

A healthier spine... a healthier you.

Back to School: Oh My Aching Backpack!

As the start of a new school year approaches, I would like to share with you some very timely information about the stress **heavy backpacks** can cause. After reading the backpack article below, if you're concerned about your child's back with their current backpack, please bring your child in with their backpack. We can do a digital posture evaluation of your child with and without the backpack. You'll see for yourself whether their spines are in danger or not! Oh by the way, these digital pictures do not cause any radiation... what a bonus!



Also in this newsletter:

- **Community Outreach** - supplies for Evergreen Elementary
- **Recipe of the Month** - Yummy Vegan Protein Bars
- **Tip of the Month** - Stomach Sleeper?
- **New Class** - Got Your Back!



At Basics First Chiropractic we're teaching you the basics for a lifetime of health!

Yours in Health,
- Dr. Misty Paul, D.C. 703-777-2532

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Community Outreach - School Supplies for Evergreen Elementary

We are trying to help those children who are unable to afford school supplies. In our effort to do so, we will be collecting school supplies for Evergreen Elementary School. During the months of August and September, a donation of school supplies will qualify new patients for a Complimentary Posture Blueprint... this includes a footscan and a digital posture evaluation to find out what your posture score is. Read more about the [Posture Blueprint](#) and see the [Score Chart](#).



For current patients, donation of a school supply during August and September will qualify you for a complimentary 10 minutes on the massage table or the electric stim with an adjustment.

Please help us help these children get the school supplies they need for another great academic year! Take advantage of our Community Outreach to get your family & friends in to take advantage of our offers! Please be sure to call our office for any questions. 703-777-2532

Recipe of the Month

Yummy Vegan Protein Bars by Maribeth Crooks
(Visit our website for a [printable version of this recipe](#))

Ingredients (makes 20 bars):

- Organic peanut butter or Almond butter, 1 cup
- Agave nectar, 2/3 cup
- Arbonne's chocolate protein powder, 4 scoops (or one cup of another high-quality brand)
- Rolled oats, 1 1/2 cups
- Ground flax seed, 1/4 cup



Directions:

- In a small saucepan, whisk peanut butter and agave nectar over medium-low heat for 3 - 4 minutes, until the mixture is well combined and just beginning to bubble.
- In a mixing bowl, stir together chocolate protein powder, rolled oats, and ground flax seed.
- Pour peanut butter and agave mixture into dry ingredients. Stir just until all of the dry ingredients have been moistened. The mixture will be crumbly, this is okay as long as everything is moistened.
- Press mixture into an ungreased 8 x 8 inch glass baking dish. Once bars are completely cool, cut into 20 rectangles. Serve and enjoy! (I individually wrap them so that we can literally grab and go!)
- *To make them gluten free substitute brown rice crispies cereal for rolled oats

Tip of the Month - Stomach Sleeper?

How many of you sleep on your stomachs? I hope none of you! Sleeping on your stomach causes increased lower back pain and neck pain. The correct sleeping position is on your back with a pillow under your knees. Another great sleeping position is on your side with a pillow either in between your knees or next to you to support that top knee. This way, you keep your hips aligned! Always remember to keep your spine in a neutral position even while you're sleeping.



What's New in the Clinic?

We'll be offering a **NEW CLASS** starting in September! **GOT YOUR BACK Class**. This class is designed to show you how to engage your core with movement. You'll learn advanced techniques of engaging your core. But, engaging your core is just not enough! You will learn how to keep your core engaged while engaging in normal movements. We will also utilize the physioball and the muscle stick! Come have some fun with us... **WE'VE GOT YOUR BACK!** Call for details 703-777-2532.

Motivational Quote of the Month:

"The only disability in life is a bad attitude," by Scott Hamilton

Please let us know if there's something you would like to learn about or see in our clinic. At Basics First Chiropractic, we're here to help you. Thank you for your support!
- The BFC Team

Back to School: Oh My Aching Backpack!

Dear Patients: I know I have presented this article in the past, however, I feel the information is worth repeating...

A major risk to your children's safety is right behind them: their backpacks. Heavy backpacks can cause growing frames to experience temporary backaches, joint pain, even muscle strains and headaches; and some children may begin a lifetime of these problems.

Here's a simple tip: Weigh your child, and then weigh his or her backpack. Only 4% of parents do this simple test, yet the children of those "4 percenters" carry the lighter backpacks (Archives of Disease and Childhood. 2003;88:18-19). If you care about your child's health and well-being -- and you know you do -- pull out the scale, and use it. A child's daily backpack **shouldn't weigh more than 10% of total body weight**, and some sources suggest a maximum of 5-10%. v Simply put, your 100 pound child's backpack should weigh under 10 pounds. For a 150 pound child, 15 pounds is the recommended maximum. For a 75 pound child, 7 1/2 pounds is the most he or she may be able to safely carry on their back.



In addition to stressing young frames and growing structures, **heavy backpacks cause acute injuries**. In fact, a study in Pediatrics showed that emergency room visits associated with backpacks are most highly correlated with tripping, with the head and face being the most commonly seriously injured body parts. vi Why not protect your kids with a simple device that most of us already own-- specifically, the bathroom scale?

Parents, if you're concerned about your child's back with their current backpack, **please bring your child in** along with their backpack. We can do a digital posture evaluation of your child with and without the backpack. You'll see for yourself whether their spines are in danger or not! Oh by the way, these digital pictures do not cause any radiation... what a bonus!

For more articles like this one, visit the [Articles section](#) of our web site.

If you enjoyed this newsletter, please use the links at the top of this email to share with friends and family via Facebook, LinkedIn, and more!

i <http://www.saferoutesinfo.org/> ii www.cpsc.gov/cpsc/pub/prerel/prhtml07/07277.html
iii Ibid. iv <http://www.dmv.state.va.us/webdoc/pdf/dmv16.pdf> v http://www.amerchiro.org/content_css.cfm?CID=65 vi Wiersema, Brent M., DO, Eric J. Wall, MD, and Susan L. Foad, MPH. Acute backpack injuries in children. Pediatrics. Jan. 2003;111(1):163-166

**\$77
Exam**

New Patients only. Get an exam, any needed xrays and a treatment plan.

Offer Expires: September 30, 2011

Call 703-777-2532 and schedule your appointment today!

