



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

FEBRUARY 3, 2017

DR. TOM KELLY

### Regular Hours

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm, 3pm-6pm

Sat 9am-12pm

### Summer Hours

**June July August**

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu 3pm-7pm

Fri 8am-12pm

Sat Closed

### Spinalguy Chiropractic

214, 12100 Macleod  
Trail SE  
Calgary, Alberta  
T2J 7G9

### Phone

403-278-7876

### Fax

403-278-9555

### We're on the Web!

[www.spinalguy.com](http://www.spinalguy.com)

## Give the Gift of Health!

Anyone referred to our clinic that mentions your name will receive \$50 off their initial exam, which makes it only \$25 for the first visit!

You will also receive 50% off your next adjustment for your referral!

Call us at 403-278-7876 to schedule your appointment!

## ***Did you know...***

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

*"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."*  
~ Albert Schweitzer

## **The Dangers of Sitting**

### **Why is sitting down so bad for my health?**

Even though the human body is capable of remaining in a seated position, our anatomy was not designed to properly support this position long-term. Aside from the unnatural positions themselves, prolonged sitting often goes hand in hand with physical inactivity in general, which has numerous adverse health effects.

### ***Here are a few things that happen when you are in a seated position:***

- Tension at the base of the skull limits blood flow to the brain, decreasing brain function
- Rounded shoulders put pressure on the blood vessels surrounding the heart, forcing it to work harder.
- A forward head posture puts tension on the spine and muscle at the base of the skull.
- Limited breathing reduces oxygen uptake, decreasing the body's ability to eliminate toxins from cells.

*Prolonged sitting is a global problem, it decreases life expectancy, leads to chronic disease and injury, causes muscular imbalances, and affects every major system in the body.*

### **Upper Crossed Syndrome:**

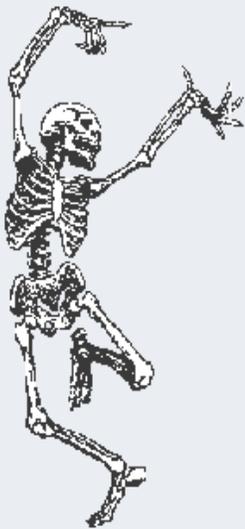
Prolonged sitting leads to a familiar pattern of tight/overactive muscles with other weak/inhibited muscles, collectively known as Upper Crossed Syndrome, characterized most notably by rounded shoulders and a forward head posture. Left unattended, this pattern becomes ingrained over time and results in unwanted stress to the spine, muscular system and nervous system.

### **Solutions:**

- Ergonomic assessments and alterations to work stations at the office can help limit sedentary behavior while on the job.
- Get up! Limiting sitting to less than 3 hours a day may immediately increase your life expectancy by 2 years.
- Attend regular visits with your chiropractor and other wellness professionals to ensure the effects of sitting are being properly eliminated and prevented.

*If you wear  
out your  
body...*

*Where will  
you live?*



## Balsamic Glazed Chicken and Grape Salad

1 tbsp brown sugar  
1 garlic clove, crushed  
¼ cup balsamic vinegar  
4 x 150g chicken thigh fillets  
3 small par-bake bread rolls, cut into 1cm thick slices  
olive oil cooking spray  
120 g baby spinach  
1 lebanese cucumber, peeled into ribbons  
200g red seedless grapes  
½ cup pecan  
2 tbsp extra virgin olive oil

- Combine sugar, garlic and 2 tablespoons vinegar in a shallow glass or ceramic bowl. Add chicken. Turn to coat. Refrigerate for 20 minutes to marinate.
- Preheat a barbecue chargrill or chargrill pan over medium-high heat. Lightly spray each side of bread slices with oil. Cook bread for 2 minutes each side or until lightly charred. Transfer to a plate. Cover loosely with foil to keep warm.
- Drain chicken, reserving marinade. Add chicken to chargrill. Cook, brushing occasionally with reserved marinade, for 3 to 4 minutes each side or until cooked through. Transfer to a plate.
- Meanwhile, place spinach, cucumber, grapes, pecans, oil and remaining vinegar in a large bowl. Toss to combine. Thickly slice chicken. Add chicken and croutons to salad. Toss to combine. Serve.



*“A person without a  
sense of humor is like a  
wagon without  
springs. It’s jolted by  
every pebble on the  
road.”*



**Happy Family Day!**

~ Henry Ward Beecher