



### Sports Injuries

We all know by now that exercise is good for us but it can come as a bit of shock to discover the downside to getting fit. Injuries can occur from time to time and when that happens we need to stay positive and deal with the physical issues in a systematic plan towards recovery. It helps to know first of all what kind of injury the athlete may have and then to determine whether a health care professional is needed. Most injuries can heal with a bit of rest or a change in activity.

Certain injuries will heal more quickly with Physiotherapy, Chiropractic care or in some cases even surgery.



Acute injuries such as a sprained ankle, strained back or fractured hand occur suddenly during an activity.

Signs of an acute injury include;

- Sudden and severe pain
- Visible swelling
- Inability to put weight on a lower limb
- Extreme tenderness in an upper limb
- Inability to move joint through its full range of motion
- Extreme limb weakness

Chronic injuries include;

- Pain when performing activity
- A dull ache when at rest
- Swelling

Acute injuries will need to be seen immediately, often the emergency room is required after hours for proper care.

### Bullying in the Work Place



I remember when I first heard the term 'Workplace bullying', I was surprised to think that adults would behave poorly with their Co-workers. I have surmised that school yard bully's just move from one institution to another and if they have not been educated about acceptable conduct then their actions will not change.

It is helpful to know what bullying looks like;

- Spreading malicious rumours that are not true.
- Intimidation
- Undermining a person's work
- Physically abusing or threatening abuse
- removing areas of responsibility without cause
- constantly changes work guidelines
- blocking applications for training, leave or promotion
- criticizing a person persistently
- yelling or using profanity
- intruding on a persons privacy by spying, stalking or pestering
- making jokes that are obviously offensive by spoken word or email.

If you feel that you are being bullied ask the person to stop, make sure you have a witness. Keep a diary of daily events with dates, times, witness and as much detail as possible. Tell someone who can help; Supervisors or Union representatives. **Do not** retaliate; you may end up looking like the guilty person.

"It's no coincidence that four of the six letters in health are "heal."

- Ed Northstrum

### Recipe

### Tom Yum Soup

- 1 stalk of lemon grass cut into 1 inch pieces
  - 2 1/4 inch slices of galangal or ginger
  - 6 cups chicken sauce
  - 2 jalapeno peppers sliced
  - 4 Thai lime leaves
  - 1 1/2 cups chopped fresh pineapple
  - 1 medium tomato chopped
  - 1 medium red bell pepper
  - 2 tbs fish sauce
  - 1 tsp sugar
  - 8 ozs peeled or deveined raw shrimp
  - 1/4 cup fresh lime juice
  - 2 scallions sliced
  - 1/3 cup chopped fresh cilantro
- Gently smash lemongrass and galangal (or ginger) on a cutting board with the side of a knife. Place in a large saucepan with broth, jalapeños and lime leaves (or zest). Bring to a boil, reduce to a simmer; cover and cook for 15 minutes. Strain into a bowl. Discard solids. Return the broth to the pan. Add pineapple, mushrooms, tomato, bell pepper, fish sauce and sugar. Bring to a simmer and cook, uncovered, for 5 minutes. Add shrimp and cook until they are pink and just cooked through, 2 to 3 minutes. Remove from the heat and stir in lime juice, scallions and cilantro.



To contribute ideas to the Wellness Newsletter please contact Sue Tompkins [stompkins@comox.ca](mailto:stompkins@comox.ca)



## SEEDS ARE NOT JUST FOR THE BIRDS

Birds have been feasting on seeds for a hundred million years and thriving on their beneficial effects. Now athletes and health advocates alike are raving about the newest information on this super food.

Seeds are like tiny nutrition bombs. Each vessel is packed with energy and life force needed for future growth. It's important to embrace this live food by eating seeds raw. When seeds are cooked or baked their classification moves from a living food to a dead food.

Chia seeds have 2.5 times more protein than kidney beans and 3 x more iron than spinach. Hemp seeds contain all the essential amino acids.

Pumpkin seeds are alkaline forming which is a healthy alternative to so many acid foods in our diet.

Sunflower seeds are an excellent source of vitamin E which neutralizes free radicals in the body.

Cumin seeds are good for the liver and are useful for digestive disorders.

Pomegranate seeds are rich in anti-oxidants and help to prevent cancer and heart disease.

The difference between a seed and a nut is that nuts are a seed with a hard shell that does not release its seed at maturity the way that fruit and grain release their seeds.

## Fruit and Vegetable Tip



Fill sink with cold water, add 1 cup of vinegar and soak fruit and vegetables for a few minutes. This cleaning method kills mould and helps to remove dirt.



## How to Keep a Clean Work Station

Recently it was discovered that work stations can be dirtier than toilet seats. The contents at a station contain germs which don't get cleaned daily. To properly clean the station, items need to first be cleared away to remove dust and dirt. Before you put items back give them a good wipe with a damp cloth which has been sprayed with Tea Tree, Thieves oil or vinegar and water. Unplug your keyboard, turn it upside down and tap gently. Some suggest cleaning your mouse, hard drive case and phone with an alcohol wipe. Some keyboards can be cleaned with special spray cans which inject air between the keys. The only problem with the can is that it is wasteful, a vacuum adaptor can help with keyboard dust. Cover computers when construction is going on, the dust can severely damage computers. Clean air at your work station is important too, so keep at least 1 plant on your desk. Constant hand washing will also help to keep the workstation germ free.

## Endocrine Disruptors

Endocrine disruptors are chemicals that may interfere with the body's endocrine system and produce adverse developmental, reproductive, neurological, and immune effects in both humans and wildlife. A wide range of substances, both natural and man-made, are thought to cause endocrine disruption, including pharmaceuticals, dioxin and dioxin-like compounds, polychlorinated biphenyls, DDT and other pesticides, and plasticizers such as bisphenol A. Endocrine disruptors may be found in many everyday products- including plastic bottles, metal food cans, detergents, flame retardants, food, toys, cosmetics, and pesticides. Endocrine disruptors may result in human health effects including lowered fertility and an increased incidence of endometriosis and some cancers. Research shows that endocrine disruptors may pose the greatest risk during prenatal and early postnatal development when organ and neural systems are forming.



**Sardines:** the perfect food for anyone who wants to lose weight. Sardines are loaded with protein and they're a great source of omega-3 fatty acids, which boost mood and strengthen the cardiovascular system. (Not to mention making hair, skin and nails look better!)

