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Keep Active in Autumn

by [OASISCHIRO](#) on MAY 1, 2015 · [LEAVE A COMMENT](#)

Don't let that sudden nip in the air put your workout plans into hibernation. Instead take your exercise routine inside. You'll find a substitute for almost every outdoor exercise activity. If you love to swim outdoors during the summer, move your laps into an indoor pool.

Do you treasure summer afternoons biking around the park? [...]

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Golf Flexibility Stretch

by [OASISCHIRO](#) on MAY 1, 2015 · [LEAVE A COMMENT](#)

This exercise stretches the lower back.

Get onto all fours. Your arms should be in line with your shoulders and your legs should be in line with your hips. Arch your back and hold this position for a count of 30. Then flatten your back for the count of 30. Your eyes should be looking at the floor and your [...]

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Golf and Chiropractic

by [OASISCHIRO](#) on MAY 1, 2015 · [LEAVE A COMMENT](#)

Golf and chiropractic are a natural fit. For years, golf back pain has been accepted by golfers as some kind of badge of honour. But now golfers everywhere are beginning to realize the benefits of having regular chiropractic treatment to treat their golf back pain.

Swinging a driver or three iron at speeds of up [...]

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Arthritis and Food

by [OASISCHIRO](#) on MARCH 7, 2015 · [LEAVE A COMMENT](#)

These foods all help to reduce some aspect of inflammation include:

Omega-3 fatty acids Salmon, herring, mackerel (not king), sardines, anchovies, rainbow trout, eggs, flaxseed (ground & oil) and walnuts.

Extra-virgin olive oil Use olive oil when cooking.

Antioxidants May help prevent arthritis, slow its progression & relieve pain.

Vitamin C Guava, sweet peppers, oranges, [...]

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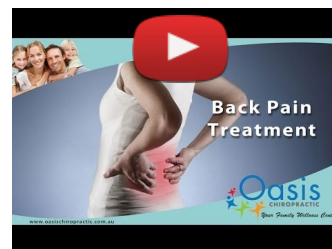
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Hip Stretch

by [OASISCHIRO](#) on MARCH 7, 2015 · [LEAVE A COMMENT](#)

The hips are another common problem area for people with arthritis.

Get on your hands and knees on a mat or comfortable carpet. Extend one leg up and out behind you and hold it in that position for five seconds. Repeat five times with each leg.

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Arthritis

by [OASISCHIRO](#) on MARCH 7, 2015 · [LEAVE A COMMENT](#)

March is Arthritis Awareness Month.

Arthritis is often referred to as a single disease. In fact, it is an umbrella term for more than 100 medical conditions that affect the musculoskeletal system, specifically the joints where two or more bones meet.

Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage (the tissue that [...])

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Shoulder Injuries

by [OASISCHIRO](#) on FEBRUARY 10, 2015 · [LEAVE A COMMENT](#)

Life can bring activities and sports that can result in some common injuries involving the shoulder. Sports such as tennis, golf, swimming, soccer, wake-boarding or water skiing, even home maintenance work can all cause shoulder problems.

The rotator cuff is comprised of a group of muscles and tendons that cross the top and back of [...]

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Stay Healthy During the Festive Season

by [OASISCHIRO](#) on DECEMBER 3, 2014 · [LEAVE A COMMENT](#)

The warmer weather is well and truly here and Christmas is fast approaching. You can feel the party vibe in the air. With a little planning, you can stay in good health while still enjoying summer and all its festivities. Travelling on the Holidays Take frequent breaks when driving long distances. It is recommended that you spend [...]

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Chiropractic and Pregnancy

by [OASISCHIRO](#) on OCTOBER 31, 2014 · [LEAVE A COMMENT](#)

Chiropractic and Pregnancy For the past hundred years, chiropractic treatment has been used by pregnant patients to assure a comfortable pregnancy, and to assist with an uncomplicated labour and delivery. There is a growing collection of research studies that support the use of chiropractic care in pregnancy. The research appears in journals published by the [...]

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World Spine Day

by [OASISCHIRO](#) on SEPTEMBER 30, 2014 · [LEAVE A COMMENT](#)

October 16th is World Spine Day. Each year, people from around the world join together to raise awareness about the importance of spinal health. This event is a regular part of the Bone and Joint Decade's Action Week. The World Spine Day theme for 2014 is "Straighten Up and Move". The emphasis is to [...]

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