such as arthritis). Turmeric also has antioxidants and can fight free radicals. Free radicals are a component of the development of many cancers, and therefore need to be minimized. Turmeric has also been shown to improve memory, lower risk of heart disease and help fight depression.

To learn more, visit: <https://health.clevelandclinic.org/turmeric-health-benefits/>

Diet: Bad Diets Increase Health Care Costs

According to the American Heart Association, if healthier diets were implemented America could save roughly \$50 billion in health care expenses from treating heart disease, type 2 diabetes, and stroke. Can your diet be improved?

Wellness: Check Your Own Heart Rate

It is important to know how to check your own heart rate (aka pulse rate). If you don't have a fancy watch, you can check it yourself! To check your pulse at your wrist, place two fingers over your radial artery. This artery is located on the thumb side of the palm side on your wrist between the bone and tendon. One finger should be just below the wrist crease, with the second finger next to it. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute. A normal resting heart rate ranges from 60-100 beats/minute.

Quotes:

"Use ice" -Dr. Schrickel

"If it was easy, everyone would do it" -Dr. Rozich

"Pressure makes diamonds" -Savannah



NORMAL VITAL SIGNS IN ADULTS

CORE TEMPERATURE	98.6°F (37°C)
HEART RATE	60–100 beats per minute
RESPIRATORY RATE	12–18 breaths per minute
BLOOD OXYGEN	95–100%
BLOOD PRESSURE	120/80 mm Hg

Chiropractic Word Scramble

1. cirhorpcrato _____
2. ajtuestmnd _____
3. vactiaotr _____
4. ulrmba _____
5. nobe _____
6. aecrvicl _____
7. sepin _____
8. ihp _____

Chiropractic: Plantar Fasciitis

The plantar fascia is a flat sheet of connective tissue that connects your heel to your toes and functions to support the arch of your foot. This fascia can become inflamed and irritated and can be very painful. The pain can occur on your heel or in the main arch on the bottom of your foot. It is often worse in the morning and after periods of rest. Stretching your plantar fascia by bringing your foot and toes up towards your shin (this motion is called dorsiflexion) is often alleviating.

Patients with plantar fasciitis often have tight calves and stiff joints in their feet that prevent dorsiflexion. After an examination at our office, there are a number of treatment options we may consider if we diagnose you with plantar fasciitis. Treatment options may include: stretching your calf, adjusting your feet, massaging and stretching the fascia, and applying kinesiology tape.

A great at-home stretch that you can do to help alleviate your discomfort is to stretch your calf. A tight calf makes the plantar fascia tighter. By making your calf less tight, you will reduce the tension on the plantar fascia. This stretch also puts your foot in a position that minimizes the chances of your joints getting stiff and locked up. You can also use a ball, such as a tennis or rubber ball, to gently massage the bottom of your foot. Wearing supportive footwear, both when going out and at home, can take stress away from the fascia. There are also specific orthotics for plantar fasciitis that can be purchased either over the counter or custom made for your foot.

Exercise: Back Bridge

This is a great exercise for patients who have low back pain, for those who want to prevent their back pain from occurring, those who generally want to increase the strength and endurance of their gluteal muscles.

Instructions:

- o Start by lying on your back with feet flat on floor.
- o Contract your gluteal and abdominal muscles.
- o Raise your hips to form a straight line from your knees to your shoulders.
- o Hold the position for 5 seconds.
- o Repeat daily. Start with 5 repetitions and work up from there.



Leave Us a Review!

We here at Schrickel Health and Wellness take pride in helping our patients. We would very much appreciate it if you would take a few minutes today to leave us a review on Google or Facebook. Reviews help many people choose a provider and we would greatly appreciate the opportunity to help more people!

Thank you for your support!



Word Scramble Answers:

1. Chiropractor 2. Adjustment 3. Activator 4. Lumbar 5. Bone 6. Cervical 7. Spine 8. Hip