



DECEMBER NEWSLETTER

Your monthly health tips from Berkhamsted Chiropractic Clinic



IS CHRISTMAS SHOPPING A PAIN IN THE BACK?



This is the time of year when we spend hours walking around the shops, carrying bags and standing in queues. The bags make our hands and shoulders ache, the queues make our backs ache, and the pain can take the pleasure out of buying gifts for loved ones.

Make yourself comfortable Christmas shopping this season:

- Wear comfortable clothes and shoes.
- Take a bag with comfortable handles or a back pack to wear on both shoulders.
- When walking around or standing in a queue remember to practice your posture.
 1. Stand with your feet hip-width apart.
 2. Lift just your big toes up inside your shoes. If you have been standing with your weight forward on your toes, you will feel yourself rock back. If your weight was already back, well done. Standing with your weight forward on your toes makes your calf muscles work overtime and your legs will ache more.
 3. Lower your big toes but keep your weight evenly shared between your heels and the balls of your feet.
 4. Tuck your pelvis in.
 5. Gently hold your tummy in.
 6. Slightly lift your chest and tuck your chin in

DON'T LET YOUR TURKEY SPOIL YOUR CHRISTMAS!



Every Christmas we hear tales of woe about people putting their backs out whilst taking the turkey out of the oven – so be prepared!

- Wear an apron to avoid the unwanted fat stains on your Christmas clothes.
- Get someone to help you.
- Spoon the hot fat out of the tray before lifting it.
- Have a clear surface close by to put the turkey down onto.
- Use the correct lifting posture:
 1. Bend your knees and hold your stomach to brace your back.
 2. Pull your shoulders back and down and brace before lifting.
 3. Hold the turkey as close to you as is safe.
 4. Squeeze your bottom and lift with your legs.

WHY WE SHOULDN'T OVER INDULGE ON SWEETS THIS CHRISTMAS!



Christmas is traditionally a time we all let our hair down and allow ourselves some treats we wouldn't otherwise have.

When choosing treats one should give some consideration to two words
“glycemic index” or GI.

A food's glycemic index is a measure of how quickly its consumption causes a rise in one's blood sugar levels. The higher the GI the faster the rise in blood sugar!

Why should we be concerned about how quickly our blood sugar rises?

The importance of this answer lies in understanding another index, the phagocytic index. The term phagocytic index refers to how quickly a white blood cell can gobble up an invading bacteria, virus or cancer cell.

So the answer to the above question is a rapid rise in blood sugar dramatically lowers our phagocytic index which slows our immune system response to a crawl. This makes it difficult to fight the flu and other infections.

So when choosing your treats this holiday season try to avoid foods with a high GI to give your immune system a fighting chance. Try to stick with treats that have more protein and less sugary sweets.

For some great tasty, low GI treats this Christmas, why not try this link:

<http://www.elanaspantry.com/>