



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

OCTOBER 30, 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

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403-278-9555

**We're on the Web!**  
[www.spinalguy.com](http://www.spinalguy.com)

## What Makes Chiropractic Different?

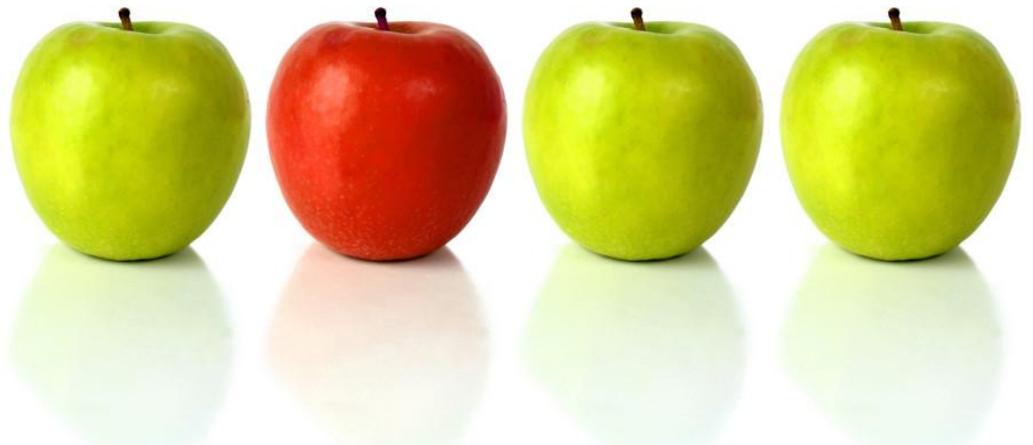
By now, you know that chiropractic care is different than medical treatment. This difference goes beyond the importance of repeated visits and our focus on the integrity of your nervous system. While medicine is interested in the problem in the person, chiropractic is interested in the person with the problem.

Another difference, Chiropractic doesn't treat your symptoms. Oh, patients with symptoms happily report that their symptoms often lessen or disappear with chiropractic care, but that's not the intent. Instead, our objective is to reduce the underlying cause of your symptoms. As the cause vertebral subluxation is reduced, your body no longer needs to sound alarm bells.

### That's a big difference.

This difference has allowed chiropractic to thrive beside medicine as a separate and distinct art.

I don't want to live in a world without medical doctors, miracle drugs and lifesaving surgery. You probably don't either. However, medicine has its own purpose, intent and outcome. As does chiropractic, they are different.



## ***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

## **What do you Believe?**

Health professionals refer to the 'placebo effect.' This is a phenomenon in which our beliefs affect the outcome we experience from a treatment or course of care. Turns out, what we believe is one of the most important aspects of the healing process.

### **What do you believe?**

Do you believe your body is able to heal virtually any disease known to man?

Do you believe that at conception we are given everything we need to grow and thrive?

Do you believe that pain or illness is the result of a drug shortage?

Do you believe that germs automatically cause disease?

Do you believe that our DNA is our destiny?

Our beliefs serve as the 'operating system' of our lives. We act and make decisions so that we can remain congruent with our beliefs – regardless of what they are or even if we're conscious of them.

So while many people think I'm in the headache relief business, or the spinal curve restoration business or even the subluxation reduction business, I'm actually in the belief changing business. Change a belief, and you change a life.

*"Whether you think you can, or think you can't....  
You're right."*

-Henry Ford

*If you wear  
out your  
body...*

*Where will  
you live?*



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

*~ Henry Ward Beecher*

## Slow Cooker Classic Beef Stew

- 4 pounds bottom round, well trimmed and cut into 2-inch pieces
- 1 cup all-purpose flour
- ½ cup olive oil (plus more if needed)
- 2 large onions, diced (2 cups)
- 1 6-ounce can tomato paste
- 1 cup dry red wine
- 1 pound potatoes, cut into 2-inch pieces (about 4 cups)
- ½ pound baby carrots (about 2 cups)
- 2 cups beef broth
- 1 tablespoon kosher salt
- 1 teaspoon dried thyme leaves
- 1 bay leaf
- 1 cup frozen peas, thawed

Coat the beef in the flour. Heat a few tablespoons of the oil in a large skillet over medium-high heat. Brown the meat, a few pieces at a time, adding more oil as necessary. Transfer to a 4- to 6-quart slow cooker.

Add the onions to the skillet and cook over medium heat until tender, about 10 minutes. Stir in the tomato paste and coat the onions; transfer to the cooker.

Pour the wine into the skillet and scrape up any browned bits; add to the cooker. Stir in the potatoes, carrots, broth, salt, thyme, and bay leaf.

Cover and cook on low heat for 7½ hours, or on high for 4 hours. Add the peas and heat through.



REMEMBRANCE DAY  
*Let's We Forget*