



Spinalguy Chiropractic

Relief & Wellness Newsletter

MARCH 5, 2018

DR. TOM KELLY



**Please Join Us On Monday March
12th to Celebrate Our 18th
Anniversary!**



We will have coffee and snacks all day!



Anyone who comes in for an adjustment that day will receive a gift certificate for a 30 minute hydro massage!

Refer a new patient to us the week of March 12-16 and they will receive the consultation and examination at **no charge!** (\$75 Value)

Thank you for your continued support, we look forward to seeing you!

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

Why Spinal Problems Often Return

Chiropractic skeptics often squash the idea of periodic chiropractic checkups after symptoms subside with the classic "if it aint broke, don't fix it" line.

This justification often results in a relapse into the original problem for countless patients.

How come?

Because biomechanical changes along the spine affecting nerves and muscles don't heal like a cut, infection or some other self-resolving health condition.

By the time spinal problems produce obvious symptoms, the problem has been there for some time – maybe even decades. Yet the symptom didn't emerge until "last week, when I best down to pick up the paper."

Thankfully, a chiropractic care plan may produce symptomatic improvement in a matter of months, sometimes weeks. The patient is delighted, but we haven't completed the retraining of the underlying muscles and soft tissues necessary for lasting spinal changes.

That's why the original problem is likely to return. It's hard to know when, but almost always after some major physical, chemical or emotional stress.

"I thought you fixed me" says the patient.

Granted, there was symptomatic improvement, but without some type of ongoing supportive care, the weakened area remains susceptible to reinjury.

If that should happen to you, give us a call. You'll be welcomed back for another episode of care. Your records will already be here, along with our genuine concern for you and your health.

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*

Gimme a Coffee!

More than 80% of the world's population uses some form of mood-altering drug 1,3,7-trimethylxanthine, more commonly known as caffeine.

Many of us depend upon regular doses of this bitter white powder obtained from plants growing in tropical or subtropical regions of the world. The caffeine in these plants is a naturally occurring pesticide that is toxic to insects and other pests.

Whether obtained by drinking coffee, tea, sodas, energy drinks or some other source, we use caffeine to help us wake up, stay alert and keep going through the day.

Caffeine causes our feel good dopamine levels to increase, producing a positive state of mind.

Depending on a person's tolerance and sensitivity, like virtually any other drug, caffeine can produce some unwanted side effects:

Jitters: Too much caffeine can cause moderate to severe shaking

Insomnia: For some, consuming caffeine late in the day can make sleep difficult.

Addiction: Caffeine being moderately addictive, withdrawal headaches are common.

High blood pressure: Stress hormones released by caffeine can elevate blood pressure

Anxiety: Caffeine can increase nervousness and created a heightened sense of anxiety.

As the old adage goes, everything in moderation!

*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

Italian Chicken Pasta Salad

Kosher salt

3 cups dried elbow macaroni

½ cup plus 2 tbsp extra-virgin olive oil

1 cup cubed rotisserie chicken

1 cup diced English cucumber (about 1/3 cucumber)

1 cup halved cherry tomatoes

½ cup chopped pitted Nicoise olives

½ cup chopped roasted red peppers (about 1 whole)

½ cup 1/4" diced hard salami (about 4 oz)

¼ cup diced red onion (about 1/2 small)

¼ cup chopped fresh flat-leaf parsley

4 oz ricotta salata, grated, or crumbled feta cheese

⅓ cup red wine vinegar

1. Bring a large pot of salted water to a boil. Add the macaroni and cook until al dente, according to the package directions. Drain in a colander, rinse with cold water and shake until very dry. Transfer the pasta to a large mixing bowl, drizzle 2 tablespoons of the olive oil over it and toss well to coat.
2. Add the chicken, cucumber, tomatoes, olives, peppers, salami, onions and parsley. Season with salt and toss well to combine.
3. In a small bowl, whisk together the vinegar and remaining 1/2 cup olive oil; pour it over the salad and toss well. Taste and adjust the seasoning if necessary. For best flavor, let the salad stand at room temperature for about 30 minutes before serving.



Daylight savings time starts Sunday March 11th!