

VOL. 1 ISSUE 4 · SEPTEMBER 2023


# MONTHLY NEWSLETTER


West Milford Chiropractic & Wellness


Welcome to the September Newsletter:

## Embrace Wellness and Conquer Upper Cross Syndrome!

As we transition into the colorful embrace of autumn, we're excited to bring you another edition of our monthly newsletter packed with insightful articles, expert tips, and exciting updates. This September, we're putting the spotlight on a prevalent concern that often goes unnoticed: Upper Cross Syndrome.

 Upcoming Wellness Festival: Save the Date! Mark your calendars for an event that promises to rejuvenate your mind, body, and soul. Our highly anticipated Wellness Festival is just around the corner! Join us for a day of holistic wellness exploration, where we'll delve into various practices that can transform your well-being. This festival is all about celebrating your journey towards optimal health!

 Conquering Upper Cross Syndrome: Stretches and Exercises for a Stronger You! In our constant pursuit of well-being, we often find ourselves tethered to screens and desks, leading to postural imbalances like Upper Cross Syndrome. This month, our experts shed light on this issue and guide you through a series of effective stretches and exercises to counteract its effects. Learn how to release tension, strengthen key muscles, and restore balance to your upper body. Say goodbye to those nagging aches and pains – it's time to stand tall and confident!

 The Healing Touch: Exploring the Benefits of Massage In a world that's constantly on the move, finding moments of relaxation and restoration is crucial. From reducing stress and anxiety to promoting circulation and muscle recovery, the healing touch of massage can be a game-changer on your wellness journey.

Thank you for joining us in our quest for a healthier, happier life. Remember, wellness is a journey – and we're here to guide you every step of the way!

Save the Date

at Macopin Middle School  
70 Highlander Drive, West Milford, NJ

## Wellness Family Festival

Saturday, September 23rd, 2023  
10:00am - 2:00pm



More information  
on Page Six!



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PAGE 01

## Upper Cross Syndrome (UCS)

BY DOCTOR NICOLE TORP

In the honor of back to school month, let's talk about upper body posture! Upper Cross Syndrome (UCS) is something that affects most of us to some degree. This is an imbalance in muscles that cause instability, resulting in being prone to pain and injury in shoulders, neck, and upper mid back, as well as experiencing headaches.

When our arms are in front of us, it is shortening the pec muscles in your chest. These muscles become overactive, creating the antagonist postural muscles in your back to become deactivated. As a result, shoulders roll forward which means your head goes forward. This over works the upper traps to keep our head up, deactivating our deep neck muscles in the front. This creates the "cross" as seen in the picture.

Our stretches and exercises provided are intended to correct these muscular imbalances. We recommend doing these exercises every day, especially if you are going to be doing a lot of forward activity (desk/computer work, driving, manual labor, caring for a child, etc).

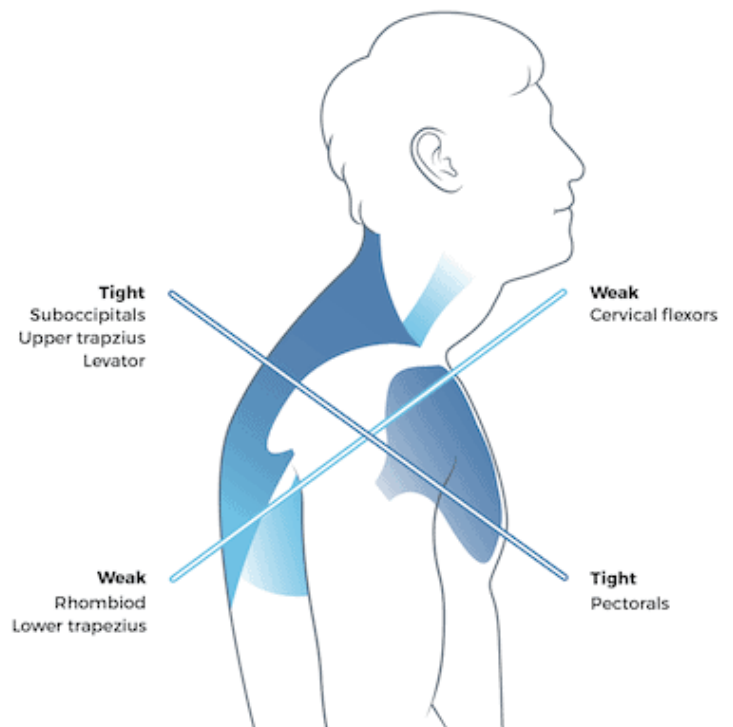
In addition to balancing muscles, it's also important to make sure you have full range of motion in your spine and shoulders. Adjustments

help with this to ensure the joints are functioning to the best of their ability.

Between the stretches, exercises, and adjustments, you should be in your best shape to perform your daily activities, whether it's back to school, retirement, or anywhere in between!

I hope everyone had a happy and fulfilling summer, and is ready to start looking forward to spooky season!

- Dr. Nicole



# UPPER CROSS SYNDROME

## STRETCHES & EXERCISES



### WALL ANGELS

Standing in slight squat tilt pelvis backwards to make back flat against wall. Slowly raise arms over head keeping the elbow, wrist, and hand in contact with wall and not arcing back. Maintain spine contact with wall throughout the entire exercise.

Repeat 10 Times

### PEC STRETCH

Place arms on the door way with your legs in a stride. Slowly lean forward until a stretch is felt in the anterior portion of shoulders

Hold 30 Seconds



### CHIN TUCK

Seated in chair with good posture, place two finger on chin. Pull chin straight back, giving yourself a "double chin". Apply overpressure with your fingers. You should feel a slight pressure or pull at the base of your skull.

Hold 5 Seconds | Repeat 10 Times

### UPPER TRAP STRETCH

While sitting in chair, hold the seat with one hand and bend your head towards the opposite direction for a gentle stretch to the side of the neck.

Hold 30 Seconds



## CASHEW MAC AND CHEESE

PREP TIME: 20 MINUTES | SERVINGS: 4



### INGREDIENTS:

- 12 OZ PASTA
- 1 CUP RAW CASHEWS (SOAKED IN WATER FOR 1-2 HOURS OR BOILING WATER FOR 10 MINUTES)
- 1/2 CUP WATER (MORE IF NEEDED)
- 3 TABLESPOONS LEMON JUICE
- 3 TABLESPOONS COCONUT CREAM
- 2 TABLESPOONS WHITE MISO PASTE
- 2 TABLESPOONS DICED PIMENTOS
- 1 TEASPOON GARLIC POWDER
- 2 TEASPOONS ONION POWDER
- 4-6 TABLESPOONS NUTRITIONAL YEAST
- 1 TEASPOON DIJON MUSTARD

### TOPPINGS:

- FRESH PARSLEY
- VEGAN PARMESAN

### NUTRITION FACTS PER SERVING

240 KCALORIES | 15G FAT | 16.5G CARBS | 13.25G PROTEIN

## DIRECTIONS

**STEP ONE: COOK PASTA TO PACKAGE DIRECTIONS**

**STEP TWO: BLEND ALL OF THE INGREDIENTS TOGETHER IN A HIGH-SPEED BLENDER. ADD MORE WATER OR NUTRITIONAL YEAST IF NEEDED**

**STEP THREE: DRAIN PASTA AND TOP WITH SAUCE AND TOPPINGS**

**OPTIONAL ADDITIONS: BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS OR OTHER VEGGIES OF CHOICE**

**BLENDING TIPS: WHEN BLENDING THE SAUCE, IT'S BETTER TO ADD THE WATER A LITTLE AT A TIME TO GET A NICE CONSISTENCY - YOU DON'T WANT IT TOO WATERED DOWN. ALSO THE NUTRITIONAL YEAST FLAVOR CAN BE TOO MUCH FOR SOME PEOPLE SO ADD UP GRADUALLY. USE A HIGH SPEED BLENDER WHEN ADDING THE CASHEWS.**

**COCONUT CREAM: TO GET THE COCONUT CREAM, PUT A CAN OF COCONUT MILK IN THE FRIDGE FOR 5-10 MINUTES. OPEN THE CAN AND SCOOP OUT THE HARD CREAMY PART.**

YOU WON'T MISS THE DAIRY  
IN THIS CREAMY VEGAN  
CASHEW MAC AND CHEESE.  
CASHEWS MAKE THIS  
SAUCE VELVETY AND  
PERFECT FOR A QUICK YET  
HEALTHY WEEKNIGHT MEAL!

\*RECIPE SOURCED FROM  
[VNUTRITIONANDWELLNESS.COM!](http://VNUTRITIONANDWELLNESS.COM)





To Schedule an Appointment with Stacy

Call or Text: 201-452-2054

Convenient Online Scheduling:

[www.angelictouch.massagetherapy.com](http://www.angelictouch.massagetherapy.com)

Located here at West Milford Chiropractic & Wellness!

1554 Union Valley Road | West Milford, NJ

Massage therapy offers numerous benefits that contribute to overall well-being. Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing this stress, which translates to:

1. Decreased Anxiety: Massage helps stimulate the release of endorphins, which are natural mood regulators. It also reduces the levels of stress hormones like cortisol and adrenaline, promoting a sense of relaxation and calmness, thereby decreasing anxiety.
2. Enhanced Sleep Quality: Through relaxation and the release of tension, massage encourages the body to enter a parasympathetic state—the "rest and digest" mode. This shift in the nervous system can lead to improved sleep quality, as the body is better able to transition into deep and restorative sleep phases.
3. Greater Energy: Massage increases blood flow and oxygenation to muscles and tissues. This improved circulation helps the body remove waste products more efficiently and delivers nutrients, ultimately leading to revitalization and a feeling of increased energy.
4. Improved Concentration: The relaxation induced by massage can lead to improved mental clarity and focus. When the body is free from physical tension, the mind can also operate more efficiently, allowing for enhanced concentration and cognitive function.
5. Increased Circulation: Massage techniques like kneading and friction stimulate blood flow, aiding in the transportation of oxygen and nutrients to cells while removing waste products. This enhanced circulation supports overall health and helps prevent muscle stiffness and soreness.
6. Reduced Fatigue: By relieving muscle tension and promoting relaxation, massage can help alleviate feelings of fatigue. The physical and mental relaxation achieved during a massage session can lead to increased vitality and reduced overall fatigue.

Massage can also help specifically address a number of health issues; Alleviate **low back pain** and improve range of motion, enhance **immunity** by stimulating lymph flow, increase **joint flexibility**, reduce **spasms and cramping**, help **athletes** of any level prepare for or recover from strenuous workouts, relieve **migraine** pain, and MORE!

### Services Offered at Angelic Touch Massage:

Swedish | Medical | Reflexology

Acupressure | Deep Tissue | Pre-natal

*Create Balance within your Body, Mind & Spirit*



# Free Event!

SATURDAY

September 23rd, 2023

10:00am - 2:00pm

Macopin Middle School  
70 Highlander Drive  
West Milford, NJ



# Wellness Family Festival joins Chuck Eninger Health Fair

*growing our community together*

**Health Screenings & Education**

**Wellness Providers for Your Mind, Body & Spirit**

**Twin Oaks Entertainment**

**Massage - Reiki - Photo Booth - Service Dogs**

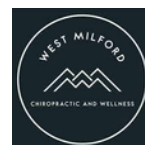
**Children's Corner**

**Bounce House - Games - Face Painting - Superheroes**

**Balloon Animals with Candy the Clown**

**Prizes - Snacks and much MORE!!**

For more information contact Highlands Family Success Center (973) 506-6575



West Milford Health Advisory Board

