

SCHRICKEL HEALTH & WELLNESS

October 2022

Health Aware Newsletter

Check us out at our NEW website!
www.schrickelhealth.com



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This Month

- October is National Chiropractic Health Month. This year's theme is "Chiropractic: On the Frontline for Pain." The goal of this theme is to show how research supports chiropractic as a first line defense for musculoskeletal pain over pharmacological options.
- October 31st is Halloween! The earliest form of Halloween developed from an ancient Celtic ritual in which evil spirits were warded off by wearing costumes around a fire. Early Christians later deemed November 1st Saint's Day in an attempt to stop Christians from practicing non-Christian holidays. All Saint's Day eventually was called All Hallows Day. Subsequently October 31 became All Hallows Eve, or Halloween.
- Come say Hi to us at 1st Wednesday in Wintersville on October 5th!
- We will be at Steubenville's First Friday on Fourth on October 7th for Trick or Treat themed fun! Stop by our booth to see what spooky fun we have going on!
- Upcoming blog posts on our new website:



Health Alert: CELL PHONES AND HEADACHES

A study of four hundred hospital patients revealed that using a cell phone was correlated with increased number of headaches, increased in requirement for medication needed for headaches, and a reduced amount of relief achieved from medication.

Uttarwar P, Vibha D, Prasad K, Srivastava AK, Pandit AK, Dwivedi SN. Smartphone use and primary headache: A cross-sectional hospital-based study. *Neurol Clin Pract.* 2020 Dec; 10 (6): 473-479.



Wellness: SITTING IS HARMFUL IN MANY WAYS

According to the Mayo Clinic, extended sitting can lead to increased blood sugar, increased blood pressure, obesity, high cholesterol and cardiovascular disease. Less sitting and more exercising equates to better health. If you have a job that requires you to sit, they recommend taking frequent breaks (every 30 minutes) and consider trying a standing desk. In our office, we see the musculoskeletal impact of too much sitting every day. The most common being poor posture and back/neck aches.

ATTN OFFICE WORKERS and STUDENTS: Check out the exercises and workstation ergonomics below to help improve your posture and make you feel more comfortable throughout the day.

Nutrition: ZINC REDUCES DURATION OF COLDS

Taking a zinc supplement was shown to potentially reduce the duration of cold symptoms by 2.25 days. It was inconclusive if zinc helped prevent colds or not. If you are looking to prevent colds, consider increasing your vitamin C intake.

Quote:

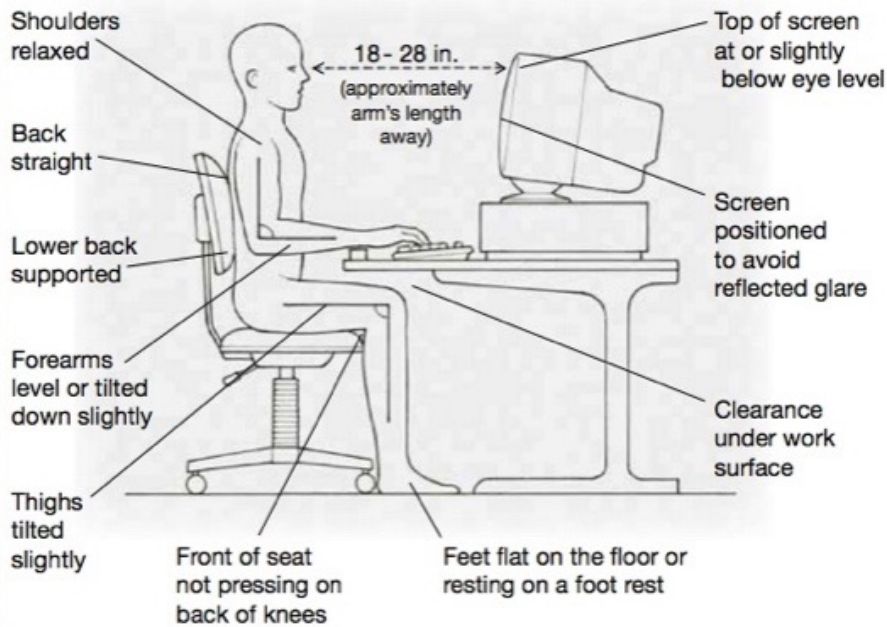
"To me, if life boils down to one thing, it's movement. To live is to keep moving." -Jerry Seinfeld

Exercise: WORK ON YOUR POSTURE

Maintaining good posture is incredibly important (read Wellness section above). If you've tried to fix your posture, you've likely found that it is a challenging thing to fix. This exercise will help! The exercise below is beneficial two ways: 1) it provides relief by putting you in the exact opposite position of a slouched posture 2) it serves as a cue for you to work on and train your body to have proper posture. Do this exercise for 30 seconds every 30 minutes and as needed.

Postural Relief Position

- Sit at edge of chair with feet wider than knees and slightly externally rotated (toes pointing out).
- Arch low back while tilting pelvis slightly forward.
- Externally rotate arms so that the thumbs are almost pointing backwards.
- Retract chin and puff chest out. (Note: To perform a retracting motion, picture your chin resting on the edge of a table. To translate backwards, slide your chin off of the table.)
- Focus on abdominal/diaphragmatic breathing.



Friend Helping a Friend Program

I, _____ refer
my friend _____

to receive a complimentary exam and X-Ray's (if needed) and consultation.

Coupon Expires October 31, 2022

*no cash value
*cannot be applied to existing account