

# The Thornton Times

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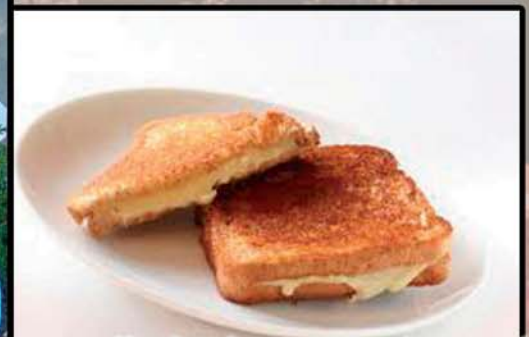
Volume 10

## *It's Back to School Time!*

It's that time of year already- back to school! And from backpacks to book stacks, to sidewalks with big cracks, there are a lot of things that your student can do to get their back out of alignment. So, before the school year begins, send your kids into the office for a check-up, and get them on the right track early!

Also, don't forget the maintenance tune-ups during the sports seasons. The hits, falls, and heavy training with competitive sports take their toll on our children. Student athletes need more frequent check-ups with their increased work load.

As always, make sure that you are not neglecting your own schedule. If it's been a while since you have been in, give us a call; we would love to hear from you. Regular chiropractic visits will help you to keep up with all of life's demands so that you can focus on that which is important to you.



*Grilled Cheese and Apple Sandwich*

This sandwich promotes brain function so throw it in with your next packed school lunch for your student!

### Ingredients

- 8 slices 12-grain bread
- 4 teaspoons honey-mustard
- 6 ounces 2% shredded cheddar cheese (about 1 1/2 cups)
- 1 Granny Smith apple, cored and thinly sliced

1. Spread 1 piece of bread with 1 teaspoon honey mustard then layer 1/4 cup grated cheese, 4 apple slices, and another heaping tablespoon of cheese. Top with another slice of bread, spritz with nonstick cooking spray.
2. Heat a small nonstick skillet over medium heat. Place sandwich, cooking spray side-down, in pan and coat top slice of bread with nonstick cooking spray. Press with spatula.
3. Cook for about 2 to 3 minutes or until golden brown. Flip and cook for another 2 to 3 minutes. Repeat with remaining sandwiches.



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6 out of 10 students in an America study, ages 9 to 20, reported chronic back pain related to heavy backpacks.

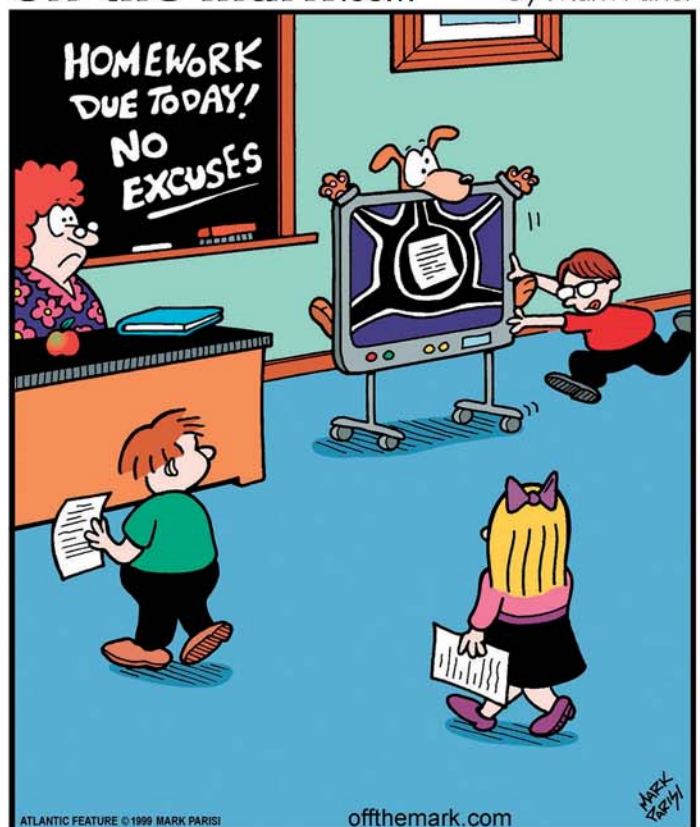
Carrying a backpack that weighs more than 15% of your body weight can *cause the following symptoms:*

- Muscle Soreness
- Numbness due to pressure on the nerves
- Back, neck and shoulder pain
- Headaches
- May contribute to scoliosis

*Tips on Wearing a Backpack:*

- Load your backpack with the heaviest items next to your back
- Wear both shoulder straps and tighten straps so the backpack fits snug to your upper back
- Carry the backpack high on your back
- The bottom of your backpack should rest in the curve of your lower back
- Never sling the backpack onto one shoulder

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