

SCHRICKEL HEALTH & WELLNESS

March 2023

Health Aware Newsletter



Check out our Blog!
www.schrickelhealth.com

This Month:

- March 20: First Day of Spring!

Thank You!

Thank you to all those who donated to our February Fundraiser! With your generous donations, we were able to raise \$682.47 for the Jefferson County Humane Society!

Wellness: Cancer Prevention Tips

According to the Harvard School of Public Health, 75% of all cancer deaths can be prevented. They recommend the following cancer prevention tips: make quality sleep a priority, exercise regularly, avoid unnecessary exposure to toxins (industrial and environmental), eat properly, limit alcohol intake, avoid and properly address infections and get sufficient vitamin D.

The Journal of Clinical Oncology recommends that individuals who meet weekly exercising goals (150 minutes of moderate exercise each week and strength training 2x/week) can significantly reduce their risk of acquiring the following cancers: colon, breast, kidney, liver, endometrial, myeloma and non-Hodgkin lymphoma.

Chiropractic: The Rotator Cuff

The rotator cuff is not a muscle; it is actually four muscles! Those muscles are the supraspinatus, infraspinatus, subscapularis, and teres minor. Each shoulder has one of each. These muscles function together to stabilize the shoulder and produce arm movement.

Rotator cuff injuries can occur from single incidents or from repetitive overuse. Rotator cuff impingements, loss of shoulder motion, clicking with shoulder motion and general shoulder pain can all be treated effectively at our office with adjustments, therapies, stretches, postural correction and exercises.

Exercise: Elderly with Back Pain Benefit from Physical Activity

According to the Journal of Clinical Medicine, findings from 12 studies concluded that seniors who participate in physical activities have less back pain than those who live sedentary lifestyles. Harvard Medical School recommends the following activities that are both safe and fun for seniors: yoga, senior specific fitness classes, walking, water aerobics and tai chi.

Tips to Boost Your Immune System



Balanced Diet

Healthy fats, lean protein, fruits, veggies. Avoid processed foods.



Exercise

Aim for 150 mins of exercise each week. Daily exercise for 30 minutes is ideal.



Wash Your Hands

Wash with warm water and soap for at least 45 seconds.



Adequate Rest

Set a goal for 6-8 hours of sleep to allow your body to recover.



Hydrate

Divide your weight by 2 to get the number of ounces you should drink each day.

February Promotion / Fundraiser Update:

Thank you to all of our family, friends and faithful patients! Together, we have collected \$682.47 for the Jefferson County Humane Society. The money will help to sponsor a dog kennel for an entire year and provide much needed food, treats, toys and supplies. Thank you again for your generosity. We are truly grateful!

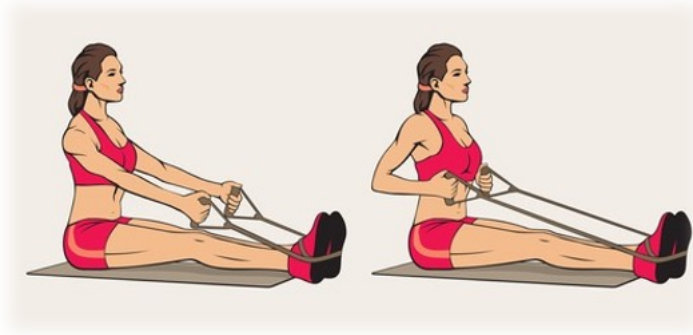


Exercise: Band Rows

The goal of doing the band row exercise is to strengthen the muscles on your back that bring your shoulders back and shoulder blades together. This group of muscles is called the scapula retractors. Having strong scapula retractors is important towards maintaining proper posture. It can also help those with neck pain, back pain, shoulder pain, and numbness/tingling in the arms.

Instructions:

- o Place the band around your feet as shown below.
- o Have good upright posture.
- o Pull the band backwards. Your forearms should be parallel to the ground and your elbows should be tucked to your side.
- o While pulling backwards, focus on squeezing your shoulder blades together and down. Do not hunch/shrug your shoulders.
- o Perform 3 sets of 10 repetitions 2-3x/week.
- o This exercise can also be performed standing with a band anchored to a wall, door, around a pole, etc.



Quotes:

“You will face many defeats in life, but never let yourself be defeated.” -Maya Angelou

“There is a vast difference between treating the effects and adjusting the cause.”

-DD Palmer (founder of Chiropractic)

Our Beloved Pets...In Loving Memory and Honor of...

Cubbs, Mazikeen
Milo & Whisky
Stependous “Stewie” Mitchell
Loki
Murphy
Bandit & Mazy
Tucker
Tailer
Nelly & Hopper
Fatty, Maggie, Molly, Daisy, Gruff
Cheelo, Stella, Harlie, Oliver,
Fluffy-Butt, Peach, Linu
Bella, Jackson

Lucy
Abby
Molly
Jim D.
Toby
Heath
Charlie
Sugar & Smiley
Kandy
Bella
Dino
Willie
Manny

In Loving Memory..

Jasper & Phoebe
Kiki, Bella, Patches & Mittens
Harley 2022
Willow
Flash
Ernieman
Champ, Layla, Brutus
Saddie & Roo
Sunney D.
Baby D.
Slick “the King” Duke
Fluffy & Buckwheat

In Honor of

Molly Rose
Lola
Sampson
Gator
Baxter
“Baby Baelish”

