



River Heights Family **CHIROPRACTIC**

#1 – 1682 Grant Avenue, Winnipeg, MB R3N 0M7

Our aim is to create a reliable, up to date source where our patients can find information on natural health and nutrition.
We hope you enjoy it!

Dr. John and the staff at River Heights Family Chiropractic

Looking out the window now, it's hard to believe that Christmas is only one month away. So, we'll enjoy it while it lasts! It's nice being able to start our shopping for the season without having to force a shopping cart through snow and ice. Wishing you a happy holiday season filled with more joy than stress!

GET GIVING!

While we don't need to wait until the holidays to give, it's a good time to be conscientious of those less fortunate than us. Many charities will have special events at this time of year to encourage support. In addition to that avenue of giving, think of giving in other ways. Sometimes the gift of your time can be the most precious of all. Whether it's volunteering to read to a senior who has no family to visit, shoveling snow for a neighbour, or delivering food to someone in need, there are many ways to make an impact in someone's life this year.

Open House

In the spirit of giving, we will be celebrating our 12th Annual Open House on December 30th, with proceeds going to the Manitoba Fire Fighters Burn Fund. On that day, please bring in nonperishable food items or articles of clothing (wool socks, mittens and toques are urgently needed this time of year) with an approximate value of your usual adjustment fee and there will be no cash fee for your adjustment that day. A tax receipt will be issued for any monetary donation over \$10.00.

SLIPS AND FALLS

Staying on your feet and off of the ground this winter in a Winnipeg winter snow storm, the best way to avoid a slip or fall is to stay out of the weather. When that's simply not possible, our office sees a definite increase in the number of patients seeking treatments for fall-related injuries.

5 ways to stay on your feet

Here are some tips for preventing slips and falls, in the winter and year-round:

--If the ground looks wet, assume that it's icy. In the winter, what looks like a puddle of water may actually be "black ice."

--Shuffle on ice. In icy weather, it's safer to keep feet on the ground by shuffling. This is one time to leave the spring out of your step.

--Avoid sudden movements when stepping onto a hard surface. Although most stores and offices take precautions to prevent slippery areas, it's easy for a tile or concrete floor to have slippery puddles during wet weather.

--Keep your eyes on your feet. Forget what's taught in dance class--it's safest to watch your feet on uneven surfaces, especially if you're carrying articles or even small children.

--Pick up your toys. In the home, simply removing obstacles from floors and stairs, including toys and shoes, goes a long way toward preventing falls. If you do spill something, make sure to clean it up as quickly as possible.

Why does it still hurt?

After a fall in icy weather, you may notice that you have a sore spot, and that sore spot persists. That soreness isn't going to go away, because it's caused by a biomechanical problem. Chiropractic effectively treats the source of the pain, without resorting to pain killers. Chiropractors are specialists in restoring biomechanical function. Pain killers mask or hide the pain, but all the pain killers in the world won't effectively fix the underlying problem.

CAR ACCIDENTS & TRAUMA

If you have been in an accident or suffered a trauma, you need to have your spine checked by a doctor of chiropractic. Any subluxations (bones out of alignment) that were created in your spine during the accident often remain in your body and prevent you from healing properly. That may be the reason why over half of accident victims never completely recover from their injuries and may live on painkillers, physical therapy or even repeated surgery for years. Sometimes they're told that they'll have to live in pain for the rest of their lives!

Since nearly any physical force radiates to the skeletal system and can cause spinal subluxations, a chiropractic spinal checkup is essential after an accident. Chiropractic care may make the difference between true recovery, healing and strength, or lingering pain, sickness and disability. It must be emphasized that chiropractic never opposes necessary medical care. In emergencies the first order of business is always controlling life threatening situations such as hemorrhage, cessation of breath, broken bones, serious contusions or abrasions, shock and the like. That is the specialty of emergency medicine.

However, many additional lives would undoubtedly be saved if a doctor of chiropractic also attended to the accident victim. Unfortunately today, millions of accident victims leave the hospital with as much spinal nerve stress as they had when they entered. That's a big reason why so many people say, "I haven't felt right since the accident" and why they may continue to suffer for months, years or even decades afterwards.

Anyone who has been in an accident, even if there are no obvious symptoms, should get a chiropractic checkup. The damage from spinal subluxations may take months or years to surface and a simple spinal checkup today could save an accident victim from much pain and illness later. MPI will cover any care that is required, so there is no cost to you.

RECIPES

Pretzel Turtles (Ready in 14 minutes!)

Ingredients:

20 small mini pretzels

20 chocolate covered caramel candies (*Rolo candies work well*)

20 pecan halves

Directions:

Preheat oven to 300 degrees F (150 degrees C).

Arrange the pretzels in a single layer on a parchment lined cookie sheet. Place one chocolate covered caramel candy on each pretzel.

Bake for 4 minutes. While the candy is warm, press a pecan half onto each candy covered pretzel. Cool completely before storing in an airtight container.

Nutritional Information:

Amount Per Serving Calories: 78 | Total Fat: 1.9g | Cholesterol: 1mg

Easy OREO Truffles**Ingredients:**

1 (16 ounce) package OREO Chocolate Sandwich Cookies, divided

1 (8 ounce) package PHILADELPHIA Cream Cheese, softened

2 (8 ounce) packages BAKER'S Semi-Sweet Baking Chocolate, melted

Directions:

Crush 9 of the cookies to fine crumbs in food processor; reserve for later use. (Cookies can also be finely crushed in a resealable plastic bag using a rolling pin.) Crush remaining 36 cookies to fine crumbs; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 42 balls, about 1-inch in diameter.

Dip balls in chocolate; place on wax paper-covered baking sheet. (Any leftover chocolate can be stored at room temperature for another use.) Sprinkle with reserved cookie crumbs.

Refrigerate until firm, about 1 hour. Store leftover truffles, covered, in refrigerator.

****How to Easily Dip Truffles:***

Place truffle ball in melted chocolate to coat; roll if necessary. Lift truffle from chocolate using 2 forks (this will allow excess chocolate to run off) before placing on wax paper.

Your Story!

In each newsletter we will be featuring a story of one of our patients whose life has been touched by Chiropractic. If you have a story to share, let us know next time you are in or send it via email – we would love to hear it!

Patient Success Story

"I had a sore back caused by twisting the wrong way while lifting. First I tried a physiotherapist, who didn't help. Then tried a massage parlor who didn't do any good either. So I decided to try a chiropractor. Luckily I picked River Heights Family Chiropractic. Dr. John discovered the cause of my suffering (a pinched nerve in my back) and after a few weeks of treatment I have no pain, and I can walk and move around like I was before my pinched nerve problem. I greatly recommend Dr. John Alevizos to take care of your back problems or any other related problems." - Roland H. (83 years old)