

Chiropractic and Exercise

WHO WE ARE

Dr. Jon Shiels –

- Board certified by the National Board of Chiropractic Examiners and board certified in Upper Cervical Analysis and Adjusting
- Member of Fibromyalgia Centers of America, the International Pediatric Association and the Georgia Council of Chiropractic

Our Clinic –

- On-site X-rays
- Aqua Therapy
- Kid-friendly resting Room
- Brand new facility
- The latest in Chiropractic technology
- Caring staff and a relaxed, inviting atmosphere

Upcoming events:

Patient orientation is class every Thursday from 6-7 pm.
One Year Anniversary 21st
Free Spinal Screening at Folkston Rite Aid from 3pm-6pm.
Rock Shrimp Festival 25th from 9am-6pm.

Patient Birthdays:

Daren Weis, Andre Ferebee, Deborah May, Margaret Dutton, Edward Gossett, Lynn Robbins, Jeff Bergevin, Julie Horn, Ernst Prine, Nancy Combs, Nate Zickella, Lawrence Horn

Patient of the month

Allen Crothers

Thank you Mrs. Crothers for referring so many of your friends and family to our clinic.

Your Brain on Exercise

There was an astonishing article in *Newsweek* a while back about the benefits of exercise on the brain that just blew my mind/brain/cranium/noggin. Here's what I've learned from this article and further research.

Just 20 minutes of exercise

We all know that working out and exercising do amazing things for our bodies, and the benefits, in addition to weight loss and getting fit, are endless. Most of us know that when our hearts, legs, and lungs get pumping, we feel much better than if we did nothing. Turns out that doing 20 minutes or more of cardiovascular and/or high-paced resistance workouts affects every aspect of our lives.



The science behind the brain magic

The great thing about the *Newsweek* article is that it really laid out the scientific findings over the last few years.

Here's the scoop: When you're forced to pull more oxygen into the body through exercise, you break what's called the blood-brain barrier. It happens when you climb a long flight of stairs, or when you're busting through any kind of workout that gets your heart rate pumping. This oxygen-filled blood makes its way into the temporal lobe of the brain. Inside that temporal lobe is an area called the hippocampus. Inside the hippocampus lies the seahorse-shaped area known as the dentate gyrus. As you exercise, these oxygen-filled blood cells rush into this area of the brain. A chemical/protein called IGF-1 is formed and released inside the dentate gyrus, which ramps up another chemical/molecule called BDNF; both IGF-1 and BDNF are like Miracle-Gro® for the brain.

Benefits of Chiropractic care:

- Strengthening of the pelvic stabilizing muscles.
- Stretching of the hamstrings, adductors, and other overly short or tight postural muscles.
- Cardiovascular and strengthening exercises combined with chiropractic care are important in the management of lower back pain.

Exercise of the month!

This month's exercise is a great to reduce upper and mid back tension.

1. With hands clasped together at shoulder height, reach in front of you and tuck your chin down.
2. Push your hands forward stretching between your shoulder blades.
3. Hold 15 seconds.