



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

NOVEMBER 29, 2017

DR. TOM KELLY

### Regular Hours (Nov thru April)

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 (May thru Oct)

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

Tue 3pm-7pm

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

Thu Closed

Fri 8am-12pm

Sat Closed

### Spinalguy Chiropractic

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

## Count Your Blessings

There are 2 types of people: those who are striving, desiring and eager for the next thing, and those with a sense of inner contentment and gratitude. As it turns out, happiness isn't out there somewhere, dependant on acquiring or achieving. Happiness (related to joy) comes from a sense of peace and ease that accepts what is so.

### It's a decision.

Gratitude begins by becoming more mindful of our blessings. One way we count our blessings is to make a list of them, so lets get started.

Start by being thankful for your life, your parents, your health, your purpose, and all the opportunities you have. Next, list the experiences in your life that blessed you, starting with your earliest memories of school, family events, vacations and all the rest. Then, list the people you have known, important books you have read, and the significant movies you have seen. You get the idea. Your list will quickly include hundreds, probably thousands of entries. Then, add at least one blessing to your list each day.

Then, should you ever feel depressed, slighted, minimized, or down in the dumps, take out your list and start reading!

## ***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*

## **Why Once a Month**

There's a lingering myth that "once you go to a chiropractor, you have to go for the rest of your life." Of course, this is untrue. (Funny how you never hear this about dentists, who also promote preventative care.) Yet, we have many patients who opt to see us on a regular, periodic basis. Sometimes monthly, sometimes weekly, sometimes in between. Why? Each individual has his or her own reason, but here are some of the more common ones:

**Body awareness:** After receiving chiropractic care and being reminded what "normal" feels like, many people can tell when they're a little "off" and make visits to our practice a regular part of their life.

**Stay well:** Our Once-a-Monthers often report that they don't usually get the regular colds and flu's that others get. Their children are rarely sick and seem healthier than their playmates.

**Prevention:** The early detection and correction of little problems can often help avoid the need to deal with more difficult (and expensive) problems when they become serious

**Stress:** Each of us is subjected to different amounts of physical, emotional and chemical stress. Regular care can reduce the impact these episodes have on our spine and overall health.

**Gravity:** The greatest, and most overlooked, stress of all is the constant pull of gravity. Eventually, gravity wins, but many choose to fight this battle with regular chiropractic care.

Would some type of chiropractic care help keep you in tip top condition? If so, how frequent should those visits be? Ask on your next visit.

*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*

## Soft Baked Gingerbread Squares

### Ingredients

- 3/4 cup coconut sugar (or brown sugar)
- 1/2 cup butter, softened
- 2 tablespoons molasses
- 1 large egg
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 1-1/2 cups white whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground pepper
- 1/2 cup white chocolate chips, melted

### Directions:

Preheat oven to 350F. Line a 9x13 baking pan with foil and lightly grease. Set aside. Place sugar and butter in a medium bowl and with a handheld electric mixer, beat on medium speed until creamy. Beat in molasses, egg, milk, and vanilla until smooth. Add flour, baking soda, salt, and spices to bowl and beat until a dough forms. With greased hands, pat dough into the bottom of prepared pan. Bake bars at 350F 20 minutes (middle will still seem soft and underdone---this is ok) Cool bars completely on a wire cooling rack. Once bars are cooled, use foil to remove from pan. Drizzle with melted white chocolate and slice into bars. Enjoy!

