

Evans Family Chiropractors  
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Bordentown, NJ 08505  
609-298-4299

Get Well

FALL  
2010

back to  
School



## Backpacks Warnings

Concern over children and their backpacks continues to grow. An article appearing in the September 8, 2003 issue of The Times Herald features this problem by noting "Trudging their way around the school campus or to the bus stop, hunched-over kids could be dealing themselves a lifetime of back pain, experts warn."

The US Consumer Product Safety Commission estimates that 6,512 emergency room visits each year result from injuries related to book bags. CPSC also cites the statistic that backpack-related injuries are up 256 percent since 1996. The issue has become so widespread, that the California State Assembly passed legislation that forces school districts to develop ways of reducing the weight of students' backpacks. Other states are also considering similar legislation.

In an online survey conducted last year of more than 200 chiropractors responding from across North America at [www.backpacksafe.com](http://www.backpacksafe.com), it was learned that:

- 89 percent of chiropractors surveyed responded that they have seen patients (ages 5-18) reporting back, neck or shoulder pain caused by heavy backpacks.

- 71 percent of chiropractors presently seeing such patients responded that they are currently seeing one to four patients (ages 5-18) reporting back, neck or shoulder pain caused by heavy backpacks.

- 20 percent of chiropractors presently seeing such patients responded that they are currently seeing five to nine patients (ages 5-18) reporting back, neck or shoulder pain caused by heavy backpacks.

- 9 percent of chiropractors presently seeing such patients responded that they are currently seeing 10 or more patients (ages 5-18) due to back, neck or shoulder caused by heavy backpacks.

The American Chiropractic Association has offered the following tips to help prevent

backpack problems in school children. Those tips include:

- Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight.

- The backpack should never hang more than four inches below the waistline.

- Urge your child to wear both shoulder straps, and wide, padded straps are very important.

- The shoulder straps should be adjustable so the backpack can be fitted to your child's body.

The over-packing of backpacks was featured in a recent study conducted in Italy. In this study it was found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman.

Quote of the Month:

"Everyone who got where he is had to begin where he was."



*Fall-ing  
Into  
Health*

*- 1 day only  
- Call to reserve your  
appointment*

**First 15 New Patients at the Doctors Expense**

**Tuesday, October 5th, 2010**

**Drs Evans Family Chiropractors**

**1 ½ Crosswicks St. Bordentown, NJ 08505**

**609- 298- 4299**

**Enjoy Food and Drinks & Children's Activities**



**Raw Basics**  
**Starting a Live, Raw Food Diet**  
 by Robert Alan Ross

A Raw food diet is based on food diet is based on eating whole, live, uncooked and un-processed foods as a large percentage of your diet. When 75-100% of your total food consumption is raw food, you are a raw foodist. At that rate it is believed that your body's elimination system can eliminate all or most of the toxins in the cooked portion of your diet. When you eat more cooked food, the body can't eliminate all the toxins and they back up causing dis-ease. Heating food above 118 degrees F. is believed to destroy enzymes in food that can assist in digestion. Cooking is also known to diminishes the nutritional value of food, and the heat actually causing chemical changes in the food creating many of the carcinogens, mutagens, free-radicals and other toxins that are associated with many of today's diseases, from diabetes and arthritis to heart disease and cancer.

In addition to all that, there is a lot of emphasis among raw

foodists on the pH of food. It is believed that a mostly raw food diet is "alkaline forming," while cooked and processed foods are "acid forming." All medical resources agree that the pH balance of our blood is one of the most important biochemical balances in human body chemistry. pH stands for "potential hydrogen," and refers to the number of hydrogen ions in a substance like your blood. Higher numbers mean a substance is more alkaline (absorbs more hydrogen ions). Lower number means a substance is more acidic (less potential for absorbing hydrogen). Human blood is usually around 7.0 to 7.2 - just above neutral or slightly alkaline. Raw foodists believe that the pH level of our bodies is directly influenced by what we eat and drink. So foods that tend to help maintain a more alkaline body

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# Exercise Opportunities

**Stretch and Strength Class with Dr. Denise**

Mondays: 7:00-8:15 p.m.  
 \$120 for an 8 week session

**Yoga with Anthony**

Mondays: 5:30-7:00 p.m.  
 Wednesdays: 7:30-9:00 p.m.  
 Thursdays: 7:00-8:30 p.m.  
 \$15 - drop in rate  
 \$130 for 10 sessions

**Tai Chi**

Wednesdays: 6:00-7:00 p.m.  
 \$15 per class

**Yoga with Renee**

Saturdays: 9:30-11:00 a.m.



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chemistry are called "alkaline forming," and visa versa. If you remember your basic chemistry, you know the chemical processes for an acid are very different than those for a "base" (another word for alkaline). Most chemical processes in a healthy body are alkaline based, so healthy people seem to be more "alkaline." On the other hand, a more "acidic" lifestyle based on cooked and processed foods is believed to cause dis-ease. You can also alkalinize your body by making sure all the water you drink is not only clean, but high in pH and negative ORP. I use a water ionizer for this myself, but there are a couple of good brands of bottled water with pH above 8 (such as Fiji water). These days with so much talk about pH some companies are starting to list the pH of their water right on the bottle!

### How to Get Started on a Raw Food Diet

A common myth is that eating raw takes a lot of time to prepare. Nothing could be further from the truth! I am one of busiest people I know (mostly answering emails from my readers)! But when you



do it correctly, a raw food diet is actually one of the easiest, most convenient ways you can eat. Sign up for my newsletter and get a FREE recipe book filled with fast, easy raw food recipes!

Getting started and keeping it simple is easy once you learn some of the basics - and learn to keep it simple! My rule of thumb for eating 75% raw is this easy:

There are 4 meals in an average day for most people (lunch, breakfast, dinner and your combined snacks). So to be 75% raw you need to have any 3 of those be mostly raw, and add a good salad to whatever you are having for dinner (remember, whenever I talk about raw food I mean **ONLY** organic food.

Read the entire article at:  
[www.rawfoodlife.com](http://www.rawfoodlife.com)

# Recipe

Check out this raw food recipe and others like it at [www.rawglow.com](http://www.rawglow.com)

## Celery Avocado Stuffing

### Ingredients

- 2 large ripe avocados
- 1 small bunch parsley
- 5-6 ribs celery
- 1 bunch Lacinto kale
- 2-3 cloves crushed garlic (optional)

Mash avocados in a medium bowl. Chop parsley and dice celery ribs into very small cubes. Add parsley and celery to mashed avocados. You can also add 2-3 cloves of garlic crushed by a garlic press for a spicier taste. Top stuffing with Dulse seaweed flakes if desired. Spread mixture onto Lacinto kale leaves and eat like a wrap or taco. Another option is to stuff bell peppers with mixture or simply add a scoop onto a bowl of mixed greens for a filling salad.

\*Variation: Substitute the parsley for cilantro and add the juice of one lime for a south of the border flavor.

For Your Free Raw Food Starter Guide E-book Go To:  
[www.rawglow.com](http://www.rawglow.com)  
Your source of information and inspiration for a glowing life!

Check out our website at:

[www.DrsEvans.net](http://www.DrsEvans.net)



Find info on our Doctors,  
offices, programs,  
and much more!