

December '17 Wellness Letter

Dear Patients and Friends,

This time of year brings on so much stress-related problems. Many people get themselves “worked up” trying to do too much but not planning enough time to achieve what they set out to do. Planning is everything!

Traditional holiday foods notoriously increase inflammation in our bodies and this can cause pain. Carbohydrate rich foods and lots of sugary treats are the norm at this time of year. Add alcohol to the mix and it’s no wonder your body feels drained this time of year. Make it a point to limit your sugar and carbs and also alcohol. Drink lots of water as well to keep your body hydrated and flushed out. Sample foods but make healthy choices and don’t overeat.

Carrying packages and poor posture wrapping packages leads to neck and back pain. We are seeing the trend that more people are shopping online and that also has a negative influence on your posture! Be sure and stretch before and after you go shopping and try to make several trips to the car so you’re not lugging packages around all day. Limiting your time at the computer and taking frequent breaks is also recommended. Use a table or kitchen counter to wrap presents. Avoid sitting on the floor or on the couch leaning forward to work off the coffee table wrapping as this is probably the two most common things that bring people to our office. Get adequate sleep to help your body recover from the stress this time of year brings as well. Remember the best way to prevent illness is to get adequate sleep!

Don’t forget the greatest gift of all – your health! Set a plan to put as much time into taking care of your health as you do getting ready for Christmas. Imagine the possibilities!!! Your family and friends deserve the best version of you.

Our family of patients is one of the greatest gifts ever!

Merry Christmas!

Dr. Ed, Mary Anne, Tricia and Kate

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