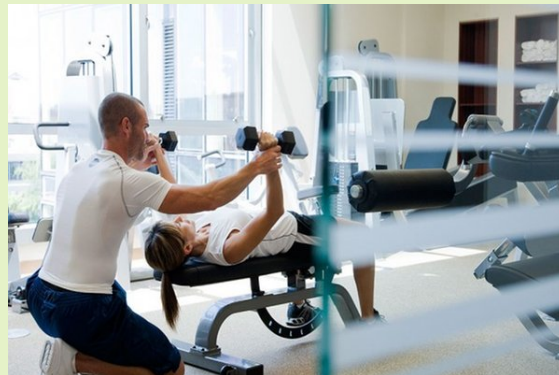




BACK to School - Without The Pain!

Greetings!

It's that time of the year again - Back to school! Summer is over, and that means carrying backpacks, shoulder bags, and sitting a little more than usual. It's never too early to start thinking about back pain and posture, and how to avoid issues with these by learning some tips and tricks.



Dr. Stephanie Adey Hons.BSc.,R.Kin,Cert.A.R.T.,Acupuncture,D.C

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www.cityviewchiropractic.com

FEATURE ARTICLE

Backpacks & Back Pain - What You Need to Know

By: Joanne Dorion

Not only does poor posture and inactivity contribute to back pain - but so does a heavy backpack! Not only for kids, but for adults as well, backpacks should be worn safely by following some of these things to keep in mind.

[Read Article Here](#)

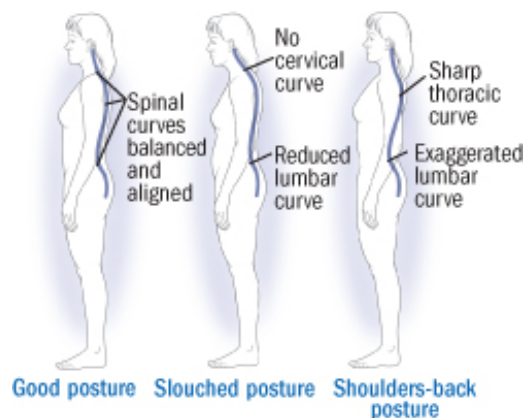


INFORMATIVE READ

Paying Attention to Your Posture

"Posture is the way you hold your body while standing, sitting, or performing tasks like lifting, bending, pulling, or lifting. If your posture is good the bones of the spine - the vertebrae - are correctly aligned".

(<http://www.health.harvard.edu/pain/4-ways-to-turn-good-posture-into-less-back-pain>)



FEATURE WORKOUT

Give Your Slouching Muscles a Little TLC with These Yoga Moves

By: Lindsay Holmes (Huffington Post)

"If you work on a computer or use your phone frequently, chances are you're hunched over while doing so"

[Read Article Here](#)



FEATURE PRODUCT

Don't Forget about Recovery!

Douglas Laboratories - Klean Electrolytes

Electrolytes are minerals (Such as sodium, potassium, and magnesium) in your blood and other body fluids that are essential to recovery and hydration. They are lost during perspiration, and it is important to keep them balanced after a workout especially in this warmer weather.

<http://www.douglaslabs.ca/products-detail-dl.cfm?litm=KA201390-120HYC>

[Product Information](#)



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