

Healthy Living

Brought to you by Maple Meadows Chiropractic

Summer 2010

STRESS

Thank goodness hockey is over. At least, that is what I keep telling myself. No more wasting 4 hours of my life every other day, not to mention the questionable parenting I'm providing for our daughter Mekina during those times. I know what she is thinking, "Why is he yelling at the TV?", or "Maybe we should watch Elmo instead." What about the abrupt spikes in blood pressure one gets while witnessing a Canuck "penalty kill"? That drove me crazy. And I'm not even a big-time fan. I admit it.... I'm a band-wagon fan. Yup, I didn't watch one Canuck game all season. But I didn't miss a playoff game, and the stress was getting to me.

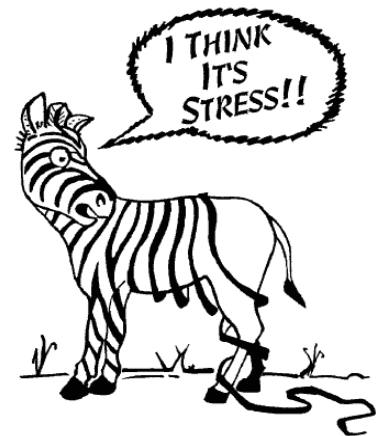
Stress is an interesting thing. Researchers define stress as a physical, mental, or chemical factor that causes bodily tension. It is a big part of everyone's life. We experience it in many forms on a daily basis. Whether it is our job, family, diet, or our favourite hockey team, our bodies are dealing with stress constantly. How our bodies respond to this stress can vary greatly. As it turns out, all stress is not created equally. Stress causes certain reactions in our bodies. It's called the "fight or flight response". The classic scenario is: A dinosaur jumps out from around the corner - what do you do? Either, you stay and fight or you run like heck. Those are your two choices. Deal with it or get away from it. It doesn't matter whether it is a quarrel with your spouse, a boxing match, or

watching the Canucks blow another 2 goal lead. It's all the same.

To understand how stress affects the body, you must first remember that your nervous system (brain, spine, and nerves) runs the entire body. It makes sure the organs are running properly. It schedules, monitors, and makes decisions so that the body functions well. It also monitors the level of stress in the body. If the nervous system senses that a situation is stressful, it causes a physiological response to occur. Some of these changes are increased heart rate, increased adrenaline, and cortisol, shutting down digestion, and dilating the pupils. This is the "fight or flight response".

All these changes are necessary for the body in a suddenly stressful situation. When the stressful event passes, the nervous system signals the body to enter the "rest and digest (repair) response". It's a way of saying everything is okay again, you can repair and return to normal (homeostasis). We need these periods of non-stress for our bodies to replenish and recharge. The problem is when the stress in our lives no longer is the exception and becomes the norm. The stress response is extremely damaging on a long term basis. This must be why a string of bad Canuck games is so damaging to my health. I need the odd blow-out so I can return to normal. Bad hockey is one thing, but what if you have real, serious, long-term stress? Chronic, unrelenting stress created by your job, relationships, worry, diet, children, money and the economy

can lead to some severe physical and psychological damage to your body. Because our nervous system controls everything, chronic stress can lead to heart disease, high blood pressure, digestion problems, chronic pain, reproductive problems, cancer, and diabetes. The list goes on. A recent study out of the U.S. states that 85% of all chronic illnesses are due to stress. That is a pretty bold statement, and the number is likely higher.



As a chiropractor, our main concern is the nervous system. Stress causes interference at the spinal level. This is called a subluxation. Chiropractic adjustments remove this interference, and allow your body to work properly and repair itself.

Watching the Canuck playoff run was subluxating me on a daily basis. There are some great benefits being married to a chiropractor.

Now that the Canucks are done, I can return to my much needed rest and repair phase. This will allow me to get ready for the next big stress....
GO CHICAGO GO!

Best wishes to those who had birthdays from April through June 2010

K. Abbey	M. Cole	M. Farrell	J. Hopia	C. Lemon	A. Otsig	L. Van Oosten
J. Adrian	M. Colquhoun	R. Farrell	T. Howcroft	M. Lemon	L. Paesuld	T. VanRamshorst
B. Alma	A. Conway	A. Fenrick	M. Howe	R. Lemon	B. Pagtakhan	E. Vishnoski-Jeronimo
K. Ambrose	A. Cormack	D. Ferreira	B. Howell	S. Lewis	M. Palliser	A. Walton
B. Anderson	D. Craig	C. Fiebelkorn	M. Howell	A. Lewthwaite	M. Palmer	B. Walton
J. Anderson	J. Craig	M. Fielding	N. Hryciuk	C. Leystra	L. Pedersen	C. Walton
C. Archambeault	G. Cristiu	D. Findlay	J. Hufsmith	D. Lige	C. Picard	L. Walton
J. Ardron	K. Crowther	D. Fitzmaurice	V. Hufsmith	F. Lige	Y. Pierre	S. Walton
E. Arndt	L. Cumming	J. Fitzpatrick	K. Hughes	K. Lige	L. Poole	S. Wandler
M. Arsenaull	K. Cummings	C. Fletcher	P. Hughson	L. Lige	T. Prosky	I. Warke
D. Ashcroft	B. Cunliffe	K. Fletcher	C. Huntingford	T. Liva	S. Rauh	B. Warner
M. Aubin	T. Cunliffe	Q. Flokstra	C. Irimie	J. Louie	A. Read	L. Wasylnka
G. Austman	K. Cunningham	M. Foster	K. Isaksen	I. Lusher	R. Reandy	C. Watkin
V. Bains	A. Curwen	F. Fox	A. Jackson	E. MacDonald	M. Rear	J. Webb
M. Baker	S. Curwen	G. Francis	C. Jackson	D. Maclean	B. Rebalkin	E. Whalen
L. Bakewell	A. Cushing	H. Gabriel	K. Jackson	R. Macpherson	L. Rhodes	B. Whalen
A. Balshaw	M. D'Angelo	G. Gager	D. Jacobs	J. Malinsky	P. Rilcoff	I. Whiting
P. Balshaw	E. Danyliuk	G. Gagne	A. Jaschke	B. Mallinson	B. Robertson	C. Williams
L. Barker	S. Darling	J. Gagne	D. Johns	S. Martin	E. Robertson	C. Wilson
J. Barton	D. Darlington	B. Gamblen	B. Johnson	D. Maxwell	J. Rook	E. Wilson
H. Baum	E. Darlington	Q. Gamblen	K. Johnston	T. Maxwell	D. Rutherford	E. Wilson
P. Baust	T. Daum	K. Gaudette	J. Johnstone	S. McConkey	A. Salchenberger	M. Wilson
T. Beaudreault	D. Davidson	S. Geniesse	C. Jones	M. Mcdonald	M. Salchenberger	C. Winder
L. Bedford	J. Davie	C. Gibson	L. Jones	J. Mcgillvray	B. Sarai	A. Wock
K. Beechinor	L. De Boer	J. Gilchrist	M. Jones	P. Mckee	T. Saunders	B. Wock
S. Beecroft	D. De Medeiros	P. Girard	J. Kahn	C. Mckinnon	C. Schumacher	D. Wong
M. Besse	T. De scally	P. Goddard	T. Kahn	G. Mckinnon	K. Scott	E. Wong
R. Birgen	D. Dean	D. Goncalves	J. Kalinich	V. Mclellan	R. Scott	K. Wong
W. Bismeyer	M. Decker	M. Goodman	M. Kalinich	D. McLeod	S. Scott	J. Wourms
N. Bochon	G. Deeley	K. Grace	R. Kell	K. Melsness	N. Sedor	D. Wray
K. Boden	S. Deeley	M. Grace	H. Kelly	W. Middleton	G. Seigo	I. Wray
H. Bodnarchuk	L. Degrandis-demke	C. Gray	D. Kent	K. Miles	K. Sharpe	B. Wray
L. Borghardt	A. Dejersey	B. Gregus	K. Kim	B. Millar	D. Shiratti	J. Yanik
N. Borghardt	V. Dekarli	T. Gressel	J. Kingsley	B. Milli	M. Simpson	O. Yarkayev
S. Borthwick	A. Dezura	K. Grisley	E. Kirby	L. Mills	K. Sinclair	D. York
B. Bouchir	S. Dianne	R. Guicheteau	D. Kirk	B. Mitchell	D. Smith	R. Zubick
K. Bourque	A. Dignem	B. Gundersen	T. Kirkpatrick	N. Molanus	S. Smith	
N. Bowker	G. Dionne	G. Gupta	N. Knebelow	V. Morgan	J. Somersgill	
R. Breidt	L. Douglas	T. Haffenden	A. Knull	K. Moriarity	M. Somersgill	
E. Brown	S. Downie	K. Harjadene	C. Korner-Dickson	S. Moriarity	G. Sousa	
S. Brown	A. Draper	B. Harris	A. Kowalski	J. Morimoto	C. Southam	
M. Browne	D. Duihuis	S. Harris	D. Krisko	B. Mudge	J. Southam	
C. Bruinsma	A. Duncan	C. Harrison	N. Kroeker	J. Muirhead	L. Spencer	
L. Bukala	L. Duncan	G. Hartevelde	R. Kroeker	K. Murphy	C. Spurrell	
G. Burdett	W. Duncan	R. Haslinger	C. Kwiatkowski	B. Murray	P. Stec	
J. Burton	K. Dunn	S. Hawley	K. Kwon	D. Myrtle	D. Stephens	
F. Byron	C. Dupre	J. Haworth	G. Lagerstrom	N. Nedeljkovic	D. Stevenson	
L. Caldwell	P. Durrance	T. Hawthorne	A. Lagrange	P. Newbery	R. Stevenson	
N. Caldwell	S. Edwards	J. Hayes	R. Lagrange	J. Nicholson	B. Stevenson	
L. Campbell	L. Eide	J. Haywood	D. Lane	M. Nickerson	T. Stroup	
T. Case	C. Elkie	C. Heikkila	A. Langevin	S. Nicklen	G. Stuart	
J. Chim	L. Elkie	R. Heinze	C. Lapierre	M. Nieman	K. Stusiak	
G. Chin	G. Ellis	H. Henderson	J. Lapointe	S. Nieman	D. Sullivan	
G. Christie	W. Erickson	J. Hendricks	J. Larocque	A. Nijkamp	J. Sullivan	
D. Chute	C. Estereicher	T. Henyecz	T. Last	L. Norcross	M. Suneby	
J. Chute	E. Evans	G. Higham	J. Lawin	M. O'Grady	T. Sutton	
K. Clark	D. Evers	S. Higham	K. Lawless	J. O'mara	M. Taylor	
M. Clark	C. Ewert	N. Hill	L. Lazar	D. Odne	K. Thomas	
A. Coe	A. Fancy	A. Hollingshead	L. Leipert	M. Odne	S. Thomson	
J. Coe	L. Farrell	B. Holt	J. Lemire	P. Osborn	B. Thrift	



**Come & join us
at our annual**

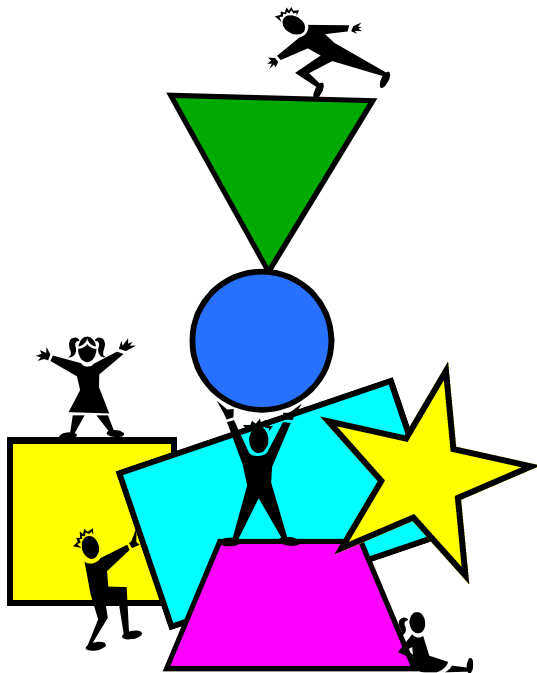
Open House

**Food, Fun,
Free Family Portraits,
& Prizes!**

**July 10, 2010
From 1-4 pm**

*What kind of shape is
your spine in?*

Find out.



**Bring a friend to earn
a special prize!**

Testimonials

*I was suffering with migraines
and found continuous relief
with my treatments seeing
Dr. Matt.*

*I find that monthly adjust-
ments keep me pain free in all
areas.*

E.R.



*I had an accident 10 years
ago. For 2 years I had physi-
cal therapy but I never got
better. Then for some months
I tried to go on but the pain
never quit. So I tried chiro-
practic! It helped right away.
Now I go only once per month
for my treatment and can
move and do lots of things.*

F.D.



MONDAY 2:30 pm - 7:30 pm
 TUESDAY 7:30 am - 7:30 pm
 WEDNESDAY 7:30 am - 7:30 pm
 THURSDAY 7:30 am - 7:30 pm
 FRIDAY 7:30 am - 12 noon

Our clinic prides itself on thorough care, effective communication, and excellent results. The goal of our clinic is to support each individual in achieving his or her optimum health. This is accomplished by educating our practice members and having them take a more active role in their health.

Dr. Matt Boser and Dr. Crystal Boser

New Families Welcome!

- wellness care
- back or leg pain
- neck pain / headaches
- shoulder / arm pain
- sports injuries
- maintenance care
- WCB / ICBC

Island Chicken with Pineapple Salsa

Chef Meg's Makeover

Ingredients

16 ounces boneless, skinless chicken

Marinade:

- 1 can (8 ounces) unsweetened crushed pineapple juice only, (reserve fruit for salsa)
- 1 T low-sodium soy sauce
- 1 T honey
- 2 cloves garlic, minced
- 1/4 t red pepper flakes

Salsa:

- Pineapple from strained can
- 1 mango, peeled and diced
- 2 kiwis, peeled and diced
- 1/4 c red onion, diced fine
- 1 lime, juiced
- 1 T cilantro, chopped
- 1 T jalapeno pepper, diced fine (optional)

Nutritional Info

Fat: 1.8g
 Carbohydrates: 32.6g
 Calories: 252.2
 Protein: 27.9g

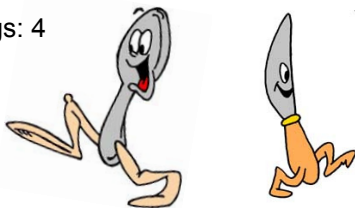


Directions

Open pineapple and strain to separate juice from fruit. Place juice in a baking dish. Add soy sauce, honey, garlic and red pepper to the dish and stir. Slice chicken breasts into 4 4-ounce strips. If thick, pound out to flatten with a meat mallet or rolling pin. Place chicken in the marinade and refrigerate for 2 hours or overnight. Prepare salsa by combining all ingredients. Preheat grill to medium heat or turn on broiler and place rack in the middle of the oven, about 6" away from the heat source. Grill or broil chicken for 4-5 minutes per side or until the meat is no longer pink. Serve with fruit salsa.

Makes 4 servings, 3 ounces cooked meat and 1/2 cup of salsa

Number of Servings: 4



Recipe submitted by SparkPeople user CHEF_MEG.



**Our group has lost 132
 pounds so far...
 FANTASTIC!!**

Get the latest information on our website:

www.MapleMeadowsChiropractic.com

**We will be celebrating our final
 weigh-in & declaring our
 "WINNER" on June 15th**

We want to THANK the following for their contribution & support:

Roots Organic Foods, Ridge Meadows Parks & Leisure, Anne Gordon @ Goodlife Fitness, Kelly O'Halloran @ Love Your Workout, The Athletic Club, Holly Rogers @ Edge Training Bootcamp, Dianne Devereaux @ Devereaux Stretch & Relax Yoga & Massage, Dr. Cobi Slater @ Essential Health Natural Wellness Clinic Inc., Rick Lascelle, Dr. Amanda Svendsen & Lauren Tindale @ Port Moody Naturopathic Health & Wellness, Zuzana Roupova, Holistic Nutritionalist and Live Blood Analysis, Yolanda Fenton with Natural Factors, Curves, Fitness Unlimited, Master Dave Kinney @ Sun Hang Do