

# SCHRICKEL HEALTH & WELLNESS

November 2022

## Health Aware Newsletter

Check us out at our NEW website!  
[www.schrickethealth.com](http://www.schrickethealth.com)



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### This Month

- November 1-18: **Fulfill Someone's Needs Campaign** (see back)
- November 6: Daylights Savings Time. Remember to turn your clocks back 1 hour (fall back) at 2:00 a.m.
- November 8: Election Day. Go Vote!
- November 11th: Veterans Day. We honor and thank all Veterans!
- November 24: Thanksgiving. We are thankful for our patients!
- November 25 & 26: Black Friday and Small Business Saturday. Support your local small businesses!



### Health Alert: Vaping

According to an article published by Johns Hopkins Medicine, vaping is not as bad as smoking, but it's still not safe. Vaping is harmful to your lungs and heart and is just as addictive as traditional cigarettes. It is also not an FDA approved method to quit smoking.

### Wellness: Head and Neck Sleeping Position

Depending on your specific health conditions, you should either sleep on your side(s) or back (not your stomach!). Take a look at the images below to see exactly how your head should be positioned. Notice how the correct position keeps your neck in line with the rest of your spine.



### Nutrition: Sugar Increases Inflammation

In addition to providing an excess of energy (excess energy turns into fat!), an increase in dietary sugar has been shown to change specific micro bacterium in your gut, which leads to systemic low-grade inflammation. The takeaway: if you have a high sugar diet, decrease the amount of sugar you are consuming to help lower your inflammation levels and decrease the amount of fat deposition.

Satokari R. High Intake of Sugar and the Balance between Pro- and Anti-Inflammatory Gut Bacteria. *Nutrients*. 2020 May 8;12(5):1348.

## Quotes:

*"Believe you can and you're halfway there." -Theodore Roosevelt*

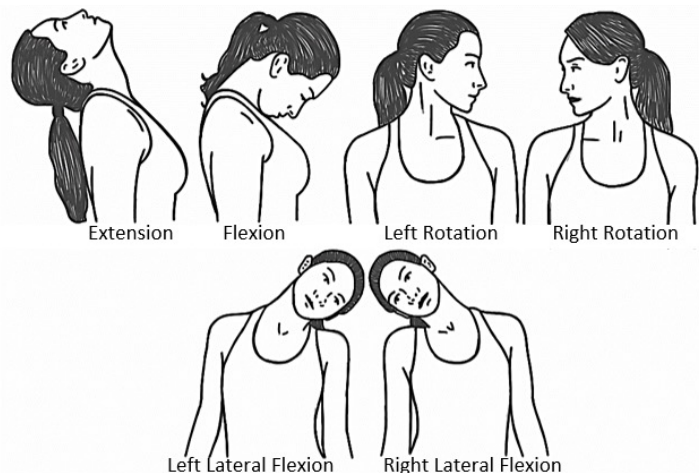
*"While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment." -B.J. Palmer*

### Exercise: Ease and Prevent Neck Pain

This exercise is great for those suffering from neck pain. Some of you may recognize it! This exercise gets your neck moving, nourishes your joints, strengthens your muscles and counteracts any asymmetry that may start to develop. This exercise will help you feel better and prevent future flare ups. This exercise should be performed on a daily basis.

### **Cervical Range of Motion Exercise**

- Extension: Extend the neck back and hold for 10 to 15 seconds.
- Flexion: While standing or sitting, flex the neck forward and attempt to touch your chin to your chest. Hold this position for 10 to 15 seconds before relaxing.
- Rotation: Start by looking straight ahead. Rotate the head to the right and try to touch your chin to the right shoulder. Hold the stretch for 10 to 15 seconds; relax and return to looking straight ahead. Then rotate your head to the left and try to touch your chin to your left shoulder. Hold the stretch for 10 to 15 seconds and relax.
- Lateral Flexion: Start by looking straight ahead. Bend your neck to the right and attempt to touch your ear to the top of your right shoulder without raising your shoulder. You should feel a stretch on the left side of your neck. Hold this stretch for 10 to 15 seconds before relaxing. Repeat the exercise to the left side.



YOUR REFERRAL IS OUR GREATEST COMPLIMENT!

## **Fulfill Someone's Needs November Campaign November 1-18**

Help us to fulfill someone's needs this November by donating items for a local outreach center. Items will be collected between November 1st and November 18th in our office. You can also opt to donate cash in our convenient collection boxes located in the reception area and therapy room. Items needed include the following: Canned goods, personal hygiene items, socks, scarfs, gloves and mittens, non-perishable food, toothpaste, toothbrushes, blankets, pillows, wash cloths etc. Help us to help others!

\*If you are a new patient or it has been 6 months or longer since your last appointment, donate an item and receive \$10 coupon to be redeemed for goods or services rendered through our office.