

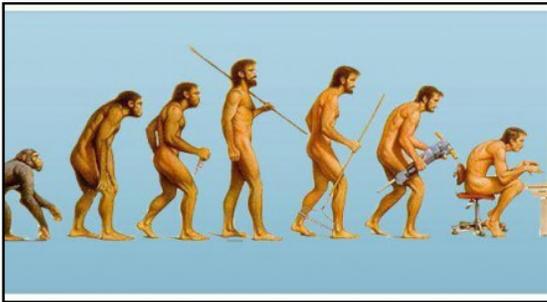


SANTIAGO CHIROPRACTIC ASSOCIATES

75 NORTH BEVERWYCK ROAD, LAKE HIAWATHA, NJ 07034
(p) 973.335.5666, (f) 973.335.6187
www.SantiagoChiropractic.com

Back to School, Back to Work

Lake Hiawatha, NJ, September 2015 — As summer slowly comes to a close, many will find themselves heading back to school or work. This often means a steady increase in hours spent sitting at a desk in front of a computer as opposed to walking on the boardwalk, hiking, biking, playing on the beach, working around the house and all of the other fun things summer allows. It's no secret that spending 9AM-5PM in a desk chair is not ideal for your body and can often result in postural or overuse/repetitive stress musculoskeletal injuries. These types of injuries effecting muscles, nerves, tendons, ligaments, joints, cartilage and spinal discs can result from recurring motions or constant interaction with improperly positioned computers or desk arrangements.



workplace injuries. These types of injuries can cost businesses between \$15 to 20 billion each year with indirect costs running as high as \$20 to 45 billion annually.

The bad news? According to the Occupational Safety and Health Association (OSHA), repetitive stress musculoskeletal disorders account for over 60% of

workplace injuries. These types of injuries can cost businesses between \$15 to 20 billion each year with indirect costs running as high as \$20 to 45 billion annually.

The good news? Work related musculoskeletal disorders are also easy to prevent. Experts agree that computer users who take at least one short break each hour can help to prevent these disorders from developing.

The problem? Who can remember/who has time for that?

A solution? Let's put the technology that tends to handcuff you to your desk to good use! These days, there are countless free programs for your computer or apps for your smart phone that you can download designed to serve as reminders to deskbound users to take scheduled breaks.

Consider trying one of the following:

For your computer: **The Ergociser** (www.ergocise.com): Choose from four predefined time intervals (15, 30, 45 or 60 minutes) and then watch an animated demonstration of an activity along with instruction and the purpose of the activity pop on your screen.

Apps for your phone: **Stand Up! The Work Break Timer:** A flexible, simple alert that will go off as you have scheduled to remind you to get up and move with easy confirmations so you can get a sense of how you are doing.

1 Minute Desk Workout: Provides quick and easy 1 minute workouts with options for if you are sitting at your desk, in a meeting or even standing.

Health@Work Lite-Workplace Reminders: A customizable app to fit into your work schedule reminding you to do the exercise of your choice, rest your eyes, drink water and even take your vitamins.



Farewell & Thank-You!

Best wishes to our summer Chiropractic Assistants, Maddie Snyder (left) and Veronica Manley (right), as they head back to Trinity College and Villanova University respectively. It was such a pleasure having you here this summer to help enhance our patients' experiences.

We wish you both the very best this year in school and on the field!





NYCC Elects Board Leadership



NEW YORK New York Chiropractic College has recently announced the new leaders who have been elected to the school's board of trustees.
CHIROPRACTIC COLLEGE

Following a June 27, 2015 meeting, the newest elected member of the board is Dr. Julie Scarano, whose three year term will begin in October. Scarano practices in New Jersey and has previously served on the NYCC Alumni Relations Advisory Council as well as an adjunct postgraduate faculty member.

One of the first chiropractic colleges in the nation, NYCC was founded in 1919 as Columbia Institute of Chiropractic. The college offers master level programs in acupuncture, Oriental Medicine, Clinical and Human Anatomy, Applied Clinical Nutrition and Diagnostic Imaging.



How to Fall Asleep in Under 1 Minute

According to an American Psychological Association study titled *Stress in America*, more than 50% of Millennials (a.k.a. Generation Y) report to have been kept awake at least one night over the course of the past month due to stress. Why does stress affect our sleep? Stress is widely recognized as the body's response to potentially harmful situations, whether real or imagined. Although the effects of stress vary from person to person, general reactions include quickened breathing, tightening muscles, spiked blood pressure and an increased heart rate. Many stressed out individuals will have trouble falling asleep because they feel the weight of these symptoms most heavily at night.

One way to help curb these symptoms and even help you fall asleep faster is through mindful breathing practices. Breathing can have a strong influence on physiology, thought processes and even mood. By simply focusing your attention on your breathing, you can move in the direction of relaxation. Try this simple trick—known as the “4-7-8” Exercise:



1. Place the tip of your tongue against the tissue ridge right above your upper front teeth. Keep it there for the remainder of the exercise.
2. Exhale completely through your mouth, making a whoosh sound as you do so.
3. Close your mouth and inhale slowly through your nose while mentally counting to four.
4. Hold your breath for a mental count of seven.
5. Exhale completely through your mouth for a mental count of eight. Make the same whoosh sound from Step Two.
6. This concludes the first cycle. Repeat the same process three more times for a total of four renditions.

In a nutshell: Breathe in for 4, hold for 7, and breathe out for 8. You must inhale through your nose and exhale through your mouth. The 4-count inhale allows chronic under-breathers to take in more oxygen. The 7-count hold gives the oxygen more time to thoroughly permeate the bloodstream and the 8-count exhale slows the heart rate and releases a greater amount of carbon dioxide from the lungs.

The 4-7-8 exercise certainly has the potential to help overly stressed, anxiety-ridden Millennials (as well as members of the general population at large) fall asleep more quickly. It is also known to have positive effects when implemented throughout the day during times of stress, anger, guilt, frustration or internal tension. When weighing the painlessness of this completely free method against the irritability, headaches, distractedness, impaired cognitive skills, weight gain and even heart disease that can result from the “performance killer” known as sleep deprivation, it seems worth a shot. Give it a try and let us know if it works for you!



For more health and wellness tips, [Like Us!](#) “Santiago Chiropractic Associates” on facebook.