

FALL 2011



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## New in the Office!

## Welcome Grace!

Welcome Grace Manabat ! Grace is our new massage therapist and we are excited that she has joined our clinic. She is accepting new patients and is currently booking on Mondays , Tuesdays, Fridays and Saturdays .

## Office Raffle!

We will enter you into a draw to win a \$50 gift card to Earls. All you need to do is fill out a testimonial and return it to us. It's as simple as that. Join in on the contest and best of luck to each of you.

Contest is running from October 1st to November 15th.

## Office Hour Changes

The office will be closed on: Saturday, October 8th 2011  
Monday, October 10th 2011

Dr. Gdanski will be in the office from 8-11 and 3-6 on October 11th



Computer Vision Syndrome refers to a range of eye and vision problems with prolonged use of computer or other digital screens. It doesn't result in permanent damage, it's common, affecting about three-quarters of computer users. The eyes have a difficult time focusing on pixels and end up straining and relaxing over and over again as a result. This constant flexing of the focusing muscles (those of the Ciliary body) can lead to fatigue and spasms.

#### Preventing CVS

Even for those who spend their work days and much of their downtime glued to a laptop or a cell phone, much can be done to avoid computer vision syndrome.

- Blink Often
- Use the 20-20-20 rule: every 20 minutes, look away from the computer for at least 20 seconds and fix your gaze on something 20 feet away
- Avoid glare and reflection
- Position screens ergonomically: a

Deactivates drugs— without it a few ounces of alcohol could keep you drunk for life; a moment's adrenalin rush would go on and on; pharmaceuticals would never stop altering your body chemistry

- Helps life sustaining nutrients get to your cells
- Converts food into nutrients
- Stores fats, sugars, iron, and vitamins for later use by the body
- Is the most amazing juggler in existence— creating and balancing over 13,000 chemicals and hormones
- Keeps your blood sugar levels within a safe margin and balances vitamins and minerals so your bones will stay strong and won't deteriorate
- Clears out inhaled, swallowed or

### What is CVS?

computer screen should be between 20 and 26 inches away, and the first line of text at eye level.

- Get your eyes checked.



#### Symptoms of CVS

- Eye strain
- Eye fatigue
- Dry eyes
- Burning sensation in the eyes
- Photophobia (oversensitivity to light)
- Blurry vision
- Double vision
- Headaches
- Shoulder, back, neck pain
- Squinting to read digital content
- Letters on the screen seeming to run together

- "Halos" appearing around objects on the screen
- Driving is harder or night vision is worse after computer use

#### Supplements for sight

- Antioxidants: Vitamins C and E and beta carotene are especially beneficial when combined with zinc
- Ginkgo biloba: the herb seems to improve pre-existing damage to the visual field in people with normal tension glaucoma
- Lutein: this dietary carotenoid could play a role in protecting the retina from photic damage
- Omega-3 fatty acid: helps protect against retinopathy, the deterioration of the retina
- Bilberry: to improve vision.

### What part of your body does this?

absorbed (through skin) toxins, chemicals.. And pollution. Without this constant detoxification of waste and toxins you'd be dead in less than a day

- Works 24 hours a day, seven days a week and doesn't take off for holidays
- With the exception of your skin it is the largest organ in your body and performs more than 500 functions to keep you healthy

#### If you guessed your liver...you guessed right!

When your liver is not functioning properly you may feel sluggish and possibly nauseous. Many of your organs are affected by an unhealthy liver— your eyes can be blood-shot, you can have bad breath, abdominal

bloating, poor digestion, fatigue, a coated tongue, a sluggish metabolism, excessive body heat, sugar cravings and inability to lose weight. A sluggish liver stresses the kidney, heart and brain. This is one very important organ. An important way to keep your liver healthy is to make sure your spine is healthy. Why? Because your liver, as well as your other organs, needs constant communication from your spine. A subluxation could block essential communications between your brain and body, potentially affecting liver uncton.

To keep your liver healthy stay away from drugs (whether prescribed or recreational). Many people find that doing a "liver flush" or a "liver cleanse" is a healthy practice to help the liver detoxify and rejuvenate. These are usually done when the seasons change.

# Ask the Doctors

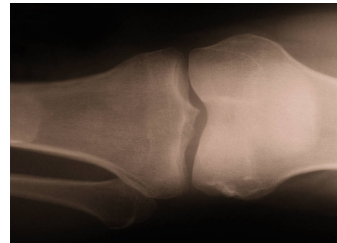
With the changing of the seasons my joints hurt. What can I do?

Joint related problems may become more noticeable not as much due to changes in seasons but more as a result of temperature changes or pressure changes.

The aches and pains we perceive as being seasonal may actually be early stages of more significant joint related issues. Usually related to some form of joint dysfunction or deterioration leading to arthritis.

Ways to improve joint function include:

Chiropractic Care: to restore proper joint and nervous system function.



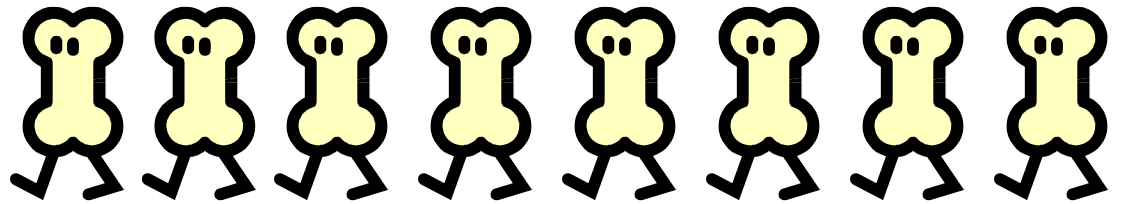
Regular Exercise: to maintain joint function and a healthy body weight.

Good Nutrition and Hydration

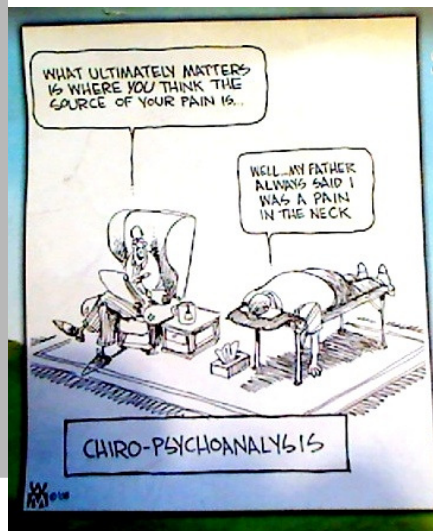
Quality Joint Supplements, such as:

- Vitamins D and E
- Essential Fatty Acids
- Glucosamine (GHC-500)
- Calcium Magnesium (Cal:mag)

Investing in your health with these action steps will improve your long term quality of life!



## Neck Care While Reading or While on the Computer



We stare at the computer  
For hours, every day.  
MySpace, Facebook and Google  
Entrapped us in their hands.

We never take a break  
To exercise ourselves.  
It seems too hard today.  
We cannot leave the Net.

The doctors give us warnings.  
But we don't give a damn.  
Too lazy for a workout,  
Too busy for a break.

I wrote this little poem  
For all the lazy men  
To make them do some movement  
And scare the pain away!

So if you need a warm up,  
But cannot leave your chair  
Re-read this text all over  
At least three times per day!



# Recipe

## Butternut Squash & Pepita Dressing

### Ingredients

- 1 1-pound loaf sourdough bread, crusts removed, cut in 1/2-inch cubes (about 10 cups)
- 1/3 cup pepitas
- 3 teaspoons butter, divided
- 2 tablespoons canola oil, divided
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 small butternut squash, (about 1 1/2 pounds), peeled, halved, seeded and diced
- 8 ounces shiitake mushrooms, stemmed, halved and thinly sliced
- 2 Granny Smith apples, peeled and chopped
- 1/2 cup tequila
- 1 tablespoon finely chopped fresh sage
- 1 [teaspoon ground](#) cumin
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 cup reduced-sodium chicken broth

### Preparation

- Preheat oven to 250 degrees F. Place bread on a baking sheet and bake, turning once, until dry and toasty but not browned, 10 minutes.
- Increase oven heat to 375 degrees F. Coat a 9-by-13-inch [baking dish](#) with cooking spray.
- Place pepitas in a small dry skillet over medium-low heat. Toast, stirring occasionally, until lightly brown and fragrant, 3 to 4 minutes. Transfer to a large bowl.
- Heat 2 teaspoons butter and 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion, celery and squash; cook, stirring often, until the onion softens, 4 to 5 minutes. Transfer the vegetables to the bowl with the pepitas.
- Return the pan to medium heat; heat the remaining 1 teaspoon butter and 1 teaspoon of the remaining oil. Add mushrooms and apples; cook, stirring frequently, until softened, about 4 minutes. Stir in tequila. (If the contents flame, cover the skillet immediately and set aside for 15 seconds or until the fire is out.) Continue cooking until most of the liquid has evaporated, about 2 minutes. Transfer to the bowl.
- Stir the toasted bread cubes, sage, cumin, salt and pepper into the vegetable mixture. Add broth; stir to moisten. Spread into the prepared baking dish and press down without compacting. Drizzle with the remaining 1 tablespoon oil.
- Cover the dressing with foil and bake for 20 minutes. Uncover and continue baking until firm and lightly browned, about 25 minutes more.