



Daylight Time¹

6 Tips for autumn's clock change:

1. Take advantage of the opportunity to get an extra hour of sleep. Don't stay up later in anticipation of the time change.
2. Eat healthy and keep hydrated. Avoid caffeinated beverages, since too much caffeine can further disrupt your natural sleep rhythm.
3. Increase your exposure to bright light and physical activity during the day until late afternoon/early evening to help compensate for the overall reduction of daylight hours.
4. Get your daily dose of Vitamin D. The two best ways to get the Vitamin D you need are to get adequate sun exposure (15 to 30 minutes per day in summer/southern regions — it's very difficult to get enough exposure in winter in northern regions because of reduced UV levels), or to take vitamin D supplements.
5. Drivers should be extra alert — pull over if you're driving and feel drowsy. The only cure for sleepiness is sleep. Opening the window or turning up the radio are not effective ways to stay awake
6. Use this clock-change weekend as an opportunity to make home safety checks. Check and replace batteries in home smoke detectors and carbon monoxide detectors.

Does your posture pass the test?²



Good posture not only makes you look better, it also delivers increased energy, better breathing, improved circulation, and less wear-and-tear on your joints. It's an investment in both your appearance and your health.

The secret to good posture is maintaining the spine's natural curves. If your spine is not properly aligned, your muscles and ligaments have to work harder to keep you upright and this can result in strain and pain. When you slouch, you also put pressure

¹ CBC News · Posted: Nov 02, 2012 5:09 PM ET | Last Updated: November 3, 2012

² Ontario Chiropractic Association, [YOUR BACK HEALTH TIPS & ARTICLES > POSTURE PERFECT](#)

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on your lungs and stomach. This can affect breathing and digestion, as well as blood flow.

Tips for Standing Tall

If you use a bag or briefcase with a single shoulder strap, choose a strap that is long enough to place over your head and rest on the opposite side from the bag. This helps distribute the weight of the bag evenly and prevents distorting your posture.

High heels throw your spine out of alignment, making good posture difficult and often leading to low back pain. A low-heeled, supportive shoe is best, but if you are devoted to your fashion footwear, try to restrict the height to no more than two inches.

Strengthening your core back and abdominal muscles will help promote good posture by keeping your spine well supported.

Canada's chiropractors are specialists in back health. If you are concerned about your posture, consider an evaluation.

Can texting lead to a sore neck?³

YES! There's a good chance that your back is hunched, your head is tilted forward and your shoulders are rounded.

Many of us spend a large portion of our day looking at a screen as we text friends, scroll through social media and respond to emails. Be sure to keep an eye on your posture during these activities. Your back and neck will thank you.

Did you know that bending your head to look at your phone can put up to 60 pounds of pressure on your spine? A 2014 study in Surgical Technology International showed that even a 15-degree head tilt adds 27 pounds of pressure. As we use our phones and laptops more and more, that stress adds up!



³ Ontario Chiropractic Association, [YOUR BACK HEALTH TIPS & ARTICLES > YES, TEXTING CAN LEAD TO NECK PAIN](#)

Tips: to help avoid text neck

Take a break: Holding up your phone or tablet for extended periods of time can strain the muscles in your shoulders, arms and fingers. Let your arms rest at your sides every so often.

The 20-20-20 rule: Give your eyes a break! Every 20 minutes, take 20 seconds to look about 20 feet ahead (or as far as possible).

Change positions: Next time you're thinking of pulling an all-nighter, try to avoid sitting for longer than 30 minutes at a time. Get up and walk around!

Aim higher: Raise your phone up closer to eye level to reduce strain on your neck. When binge-watching on your tablet or laptop, be sure to prop it up against something so your shoulders and arms can relax.

Stretch it out: Slowly turn your head towards your left shoulder, hold for five seconds and repeat on your right side. You can also download [Straighten Up Canada!](#) — a free app developed by Canada's chiropractors with videos of stretches you can do to help your posture in just three minutes!



EXTRA! EXTRA!

Did you know that Dr. Frederick also does acupuncture. Make sure to ask her, how this can help you.

Also, help us decorate the dog room with pictures. Email or bring in a picture of your pet. drjessalynnfrederick@gmail.com

Can massage help?⁴

Absolutely, receiving massage on a regular basis can help to improve posture and flexibility, increases range of motion, can help to lower blood pressure and heart rate as well it encourages relaxation and relieves stress.

When the neck is in an incorrect position, and forced to contract for long periods of time, it causes the muscles to become tense, then weakens over time causing the head to sag forward and in turn causes the neck/upper back to ache.

Massage along with neck strengthening exercises can help to correct posture and alleviate the problems this causes.

Common exercises to help strengthen the neck and help to bring it back into a more neutral position (ears directly over the shoulders) are:

Chin Tuck- most effective postural exercise

- Keeping spine against the door jamb, pull the upper back and head backwards until head touches the door jamb, it is important to make sure the chin is down so the head is pulled straight back and not looking up
- Hold the head against jamb for 5 seconds
- Repeat this 10 times, can be done 5-7 times a day

Prone Cobra

- Lying face down, place forehead on a rolled up towel for comfort
- Place arms at your side with palms down on the floor
- Place the tongue on the roof of the mouth to help stabilize muscles in the front of the neck to assist in strengthening
- Pinch shoulder blades together and lift hands off the floor
- Roll the elbows in, palms out and thumbs up
- Hold position for 10 seconds
- Repeat 10 times

Back Burn

- Assume same position as Chin Tuck with the back of the head against the wall
- Try to flatten the lower back against the wall
- Place elbows, forearms and the backs of the hands and fingers on the wall with wrists about shoulder height
- Keeping the arms, hands and fingers all touching the wall as best as possible, slowly slide the hands up above the head and slowly back down
- Repeat 10 times, 3-5 times a day

⁴ Spine-health.com