

VOL. 1 ISSUE 2 · JULY 2023

MONTHLY NEWSLETTER

West Milford Chiropractic & Wellness

HAPPY JULY EVERYONE!

Welcome to our July newsletter, where we bring you the latest updates on all things related to your well-being and local community. This month, we have an exciting lineup of topics to enhance your health journey. Get ready to discover what to expect in your chiropractic visit, find rejuvenating stretches and exercises tailored for your upcoming travel plans, stay informed about upcoming local events that will ignite your summer spirit, and indulge in a mouthwatering barbecue jackfruit recipe that will tantalize your taste buds. Let's dive right in and make this July a month of wellness, adventure, and delicious flavors!

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UPCOMING LOCAL EVENTS:

- **Vintage Marketplace Festival - The Empanda Truck at Ringwood Manor**
Sunday July 16th at 10am
- **80's Night Dance Party at Cove Castle Saturday July 22nd at 7pm**
- **SAVE THE DATE! Wellness Family Festival at Macopin Middle School**
Saturday September 23rd

CERVICAL RETRACTION/CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 Times | Hold 1 Seconds
Complete 3 Sets | Perform 1 Time A Day



DOUBLE KNEE CHEST STRETCH

While laying on the back pull both knees up towards the chest. Repeat.

Repeat 10 Times | Hold 10 Seconds
Complete 1 Sets | Perform 1 Time A Day



TRUNK ROTATION STRETCH BILATERAL

Start by lying on your back with your knees bent. Next, slowly allow your knees to drop to the side as you rotate through your spine for a gentle stretch. Then rotate to the other side for a gentle stretch. Repeat alternating sides.

Repeat 5 Times | Hold 10 Seconds
Complete 1 Sets | Perform 1 Time A Day



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat. Next return to a lowered position and arch your back the opposite direction.

Repeat 10 Times | Hold 5 Seconds
Complete 3 Sets | Perform 1 Time A Day

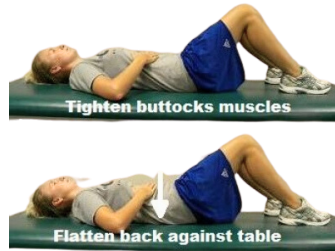


POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture).

Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 10 Times | Hold 3 Seconds
Complete 3 Sets | Perform 1 Time A Day



LEVATOR SCAPULAE STRETCH

Tilt your head to the side, then rotate to the side, then tip downward as in looking at your opposite pocket. Use your hand to pull your head downward and towards the opposite side for a gentle stretch. You should be looking towards your opposite pocket of the target side. You should feel a gentle stretch at the side/back of your neck.

Repeat 1 Times | Hold 15 Seconds
Complete 3 Sets | Perform 1 Time A Day



SCALENE STRETCH

Place your hand overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 1 Times | Hold 15 Seconds
Complete 3 Sets | Perform 1 Time A Day



UPPER TRAP STRETCH

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown. Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 1 Times | Hold 15 Seconds
Complete 3 Sets | Perform 1 Time A Day



What to Expect at a Chiropractic Office

BY JUSTIN DI MAIO

With a recent increase in exposure of the chiropractic profession, many people have often asked themselves if they should go to the chiropractor. There will always be a debate over how effective the profession can be in treating certain conditions, but understanding what to expect from a visit can be a more accurate way to predict your outcome. Plenty of patients first make the call to the office when they first experience a new injury, but many others have a different history. Let's look at some reasons people have come into our office:

- New Injury- lifted up something too heavy, slept wrong, picked up a new activity (i.e. pickleball) and may have overdid it. The quicker someone reacts to injury, the better the chance for a speedy recovery. Not to say chiropractic is always the answer, but all physicians are prepared to evaluate your injury and determine what your treatment plan may look like.
- Chronic Pain- someone finally convinced you to try chiropractic. Whether you've been through many other forms of conservative care, have a history of medications/surgeries to manage the symptoms, or the pain has finally got to the point where your quality of life has taken a hit, an evaluation of the problem can help prevent any further progression of symptoms or avoid procedures.
- Wellness/Maintenance- self care has become a priority for much of the population recently, and for good reason. Treating your body like it's the only one you got is something most of us need reminding.

Often patients find value is getting treated on a routine schedule, whether it be once a week, month or even several months. This has shown to minimize the chances of exacerbation of injuries and improve overall function.

- Because they saw it on social media! For better or for worse, social media has driven interests in many different facets. As far as healthcare goes, chiropractic has definitely gained a following because of the the curiosity people have, as well as the instant reaction to an adjustment. Although many chiropractic appointments may share similarities, do not assume because you saw someone do something online, that you should expect your chiropractor to do the same.

Each visit may vary depending on how a patient presents. What's best to do is be a prepared patient. Going into your first visit, you'll want to keep some of these things in mind:

1. Have your health history together.
2. Dress prepared for your complaint.
3. Ask questions.
4. Be ready to answer questions like; When did it start, where does it hurt, when does it hurt, have you had this before, what makes it better, how are you sleeping, what's your activity level?
5. Make sure you are comfortable. There are many ways chiropractic can help, and if you are uneasy about anything, verbalize that to your doctor. They can modify their techniques to cater to your comfort and still provide quality care.

- Dr. Justin

Chiropractic Crossword

ENERGY	N	U	T	R	I	T	I	O	N	P	R	A	K
NUTRITION	P	C	A	L	I	G	N	M	E	N	T	C	R
MASSAGE	F	W	E	L	L	B	E	I	N	G	S	U	E
ACUPUNCTURE	I	M	U	A	C	L	E	Q	E	M	T	P	F
EXERCISE	T	E	V	E	R	T	E	B	R	A	R	U	L
MOBILITY	N	X	T	R	E	G	V	H	G	S	E	N	E
STRETCH	E	E	H	B	L	N	E	S	Y	S	T	C	X
WELLBEING	S	R	E	U	A	Z	S	P	I	A	C	T	O
RELAX	S	C	R	Q	X	H	R	L	P	G	H	U	L
VERTEBRA	N	I	A	R	V	U	K	T	M	E	N	R	O
FITNESS	T	S	K	E	L	E	T	O	N	O	E	E	G
SKELETON	S	E	Y	I	L	M	O	B	I	L	I	T	Y
ALIGNMENT													
REFLEXOLOGY													



HYPERSPHERE MINI VIBRATING MASSAGE BALL

POWER AND VERSATILITY WORK TOGETHER TO MAKE THE HYPERSPHERE MINI CONVENIENT AND EFFICIENT, THE SHAPE AND RUBBER COATING MAKE IT PERFECT FOR PINPOINTING TARGETED AREAS THAT DESPERATELY NEED IT. THE HIGH-POWERED VIBRATING HYPERSPHERE CAN BE USED FOR TRIGGER POINT RELEASE ON YOUR TIGHTEST MUSCLES SO YOU CAN RECOVER FASTER AND MOVE BETTER..

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OUR OFFICE!
ONLY \$75!



PRODUCT HIGHLIGHTS:

PAIN RECOVERY PACK

PAIN RECOVERY PACK®
ANABOLIC LABORATORIES
Therapeutic and Nutritional Support

SALIZAIN™ Natural Pain Relief • 240mg of salicin from white willow bark extract • Safe and effective	ZYMAIN® Acute Injury Recovery • Anti-inflammatory enzymes • Nutrients to support healing
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PACKAGE NOT CHILD RESISTANT. KEEP OUT OF REACH OF CHILDREN.

THERAPEUTIC & NUTRITIONAL SUPPORT

\$45.00

COMBINATION PACKAGE CONTAINING TWO SUPPLEMENT FORMULAS DEVELOPED FOR AN ACUTE CARE PROTOCOL.

BENEFITS OF SALIZAIN

- A NATURAL PAIN RELIEVER
- WORKS IN CONJUNCTION WITH YOUR DOCTOR'S THERAPY
- RATED AS EFFECTIVE AS ASPIRIN, ADVIL, TYLENOL AND NARCOTICS

BENEFITS OF ZYMAIN

- REDUCTION OF INFLAMMATION AND PAIN
- SUPPORTS ACUTE INJURY RECOVERY
- SHORTENING OF REHABILITATION TIME

BARBEQUE JACKFRUIT

PREP TIME: 25 MINUTES | SERVINGS: 6



INGREDIENTS:

- 40 OUNCE JACKFRUIT IN WATER OR BRINE (DRAINED AND RINSED)
- 1 LARGE WHITE ONION
- 2 CLOVES OF GARLIC MINCED
- VEGETABLE BROTH TO USE TO AVOID STICKING
- COLESLAW WITH APPLES
- HEALTHY BBQ SAUCE (BELOW) OR YOUR CHOICE OF BBQ SAUCE
 - 1 WHITE ONION DICED
 - 2 CLOVES GARLIC MINCED
 - 2 TBSP ORGANIC TOMATO PASTE
 - 15 OZ ORGANIC TOMATO SAUCE
 - 4 TBSP PURE MAPLE SYRUP
 - 1 TBSP VEGAN WORCESTERSHIRE SAUCE
 - 2 TSP APPLE CIDER VINEGAR
 - 1 1/2 TBSP MOLASSES
 - 1 TSP DIJON MUSTARD
 - 1/2 TSP PAPRIKA
 - 1/2 TSP PEPPER
 - 1/4 TSP CAYENNE PEPPER
- INSTRUCTIONS: SAUTE ONIONS AND GARLIC UNTIL TRANSLUCENT, COMBINE ALL OTHER INGREDIENTS, BRING TO A BOIL, REDUCE TO SIMMER, COOK 20 MINUTES ON SIMMER

DIRECTIONS

- STEP 1: SLICE ONIONS INTO THIN SLIVERS
- STEP 2: SAUTE SLICED ONIONS AND GARLIC IN A NON-STICK SKILLET (USE VEGETABLE BROTH TO AVOID STICKING)
- STEP 3: DRAIN AND RINSE CANNED JACKFRUIT
- STEP 4: PUT ALL THE JACKFRUIT INTO A FOOD PROCESSOR WITH A LARGE BLADE AND PULSE UNTIL SHREDDED
- STEP 5: WHEN ONIONS & GARLIC ARE BROWNED, ADD SHREDDED JACKFRUIT TO THE SKILLET
- STEP 6: COOK ON MEDIUM, STIRRING UNTIL JACKFRUIT IS COMPLETELY DRIED OUT (ADD VEGETABLE BROTH WHILE COOKING TO AVOID STICKING)
- STEP 7: ALL FLUIDS SHOULD BE DISSIPATED BEFORE ADDING BBQ SAUCE
- STEP 8: ADD AS MUCH BBQ SAUCE AS YOU LIKE UNTIL THE JACKFRUIT IS COATED
- STEP 9: YOU CAN SERVE ON BUNS, WRAPS OR EVEN AS A SALAD TOPPING!

NUTRITION FACTS PER SERVING

227 CALORIES | 0.5G FAT | 58G CARBS | 1G PROTEIN

*Recipe sourced from www.kathysvegankitchen.com!

JACKFRUIT OFFERS SEVERAL KEY NUTRIENTS, INCLUDING FIBER, PROTEIN, VITAMIN C, B VITAMINS, AND POTASSIUM! THOSE NUTRIENTS CAN HELP YOU MANAGE YOUR WEIGHT AND BLOOD SUGAR, PROMOTE HEALTHY SKIN, AND KEEP YOUR HEART HEALTHY!

