



Spinalguy Chiropractic

Relief & Wellness Newsletter

FEBRUARY 2, 2018

DR. TOM KELLY

Nov thru April

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

Tue 3pm-7pm

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

Thu Closed

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

Sat (Some) 9am-12pm

May thru October

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

Tue 3pm-7pm

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

Thu 3pm-7pm

Fri 8am-12pm

Sat Closed

**Every other Saturday
May, Sept & Oct**

Spinalguy Chiropractic

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We're on the Web!
www.spinalguy.com

When you lose weight, where does it go?

About 2/3 of us are either overweight or obese. So it's no surprise that our new year's resolutions often include a plan to lose weight. The formula is well known: Eat better, Exercise more.

Whether with a short term diet or a bold embrace of new, long term lifestyle choices, you'll often hear statements such as...
The weight just fell off!
I lost 2 inches in 2 weeks!
The weight just disappeared!

Just where does the weight go?

The answer comes from Russian scientist Mikhail Lomonosov. In 1756, he discovered the Law of Mass Conservation. His experiments proved that matter is neither created nor destroyed. However, its form can be altered. That's what happens when we lose weight.

Our body needs a certain amount of energy to function. When we eat more fuel than we need, the excess is converted into fat for later use.
When we don't eat enough fuel, our bodies turn our stored fat into triglycerides that they use for fuel. Energy is released as these fatty acids break down into smaller chemical components. Eventually what's left is some water and a lot of carbon dioxide, which we exhale through our lungs.

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

Bones? Muscles? Nerves?

Chiropractic suffers from countless myths and misconceptions. Perhaps among the more common is that chiropractors are back doctors.

It's not true.

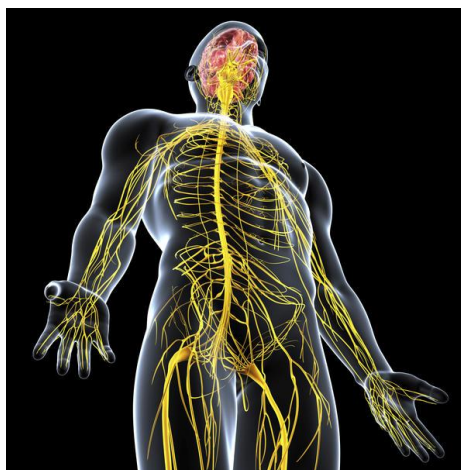
That would be like thinking medical doctors are mouth doctors because prescriptions usually enter the body through the mouth.

We're interested in your spine because it must protect the nerve messages that travel your spinal cord – while allowing you to stand, walk, turn and bend. Our primary focus is on the integrity of your nervous system.

Bones are static structures that move when muscles contract. And muscles contract when commanded by your nervous system. That's why chiropractors are more accurately nerve doctors, not bone or back doctors.

If your nervous system, which controls and regulates every cell of your body, is tense or hyperactive (perhaps from emotional stress) you are more likely to experience muscle spasms. Spinal misalignments often result, which can affect the ability of nearby nerves to transmit brain – to – body nerve messages.

If you are suffering from ill health, your nervous system is probably involved in some way. Our job is to find areas of your spine disrupting normal nerve flow and restore normal transmission. When we do, your body functions better and your health can return.



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

Chicken Parm Stuffed Peppers

INGREDIENTS

3 c. shredded mozzarella, divided
1/2 c. freshly grated Parmesan, plus more for serving
3 cloves garlic, minced
1 1/2 c. marinara
1 tbsp. freshly chopped parsley, plus more for garnish
pinch of crushed red pepper flakes
kosher salt
Freshly ground black pepper
12 oz. fresh or frozen breaded chicken, cooked according to package instructions and diced.
4 bell peppers, halved and seeds removed

1/2 c. low-sodium chicken broth

DIRECTIONS

Preheat oven to 400°. In a large bowl, combine 2 cups mozzarella, Parmesan, garlic, marinara, parsley, and red pepper flakes and season with salt and pepper. Stir until combined, then gently fold in chicken.

Spoon mixture into halved bell peppers and sprinkle with remaining 1 cup mozzarella.

Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.

Bake until peppers are tender, 55 minutes to 1 hour. Uncover and broil 2 minutes.

Garnish with parsley and more Parmesan and serve.



Happy Valentine's Day!

