

MONTHLY NEWSLETTER

West Milford Chiropractic & Wellness



HELLO AUGUST!

As we bid farewell to the warmth of July and welcome the pleasant August breeze, it's time for our exciting back-to-school newsletter! We hope you've been cherishing your summer moments, but now it's time to gear up for new beginnings and fresh challenges. To kickstart the back-to-school season with a burst of excitement, we are thrilled to announce a raffle giveaway that is open to all our cherished patients and their extended circles of family and friends.

We understand that this time of year can be stressful, which is why our focus this month is on tension relief. Our team has prepared a comprehensive guide of exercises and stretches designed to alleviate the pressures that come with the back-to-school hustle. Whether you're a student, a parent, or a professional, these simple yet effective techniques will help you find calmness amidst the chaos. In this edition, we delve into the subject of headaches and explore conservative approaches to managing them. From relaxation techniques to lifestyle adjustments, we've got you covered with proven strategies to soothe those aching temples.

As summer's heat lingers on, we've got a delightful treat for you! Our newsletter wouldn't be complete without a scrumptious recipe, and this month, we bring you a refreshing Watermelon Mint Salad. Bursting with hydrating goodness and tantalizing flavors, it's the perfect way to savor the last sweet moments of summer!

BACK-TO-SCHOOL PATIENT GIVEAWAY!

Getting ready to head back to school or know a family or friend who is? Submit a Raffle Ticket into the jar for your chance to WIN a Back-to-School focused Basket!!



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Hello August & Back-to-School Patient Giveaway!

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TENSION RELIEF STRETCHES & EXERCISES



SUBOCCIPITAL STRETCH WITH CHIN OVER PRESSURE

Retract your head and apply gentle over-pressure with one hand on your chin. Place your other hand on the back of your head and apply a forward and downgrade force to cause a small rotation to stretch the small muscles on the back of your head.

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

SCALENE STRETCH - HANDS ON CHEST - DEEP ANTERIOR NECK FLEXOR STRETCH

Place your hands 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 3 Times | Hold 15 Seconds | Complete 3 Sets | Perform 1 Time A Day



SELF MASSAGE DOUBLE BALL (PEANUT) - SUBOCCIPITALS

Lie on your back. Place a rolled up towel under the curve of your neck. Then place a double lacrosse ball or 2 tennis/racquetballs taped up together at the base of your skull. Next, move your head in small movements. You can nod up and down, rotate side-to-side or perform small circles.

Hold 30 Seconds | Complete 3 Sets | Perform 1 Time A Day



Conservative Approaches to Managing Headaches

BY JUSTIN DI MAIO

Headaches are a common ailment experienced by people of all ages. While they can vary in intensity and duration, they often disrupt daily life and productivity. While medication can provide relief, conservative management options offer a holistic approach to alleviate headache symptoms and prevent their recurrence. In this article, we discuss various conservative strategies that can be employed to manage headaches naturally and promote overall well-being.

1. Identify Triggers:

Understanding the triggers that contribute to your headaches is crucial in managing them conservatively. Keep a headache diary, noting down potential triggers such as certain foods, stress, lack of sleep, or environmental factors like loud noises or strong odors. Identifying and avoiding these triggers can significantly reduce headache frequency and severity.

2. Maintain a Regular Sleep Schedule:

A consistent sleep routine is essential for preventing headaches. Aim to get 7-8 hours of uninterrupted sleep each night, and establish a regular sleep schedule by going to bed and waking up at the same time every day. Create a soothing environment in your bedroom, minimizing noise and light disruptions.

3. Stay Hydrated:

Dehydration is a known trigger for headaches. Make sure to drink an adequate amount of water throughout the day, aiming for at least eight glasses of water. Avoid excessive consumption of caffeinated beverages and alcohol, as they can contribute to dehydration and trigger headaches.

4. Practice Relaxation Techniques:

Stress and tension are common contributors to headaches. Engage in relaxation techniques such as deep breathing exercises, meditation, yoga, or progressive muscle relaxation to alleviate stress and promote a sense of calmness. Regularly practicing these techniques can prevent the onset of headaches.

5. Exercise Regularly:

Regular physical activity can help reduce the frequency and intensity of headaches. Engaging in moderate-intensity exercises like brisk walking, swimming, or cycling for at least 30 minutes most days of the week can promote overall well-being and reduce stress levels, thus minimizing the occurrence of headaches.

6. Apply Cold or Warm Compresses:

Cold or warm compresses can provide temporary relief from headaches, depending on the type. For tension headaches, applying a cold compress to the forehead or back of the neck can help constrict blood vessels and reduce pain. For migraines, a warm compress applied to the forehead or temples can help relax tense muscles.

7. Maintain a Balanced Diet:

Dietary factors play a significant role in managing headaches. Avoid skipping meals and maintain a well-balanced diet rich in fruits, vegetables and whole grains. Limit the consumption of processed foods, artificial sweeteners, and foods containing additives or preservatives, as they can trigger headaches in some individuals.

(Continued on page 4)

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8. Reach Out to a Professional

There are several different professionals that can potentially provide treatment for headaches. Chiropractic, acupuncture, massage therapy are some of the conservative approaches that people have found relief from. Neurologists are also helpful in determining a diagnosis for patients and can assist in ordering any imaging that can be useful.

While medications can be effective in providing relief from headaches, conservative management approaches provide a natural and holistic method to alleviate symptoms and prevent their recurrence. By identifying triggers, maintaining healthy lifestyle habits, and employing relaxation techniques, individuals can significantly reduce the frequency and intensity of their headaches. Embracing these conservative strategies can lead to improved overall well-being and a higher quality of life. Remember, if headaches persist or worsen, it is essential to consult a healthcare professional for further evaluation and guidance.

- Dr. Justin



UPCOMING LOCAL EVENTS:

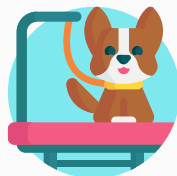
New Jersey State Fair
Sussex County Fairgrounds
FRIDAY AUGUST 4TH -
SATURDAY AUGUST 12TH

Lokai Rose Teen Trip
(Grades 7-12) to Sandy Hook
MONDAY AUGUST 7TH

Pick Your Own Apples &
Pears - Opening Weekend at
Warwick Valley Winery!
SATURDAY AUGUST 26TH

Wellness Family Festival at
Macopin Middle School
SATURDAY SEPTEMBER 23RD

Local Business Feature:



ULTIMUTT GROOMER

WHERE TAILS ARE WAGGIN' & PETS ARE BRAGGIN'!

973.657.2313

PROFESSIONAL, HIGH QUALITY
DOG GROOMING

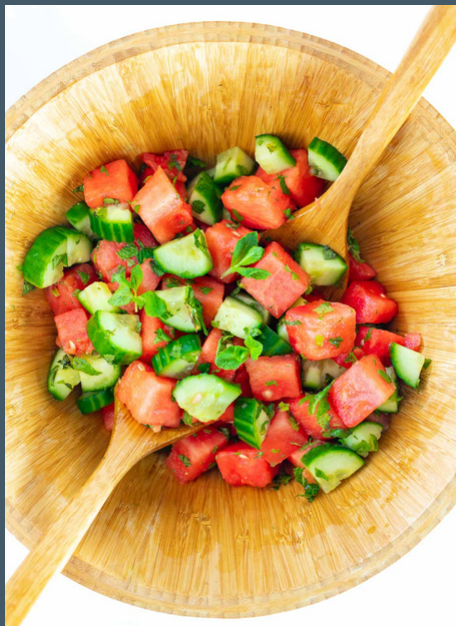
ONE-ON-ONE GROOMING
NO CRATES OR CAGES!

OFFERING A FULL
GROOMING OR BATH &
TIDY PACKAGE!



LOCATED RIGHT IN WEST MILFORD & ACCEPTING NEW CLIENTS!
ULTIMUTTGROOMERNJ@GMAIL.COM

WATERMELON MINT SALAD



PREP TIME: 10 MINUTES | SERVINGS: 5

INGREDIENTS:

- 5 CUPS WATERMELON, CUBED
- 1 ENGLISH CUCUMBER, CHOPPED INTO BITE SIZED CHUNKS
- 1 LARGE HANDFUL FRESH MINT, SHREDDED FINELY
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 2 TABLESPOONS LEMON JUICE
- 1 TABLESPOON MAPLE SYRUP
- 1/4 TEASPOON FRESHLY GROUND BLACK PEPPER, OR TO TASTE
- OPTIONAL: VEGAN FETA CHEESE, AS MUCH OR AS LITTLE AS YOU LIKE!

NUTRITION FACTS PER SERVING

125 KCALORIES | 6G FAT | 19G CARBS | 2G PROTEIN

DIRECTIONS

STEP ONE: ADD THE CHOPPED WATERMELON, CUCUMBER AND MINT TO A LARGE SALAD BOWL.

STEP TWO: MIX OR SHAKE THE OLIVE OIL, LEMON JUICE, MAPLE SYRUP AND BLACK PEPPER UP IN A SMALL JAR OR BOWL.

STEP THREE: POUR OVER THE DRESSING AND TOSS TO COMBINE.

STEP FOUR: SPRINKLE OVER THE OPTIONAL FETA IF USING, THEN SERVE IMMEDIATELY.

NOTE: WATERMELON SALAD IS BEST EATEN ON THE DAY IT'S MADE SO TRY TO SCALE MY QUANTITIES UP OR DOWN AS NECESSARY SO YOU DON'T END UP WITH MUCH LEFTOVER.

WHEN ITS HOT, THE LAST THING
YOU WANT TO DO IS DEAL WITH A
LOAD OF PREP WORK OR
COOKING. THIS SALAD IS READY
IN A FLASH AND IT'S SUPER
HEALTHY AND HYDRATING TOO!!

*RECIPE SOURCE FROM AVIRTUALVEGAN.COM!

