



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

JANUARY 3, 2018

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

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)

## The Language of Pain

Pain is serious, and relieving it is a big business. Those who suffer from pain spend billions seeking relief. In fact, pain is often what prompts people to visit our practice.

But pain is rarely the problem.

Naturally, if you're experiencing pain you want it to go away. And while you can expect our compassion, we're interested in correcting the cause of your pain.

One purpose of pain is to warn us of a limitation.

Pain is also how your body communicates with its owner: you. It signals that something needs your attention, a change needs to be made.

Headaches, spasms, tingling. Aches and pains alert you that something needs correction.

Just remember, the pain is not the problem, and no more than the ear splitting sound of the smoke detector. It's a language. First, your body will gently whisper to warn you. Unheeded, it speaks with greater urgency. If ignored, it may escalate into full fledged shouting.

When your body talks, it's wise to pay attention.

***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*

## **Give Your Body a Boost**

We've all heard the old adage, "Use it or lose it." It's especially true when it comes to joint function.

As we age, many of us suffer from a loss of joint mobility. Morning stiffness starts to show up. Or we need time to recover after getting up out of a chair or driving for a long distance. Knees, hips, shoulders and elbows are common culprits. Less obvious, but even more important, are the joints of the spine.

As we start to feel the brunt of a lifetime of insults and injuries to the spine, chiropractic care becomes especially helpful. Besides helping to keep spinal joints functioning as optimally as possible, many seniors choose some type of regular chiropractic care for:

Better balance - Falling is often the beginning of the end for the elderly. Some research suggests that chiropractic care can help the elderly maintain better balance.

Increased vitality - With the nervous system focus of chiropractic care, patients report better sleep, more energy and a greater sense of well being when they get adjusted regularly.

Has it been a while since your last visit? Give us a call today to book your next appointment.

*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*