

VOL. 1 ISSUE 5 · OCTOBER 2023

MONTHLY NEWSLETTER

West Milford Chiropractic & Wellness

Welcome to the October Newsletter: **Stepping into the Season of Fall!**

As we embrace the beauty of autumn, we're here to guide you on how to keep your spine in top shape, ensuring you're ready for all the exciting activities this season has to offer. Inside, you'll find a collection of essential stretches designed to relieve any discomfort and keep your spine in excellent condition. And for those looking to indulge in some delightful fall-inspired cuisine, we've got a mouthwatering ten-minute vegan pumpkin pasta recipe that will surely satisfy your taste buds.

In this issue, we're also shedding light on the remarkable benefits of Acupuncture and Collagen Induction Therapy, two holistic approaches that can enhance your overall well-being. Whether you're seeking pain relief or rejuvenation, these therapies may hold the key to a healthier you.

Lastly, we're thrilled to introduce you to a local business, Diamond Elite Academy, a softball and pitching clinic that's making waves in our community. Their dedication to skill development and excellence in the sport is truly inspiring, and we can't wait to share their story with you.

So, settle in with your favorite pumpkin spice latte, and let this October newsletter be your guide to a vibrant and spine-healthy autumn season!



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Maintain a Healthy Spine This Fall Season

BY DOCTOR JUSTIN DI MAIO

As the leaves change colors and we begin to see temperatures drop, we welcome the beautiful season of fall. With the many great activities this area has to offer during this time of year, it is important to be mindful of the potential strain these activities may have on your body. We'll go over some quick tips to make sure you and your spine are prepared for these.

1. Raking leaves: Once that first leaf falls, the rest will fall quickly. Raking may be a good workout for your body, but the position you are in will determine how you are feeling the next day. Make sure to bend at your knees, keep a straight back and alternate sides of raking. Keeping balanced, no matter how awkward it may feel, can help prevent excessive strain to one side of your back.
2. Backpack awareness: Even with the rise of technology, we still see patients coming into the office complaining of back pain as a result of carrying too much weight in their backpacks. Use this month to come up with a plan on how to avoid overloading your backpack. Use those shoulder straps and waist belts to your advantage.

3. Apple picking/pumpkin picking: Heading up to Warwick for some apple picking? Make sure you plan accordingly. Expect hills, uneven ground and reaching in positions you aren't used to. Doing some stretches, wearing proper footwear and being aware of the possible terrain is important to making sure you are able to enjoy these activities.

Remember, prevention is a great way to maintain a healthy spine. By incorporating these tips into your fall routine, you can enjoy this season's activities to the fullest.

If you have any questions or concerns about spine health or would like to schedule an appointment, we are here to help. Reach out to our team at West Milford Chiropractic and Wellness to book your consultation.

Have a great autumn!

- Dr. Justin

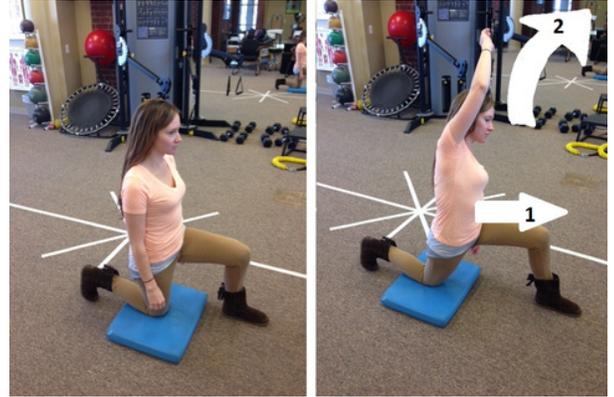


HEALTHY SPINE STRETCHES & EXERCISES

HIP FLEXOR STRETCH (WITH LEAN)

Begin in a half-kneeling position (you may want to use a pad or pillow for cushion). Squeeze your butt muscles, then lean forward so your hips move over the knee that is down until you feel a stretch in the front of your trailing thigh. Then lean your body away from the trailing leg.

Repeat 1 Time | Hold 20 Seconds



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

QUADRUPED T-SPINE ROTATION

Start on your hands and knees. Place your left hand on the back of your head. Then touch your left elbow to your right forearm. Next, bring the left elbow back and behind you as you rotate and extend through your upper back. Try pulling your left shoulder blade towards your spine as you lift the elbow up. Perform ten repetitions

Repeat 10 Times | Hold 3 Seconds | Complete 3 Sets



10-MINUTE VEGAN PUMPKIN PASTA



PREP TIME: 10 MINUTES | SERVINGS: 4

INGREDIENTS:

- 8 OZ OR 2/3 BOX OF PASTA, COOKED
- 3 TABLESPOONS OIL
- 1/2 ONION, CHOPPED
- 3 GARLIC CLOVES, CHOPPED
- 2 TABLESPOONS FLOUR
- 1 1/2 CUP PUMPKIN PUREE
- 1/4 CUP COOKING PASTA WATER (RESERVED)
- 1/4 CUP STOCK/WATER
- 1 TEASPOON SALT
- 1 TEASPOON PEPPER
- 1/4 TEASPOON NUTMEG
- 1/4 TEASPOON CINNAMON
- 1/2 TEASPOON DRIED THYME

NUTRITION FACTS PER SERVING
200 CAL | 11G FAT | 22G CARBS | 4G PROTEIN

HEALTH BENEFITS OF PUMPKIN:

- HEART HEALTH
- EYE HEALTH
- BOOSTS IMMUNE SYSTEM
- CONTAINS CANCER FIGHTING CAROTENOIDS
- FIBER KEEPS YOU FEELING FULL LONGER
- SEEDS HELP WITH REDUCED RISK OF CANCER, IMPROVED BOWL & PROSTATE HEALTH, & LOWER RISK OF HEART DISEASE

*ACCORDING TO THE CLEVELAND CLINIC

DIRECTIONS

STEP ONE: HEAT OIL IN A LARGE PAN OVER MEDIUM HEAT AND ADD THE ONION & GARLIC AND SAUTE UNTIL TRANSPARENT AND FRAGRANT, AROUND 5 MINUTES

STEP TWO: ADD FLOUR TO THE PAN & STIR TO COMBINE. THE FLOUR SHOULD BE CLUMPY AROUND THE ONION & GARLIC. COOK FOR 30 SECONDS & POUR IN PASTA WATER, STOCK/WATER, & PUMPKIN PUREE. BRING MIXTURE TO A SIMMER FOR 3 MINUTES.

STEP THREE: TRANSFER PUMPKIN SAUCE TO A BLENDER & PUREE UNTIL SMOOTH. RETURN THE SAUCE TO THE POT & ADD IN ALL OF THE SPICES & STIR TO COMBINE. INCORPORATE THE PASTA NOODLES & TOSS UNTIL THEY ARE COATED IN THE SAUCE.

STEP FOUR: SERVE TOPPED WITH VEGGIES SUCH AS SAUTEED SPINACH, MUSHROOMS, & SWISS CHARD. TOP WITH VEGAN PARMESAN IF DESIRED!

*RECIPE SOURCED FROM WOWITSVEGGIE.COM!

Acupuncture & Collagen Induction Therapy

Julia Theoharous, L. Ac., Dipl. Ac.

Licensed and Board Certified Acupuncturist

To Schedule an Appointment:

Call or Text: 973-769-7805

Benefits of Acupuncture:

- Can alleviate both acute and chronic pain conditions
- Help reduce stress and anxiety by promoting relaxation and the release of endorphins
- Improve sleep quality and address insomnia
- Regular sessions can boost the immune system making the body more resilient against illnesses (especially valuable in cold and flu seasons!)
- Aid in improving digestive function
- Addresses the root causes of health issues, promoting overall well-being and long-term health
- Supportive treatment for individuals undergoing in vitro fertilization (IVF) or struggling with fertility issues

Benefits of Collagen Induction:

- Encourages collagen production
- Minimizes fine lines and wrinkles
- Reduces hyperpigmentation (including melasma, age spots, and sun damage)
- Smooths scar tissue (including acne scars, pitted scars, box scars and stretch marks)
- Improves overall tone and texture of skin while reducing redness
- Tightens and firms skin laxity
- Minimizes appearance of pores
- Increases product absorption by up to 3000%
- Yields long lasting results with initial four to six treatments to start and twice per year for maintenance

Located here at West Milford Chiropractic & Wellness!

1554 Union Valley Road | West Milford, NJ



NORTH JERSEY SOFTBALL TRAINING



PRIVATE PITCHING LESSONS | BATTING/FIELDING LESSONS | TEAM TRAINING & GROUP CLINICS

UPCOMING CLINICS:

SOLD OUT

- COLUMBUS DAY CLINIC ON MONDAY 10/9 FROM 9AM-12PM AT DIAMOND ELITE FACILITY
- FREE WEST MILFORD SOFTBALL CLINIC ON SUNDAY 10/15 FROM 2PM-4PM, LOCATION TBD
- TEACHERS CONVENTION CLINIC ON 11/9 FROM 9AM-12PM AT DIAMOND ELITE FACILITY



**TO RESERVE A SPACE SCAN QR CODE,
TEXT 973-907-3344 OR EMAIL AT
DIAMONDELITEACADEMY8@GMAIL.COM**

6 INDUSTRIAL ROAD, UNIT 12, PEQUANNOCK, NJ



@DIAMOND_ELITE_SOFTBALL