

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- laser hair removal
- orthotics

satisfying summer snacks

by Mary Bamford
Registered Dietitian

Long hot summer days lend themselves to invigorating outdoor activity and relaxing late night dinners. Choosing an afternoon snack that fits your day can satisfy your taste buds and your good health.

Why Snack?

Snacks fuel your body between meals. Just as your car works best with fuel in the tank, so does your body. And it is not just calories your body needs, it also needs disease-fighting nutrients such as vitamins, minerals, fiber and phytochemicals.

Snacking Keeps you Lean

When you eat small to moderate amounts of food every three to five hours, your body burns the food as you eat it.

In contrast, when you skip meals or snacks, you force your body to burn your muscle for fuel—Yes, that includes your hard earned biceps, abdominal muscles and quadriceps. Even if you maintain a healthy weight with this eating pattern, your body will be softer with more fat and less muscle.

If you are not hungry four to five hours after a meal, it is likely your meal was too large. Break it up into a meal and a snack.

Plan Your Snacks Based on Time, Taste and Health

An excellent snacking strategy is to save your treats for when you have time to fully appreciate the experience. So make your fast food, healthy food. Make your slow food delicious, flavourful and worth savouring. Slow food can be healthy and delicious, or just decadently delicious.

Stock Your Home with Great Ingredients

The best way to get in the habit of snacking well is to have good ingredients on hand. Summer is the time to enjoy the full flavour, variety and convenience of local foods in season.

When you are cooking, relish leftovers. They create flavourful ingredients for satisfying snacks.

For example when you are barbecuing, grill extra vegetables, fruit and meat. Make plenty of fresh pesto while basil is in season (until October). Keep frozen shrimp, smoked salmon and moderate fat cheeses like feta, ricotta and brie on hand. Try hemp or sesame oils on pasta or quinoa salads.

With great ingredients on hand, you just might surprise yourself with the satisfying and complex flavours you create for your sandwiches, salads, hors d'oeuvres and pizzas. Bon appetit!

If you want to learn more healthy snacks, flavourful ingredients and staple recipes that suit your tastes and lifestyle, contact Mary about a free individual or group consultation.





i didn't do anything so why am i in pain?

by Dr. David Lee, Chiropractor

What is the most common cause of injury or pain for an average person? Most people tie injuries to a traumatic incident such as a fall, car accident, or sports injury. However, the average person who comes into my office complains of pain or injury while expressing a common frustration:

“I haven't had a single episode of back pain in my life. Then one day, I bent over to pick up a pencil, and now I can't straighten up without excruciating pain. Or, one day I woke up with extreme neck pain and now I can't move my head. I don't do any strenuous activities or sports, nor have I experienced any trauma recently. How could this have happened?”

For a patient entering my office with this particular scenario, my first line of investigation would be to determine if they've incorporated a regular stretching and strengthening program into their lifestyle. Years of clinical experience with the average individual who doesn't stretch or strengthen regularly has revealed this to be the primary culprit for unexplainable injuries and pain.

For many people, pain usually occurs because some muscles are tight and others are weak, resulting in muscular imbalance. This is why I am a strong advocate of incorporating a regular stretching routine to address tight muscles which can result from overuse, stress or genetics, as well as a comprehensive exercise routine incorporating core strengthening to address the weak muscles.

If these are not maintained regularly, you are likely to experience an episode similar to the one I described above.

If you fit the scenario above, there are highly effective options to pain medications or learning to live with the pain. Feel free to contact me for an appointment or a free consultation to find out how Active Release Technique and Chiropractic care can resolve your muscle and joint injuries. Once the pain is resolved, I will guide you in finding the road to prevention.

If you have never incorporated regular exercise into your daily life but have also never experienced significant pain to date, you may be playing Russian roulette with your health. As I've witnessed many times in my office, one day you may perform an ordinary task and find yourself in debilitating pain only to face a long and frustrating road back to health.

Take responsibility for your health now and invest in prevention (ie., personal training, pilates) for your future. Good health and a life free of unnecessary pain will not only benefit you, but everyone else around you, for a long life to come.



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