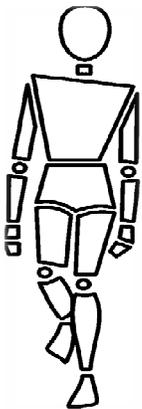


Better Posture. Better Spine. Better Health.

Proper posture allows the body to function optimally and maintains correct curvatures of the spine. This allows the central nervous system (brain and spinal cord) to transmit impulses down the spine freely. Once the nerve impulses enter a peripheral nerve (nerve exiting the spinal cord) it is on its way to tell specific cells in the body what to do. The nervous system is complicated and must function without barriers to be able to freely communicate with the cells, tissues and organs of your body.

Poor posture changes the spinal curves and vertebrae position creating subluxations. The vertebral subluxations cause pinching of nerve roots exiting the spine thus restricting the nerve impulses traveling to the cells, tissues and organs of the body. When there is a decrease in the amount of impulses dis-ease occurs. The most common form of poor posture in today's society is forward head carriage. Is there a space between the wall and the back of your head? If yes, you need to correct it. If not corrected, symptoms occur to consciously raise warning flags that body function is not optimal and correction needs to be addressed.

Check Your Own Posture and your Families Posture!



Head - When you look in a mirror is your head straight up and down or does it lean to the left or right?

Shoulders - Are your shoulders straight (parallel with the floor) or is one side higher than the other?

Pelvis - Is your pelvis level or is one side higher or lower than the other?

What about your feet? Are they pronated (ankles falling inward with flat feet), supinated (high inner arch) or are they perfectly balanced?

Back - If you were to stand with your back to the wall, proper posture would have your head, shoulders, buttocks and heels touching the wall.

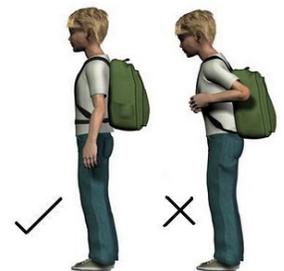
Side view - Look at your side in a mirror? Does your ear line up with your shoulder (without forward shoulder rolling)? Are your shoulders lined up with your hips and are they in turn lined up with your ankles? This is difficult to do yourself, so ask another person to look at your posture and then you can return the favor.

Backpack Fitting Key to Children's Posture

The new school season is just around the corner which means that back to school shopping is on it's way. One of the most important items that you'll pick up for the whole year is a backpack .

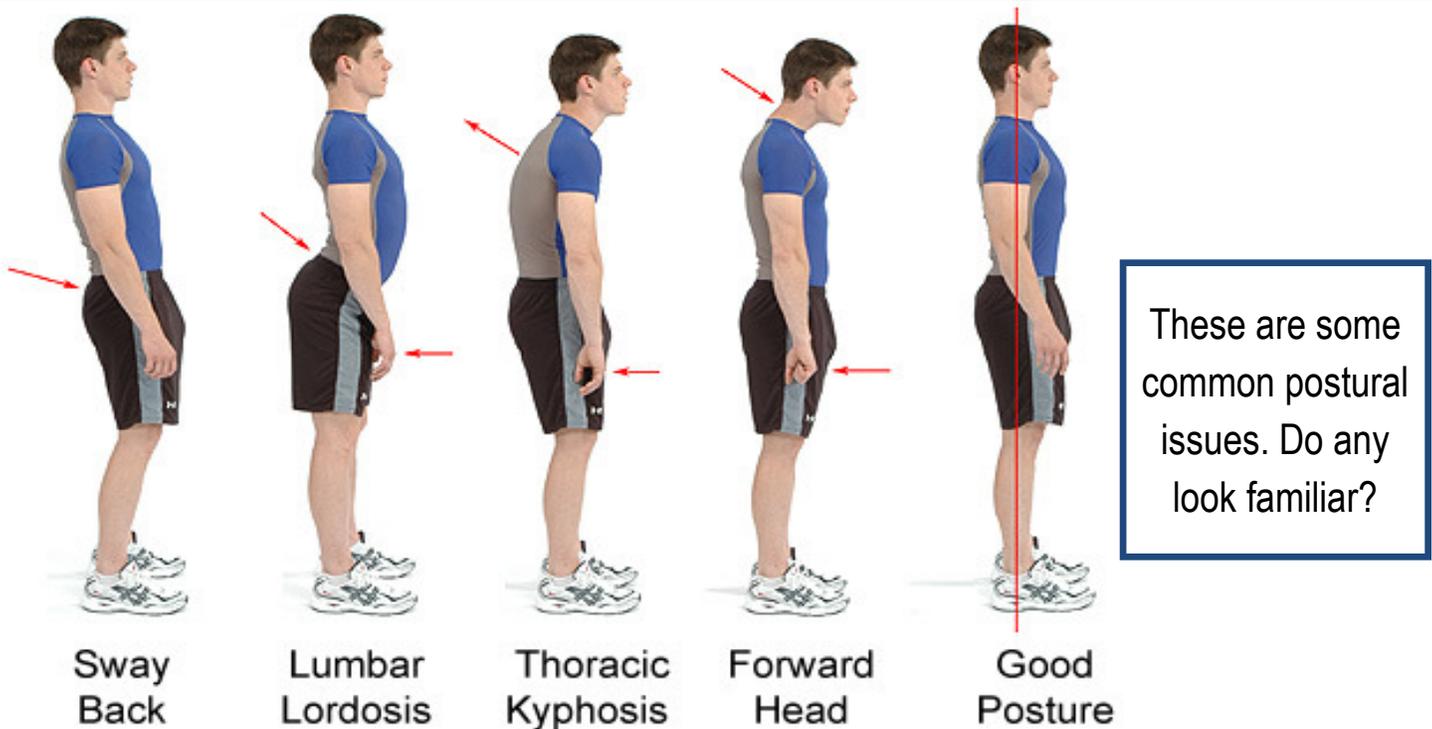
Dr. Darren invites you and your children into our clinic for advice on the right backpack to buy. He will also personally fit the backpack to your child so it's just right for them!

Many studies have demonstrated how backpack loads are responsible for a significant amount of back pain in children. Carrying a backpack weighing 15% of body weight changes all the postural angles in preadolescent children. Forward Head Posture increases when carrying a backpack, especially one with a heavy load that is being worn improperly.



Alternative Therapy & Posture

Reflexology can work wonders along the spine, working the reflex point on the feet for the spine can release tension in the muscles which could be creating a subluxation in your spine. Ion Cell Cleanse can be used to help remove toxic build-up in the spine and/or inflammation. This is a very powerful tool to keeping or correcting your posture. Get a chiropractic adjustment followed with a Head to Toe treatment, your spine will stand up and applaud! Let us not forget the emotions....are you feeling helpless and hopeless?.....are you carrying too much burden? These emotions can affect your posture and create rounded shoulders and subluxation. Emotional Freedom Technique (EFT) and/or Psych-K can help delete these limiting beliefs that are affecting your posture.



Massage Therapy & Posture

Our bodies are constantly placed in positions that cause misalignment (s) to our normal/good posture. This change is usually due to an alter in lifestyle such as; work, weight gain, pregnancy etc. Over time our body will adapt to the change in our posture and create a poor posture. Poor posture can produce unwanted symptoms.

Poor posture can cause:

Muscle tension and connective tissue restrictions Pain
Muscle lengthening and weakening Decrease in range of motion

Massage therapy can help by increasing postural awareness as well as treating symptoms which arise from poor posture. It can also improve posture by focusing on increasing flexibility of tight connective tissue, strengthening lengthened weakened muscles, increasing range of motion, decreasing pain and decreasing stress.

Effects of Posture on Digestion

From a naturopathic stance, proper posture is essential for optimal function of all your organs. The body is an organic machine designed to circulate fluids and gases in particular patterns to create specific reactions. Breathing can be impeded by poor posture as we do not actually pull air into our lungs. Our chest wall moves and creates a small vacuum within our lungs which air then rushes to fill. If a person's posture is incorrect and does not allow the chest wall to fully expand, it is impossible to take in a full breath of air and causes not just the lungs but the entire body, including the brain, to be oxygen deprived.

In terms of digestion, posture is very important as well. The digestive system is essentially a series of tube of various shapes which takes in food and extracts nutrients. Much like a garden hose, if pressure is placed upon one area of the system, it creates a restriction for the food passing through and this can lead to food build up. If food continues to build up, spackle can develop, which is essentially decomposing food stuck to the lining of our digestive tract. When food breaks down at the correct pace within our digestive systems, the byproducts are more easily managed by the appropriate bacteria and enzymes within the gut. When it develops into spackle however, the gut flora and enzymes are less able to do their job and toxic elements of the food can fester and end up breaking through the lining of our intestines into our bloodstream in a condition called "Leaky Gut Syndrome".

There is only so much room within the body for your organs to reside. When the body is pushed into an incorrect shape, the organs compensate by moving outward. So in truth without correcting your posture even with exercise, that "mommy belly" or "beer belly" may not just disappear.

So do your body a favor and check your posture!



Head - Front View

vertical and ears level

Head - Side View

Ear over the shoulder bone

Shoulders - Front View

Level and parallel to the floor

Shoulders - Side View

Shoulders must be lined up
with your hips and lined up
with your ankles.

Level pelvis

Back against the wall

Your head, shoulders, buttocks and heels
should touch the wall.

Balanced feet