# August 2026 Newsletter

*Thank you for being part of the Aktiv Coast Healthcare community! We're excited to share this packed edition. Settle in for a valuable five-minute read. We guarantee you'll learn a few helpful tips and hopefully be entertained along the way!*

*We aim to have a positive impact on the community. If you find this newsletter beneficial, please share it with friends and family! Your support helps us grow, and we would love it if you could follow us on social media or leave a review on our Google page.*

*Thanks! — The Aktiv Coast Healthcare Team*

**In this issue:**


- **Clinic Updates**
- **More Acupuncture Availability with Iris!**
- **Community Involvement** - Beach Grove Women's Golf Tournament
- **Clinician's Corner:** Commonly Asked Acupuncture Questions with Iris Liu
- **Adventure of the Month:** Three Brothers Mountain
- **Lets Get Physical:** What's Really Happening with Back and Leg Pain from a Compressed Nerve — and a Simple Technique That Can Help!
- **Athlete's Corner:** How Much Pain is Too Much Pain?
- **NutritioNerd:** CollaGEN™
- **Refer a Friend; Get a Coffee**


## Clinic Updates:

■ Dr. Gordon will be away from August 15–22, volunteering at a kids' summer camp on Anvil Island. He'll be back, rejuvenated by the outdoors and ready to see patients on the 22nd! ***You can book with him*** **HERE.**

■ Iris Liu, our acupuncturist, will be away visiting family in China from August 9th to September 10th. She'll be back to her regular schedule (plus her new expanded hours!) when she returns.

■ On July 21st, our team was out at Beach Grove Golf Club for the Women's Member-Guest Tournament. ***More details below!***

## More Acupuncture Availability with Iris!

By popular demand, Iris Liu has opened up additional appointment times!

You can now book with her on Thursday evenings from 3:30–7:30pm, and starting September 10th, she'll be adding Saturday hours from 4:00–6:30pm as well. That gives you even more flexibility, Wednesday mornings, Thursday afternoons and evenings, and Saturday afternoons and evenings.

Book Appointment with Iris Here!

## Community Involvement:
### Beach Grove Women's Golf Tournament

A huge thank you to Beach Grove Golf Club for hosting another fantastic tournament, and to everyone who stopped by to visit us at Hole 8! It was a pleasure meeting so many golfers, chatting about health and performance, and enjoying a great day on the course.

Congratulations to the winners of our **"Guess the Number of Tees"** contest! The correct answer was **96 tees**, and impressively, three participants guessed within just one tee of the correct total. Each winner took home a **complimentary Class IV laser therapy treatment** at Aktiv Coast Healthcare. Thanks to everyone who entered and made the contest so much fun.

We're always grateful for opportunities like this to connect with our community while supporting great local initiatives. We look forward to seeing everyone again next year!

## Clinicians' Corner:

# Commonly Asked Acupuncture Questions with Iris Liu

## Q: What Is Acupuncture?

Acupuncture originated in China. According to Traditional Chinese Medicine (TCM) pattern differentiation, different combinations of meridians and acupoints (including local and distal points) are selected based on the location and nature of the symptoms.

Sterile, single-use disposable acupuncture needles are inserted into specific acupoints. Through appropriate needling techniques and careful point selection, acupuncture helps relieve symptoms, targets the root cause, and promotes overall health improvement.

## Q: How Does Acupuncture Work?

**(1) Traditional Chinese Medicine Perspective**

Traditional Chinese Medicine believes that the human body contains a meridian system through which Qi (vital energy) and Blood circulate. This network connects the internal organs with the limbs and tissues, maintaining normal physiological functions.

When the meridians become blocked and the circulation of Qi and Blood is stagnated, pain and disease may occur.

Acupuncture points are regarded as the "junctions" of the meridians. By stimulating these points, acupuncture helps unblock the meridians, regulate the circulation of Qi and Blood, balance Yin and Yang, and promote the body's recovery.

**(2) Modern Scientific Perspective**

Modern medical research suggests that acupuncture works through several mechanisms:

It stimulates the brain and nervous system to release endorphins and other natural pain-relieving substances, helping to block pain signals.

It regulates the immune system by reducing pro-inflammatory factors and increasing anti-inflammatory factors, thereby controlling inflammation.

It improves local microcirculation, helping remove pain-producing substances while delivering oxygen and nutrients to the tissues.

It stimulates peripheral nerves, influencing the central nervous system to regulate internal organ function, the endocrine system, and emotional well-being.

## Q: Conditions That Acupuncture Can Treat

The World Health Organization (WHO) recommends acupuncture for the treatment or supportive treatment of a wide range of conditions, including:

**Pain conditions:** migraine, cervical spondylosis, back pain etc.

**Neurological disorders**: Bell's palsy, post-stroke sequelae, insomnia, etc.

**Mental and emotional disorders**: anxiety and depression.

I**nternal medicine conditions**: digestive disorders, edema, allergies, and women's health conditions.

It may also be used to improve sub-health conditions, assist with weight management, and support smoking cessation.

## Q: Does Acupuncture Hurt?

My acupuncture treatment is very gentle. After the needles are inserted, most patients feel relaxed, which allows Qi and Blood to circulate more smoothly under the guidance of the acupuncture needles. This promotes better therapeutic effects.

## Q: What Are Your Areas of Expertise?

Besides the traditional range of conditions treated with acupuncture, I have extensive experience in treating neck and shoulder pain.

Book Appointment with Iris Here!

# Adventure of the Month:
## Three Brothers Mountain, Manning Park

### Quick Synopsis

Three Brothers Mountain, reached via Manning Park's Heather Trail, is a great day out, especially if you'd rather skip a serious uphill climb. You start in the alpine right from the parking lot, sparing you the long grind through the trees common on most BC coastal hikes. It's long on distance but easy on elevation gain, which also makes it one of the nicest trail runs in Manning Park. We were lucky to hike it with friends on July 18th with the wildflowers near peak bloom, a lovely day in the mountains.

### Quick Stats

**Distance**: ~20.5 km round trip

**Elevation Gain**: ~480 m listed / ~850 m cumulative (the trail rolls up and down)

**Highest Elevation**: ~2,272 m (summit of the First Brother)

**Trailhead Elevation**: ~1,950 m (Blackwall Peak upper lot)

**Time**: 6–8 hrs

**Trail Type**: Out and back

**Difficulty**: Moderate—long, but gentle grades make it accessible for most

**Dog Friendly**: Yes (on leash)

**Parking Pass**: None required (BC Provincial Park)

**Note**: First Brother is also referred to as "Three Brothers Mtn."

### Getting There

From the Manning Park Lodge, turn onto Blackwall Road and follow it to the parking lot at the very end. It's steep but 2-wheel-drive friendly, paved for the first two-thirds, gravel for the last third, and in good shape for any vehicle. There are pit toilets at the trailhead but no water, so fill up at the lodge before leaving Hwy 3.

**Tip:** Get there early as the lot fills up on summer weekends, especially during the bloom.

### The Trail

Starting near 2,000 m, the views come easy and the grades are forgiving, with only a short, steeper push up the rocky ridge near the summit. The first ~4 km are downhill, so the last stretch back is a gentle uphill, save a little energy. The meadows are wide open with little shade, so bring sun protection and layers. We had cooler-than-usual temps, refreshing but almost too cold, we were all glad to have packed puffy jackets, pants and windbreakers.

We didn't set any speed records, too many stops to photograph wildflowers!

### Why Go?

Mid-July is prime, when the meadows are carpeted in blooms, though the fall is gorgeous too as the alpine turns a beautiful red. There were plenty we couldn't identify, but the standouts were blue lupine and red paintbrush. Add majestic ridgeline views and an easy, non-technical summit, and you've got a satisfying hike for very little effort. Trail runners can carry on past the Three Brothers turnoff toward Nicomen Lake and beyond. We capped the weekend with a swim in Lake of the Woods near Hope the next day—a perfect way to cool off.

# Lets Get Physical:

## What's Really Happening with Back and Leg Pain from a Compressed Nerve — and a Simple Technique That Can Help!

If you've ever had that sharp, electric, burning pain shoot from your back down your leg, or even a dull ache in the back of your hip you know it can completely take over your day. Here's a quick look at what's actually going on — and what can help.

Most of this pain comes down to a nerve being compressed and irritated where it leaves your spine, usually where a disc or degenerative changes has narrowed the space it travels through (the intervertebral foramen). But it's rarely just one thing: pressure, inflammation, and reduced blood flow to the nerve compound the impact — which is why the pain can flare up even when there's very little to see on your MRI or x-ray, or nothing has changed since the last time.

The compounding effect explains why the size of a disc bulge, or the amount of arthritis on an MRI often doesn't match the amount of pain someone may be experiencing — we regularly see big findings with no symptoms, and small findings with plenty. So a scary-sounding scan result usually isn't the life sentence it can feel like and it's impossible to predict who will be in pain by looking at the x-ray or MRI alone. You have to be in the room with the patient.

The good news? There's often something you can do about it right at home. Read the full article and you'll get the exact protocol — step-by-step setup, a clear diagram, and precisely how many holds, reps, and sessions to do — for a gentle side-lying "opener." It's the same technique that delivered impressive relief for patients who arrived at the emergency department with this exact kind of back and leg pain, and it's simple enough to start today.

**Feeling less than your best? Book with one of our chiropractors**

Read The Full Article Here →

# Athlete's Corner:

## How Much Pain is Too Much Pain?

Have you ever wondered whether the pain you're feeling during or after exercise is actually helping you recover or making things worse? Well, you're not alone some of the leading experts in pain science have asked the very same question. To make it easier for patients (and clinicians) to interpret pain during exercise and recovery, researchers including **Dr. Greg Lehman** have popularized a simple **Traffic Light Pain Monitoring System**.

It sounds straightforward, but if you've ever driven in the Lower Mainland, you'll know traffic lights can be subjective. Pain is a little more complicated than a red, yellow, or green light too. Think of this system as a **guide rather than a set of hard-and-fast rules**. Everyone's injury and recovery are different, so if you're ever unsure, your healthcare provider (like us at Aktiv Coast Healthcare) can help you determine what's appropriate for your situation.

🟢 Green Light: GO

Pain during activity is okay if:

You don't lose strength, range of motion, or function ("harm check").

Pain returns to your normal baseline within:

**30 minutes** (4-8 weeks after injury)

**2 hours** (8-16 weeks)

**24 hours** (16+ weeks)

**Action:** Keep progressing. Increase your activity gradually (about **1-5% per session or day**).

🟡 Yellow Light: Proceed with Caution

Pain increases during activity and:

You don't lose strength, range of motion, or function.

Pain stays about **3/10 above your baseline** longer than expected:

**More than 2 hours** (4-8 weeks)

**More than 24 hours** (8-16 weeks)

**More than 48 hours** (16+ weeks)

**Action:** Hold steady at your current activity level. Don't increase your load until things settle, and use your flare-up plan if needed.

🔴 Red Light: STOP

Pain becomes severe and stops you from continuing the activity.

You lose **more than 50%** of your normal strength, movement, or function.

Pain remains significantly elevated for **several days or longer.**

**Action:** Stop the activity and contact your healthcare provider before progressing further.

The goal of rehabilitation isn't to avoid pain completely. It's to find the right amount of stress to encourage healing without overwhelming the tissue. When in doubt, ask your clinician. We'd much rather adjust your program early than have you guessing.

## NutritioNerd: CollaGEN™

Collagen is one of the body's most important structural proteins, helping support **healthy joints, tendons, ligaments, skin, and connective tissue**. As we age, our natural collagen production declines, making recovery from exercise, aches and pains, and even skin health more challenging.

**CollaGEN™ by Ortho Molecular Products** is more than just a collagen powder. It combines highly absorbable collagen peptides with key nutrients that help your body build and maintain healthy connective tissue. Unlike many over the counter collagen supplements, it is formulated using research backed ingredients and manufactured to pharmaceutical grade quality standards.

Whether you're recovering from an injury, looking to support joint health, staying active, or simply wanting to age well, CollaGEN™ can be an excellent addition to your daily routine.

**Price:** $86

Interested in learning if CollaGEN™ Powder® is right for you? Ask one of our clinicians during your next visit or email **info@coasthealthcare.ca** to place an order. We'd be happy to help you find the supplement that's right for your health goals.

## Refer a Friend; Get a Coffee

***We really value the trust you place in us when you refer your friends and family! We are excited to continue our Referral Rewards Program, offering a special treat at L'Aromas.***

If you have recently referred a friend or family member, keep an eye on your inbox! We will send you an email at the end of each month to let you know you've received a redemption code for L'Aromas. All the details on how to redeem your reward will be included in that email.

***Should you have any questions about the program, please don't hesitate to reach out to us at info@coasthealthcare.ca.***

Book an Appointment Here

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