



Spinalguy Chiropractic

Relief & Wellness Newsletter

MARCH 28, 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

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We're on the Web!

www.spinalguy.com

Get Ready For Spring! Cleaning and Safety Tips

As of March 20, spring is upon us. You can almost smell the grass under the snow, feel the warmth in the breeze, taste the chocolate you will inevitably sneak out of your child's Easter basket. And if that extra dose of sunshine is giving you the urge to clean, you are not alone.

Every year, thousands of Albertans hear the siren call of spring cleaning. Here are some tips to keep you able and spry until your house is spotless:

- 1. Warm Up.** It can be tempting to just jump in and start tackling items off of your to-do list, but it's important to take a few moments to warm up first. Cleaning can be a huge undertaking, not unlike a strenuous workout, so prepare your body the same way. If you are looking for a quick and easy stretch, try Straighten Up Alberta.
- 2. Take Your Time.** You've heard the one about the hare and the tortoise, haven't you? Choose a pace that is sustainable and be sure to take breaks when you need them. Taking the slow and steady approach to cleaning is likely to get you across the finish line. Taking a fast, hard run at it may tire you out quickly, and can even lead to injury.
- 3. Stay Hydrated.** Dehydration can make you weak and dizzy, which will in turn hinder your ability to clean. Be sure to drink lots of water and/or have water-rich foods on hand to snack on, such as fruit.
- 4. Get Help.** If you are climbing ladders or moving couches, always have another adult on hand to spot or help you. Even the strongest of us can suffer from falling injuries or pulled muscles.

Arms, back and shoulders aching?

Even with all the right preparation, spring cleaning works your arm, back and shoulder muscles in ways that they are not used to. If your pain hasn't subsided after a few days, seek advice from a chiropractor.

Chiropractors are highly educated and specially trained musculoskeletal experts. Your chiropractor can also give you nutritional advice and whole-body wellness strategies in conjunction with your chiropractic treatment. Consult with your chiropractor, or call us at 403-278-7876 to book an appointment!

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

Fun For The Whole Family!

With all of life's demands, family time can be hard to prioritize, which is why it's so important to make the most of the time you have together. With Family Day in Alberta (Feb 19) just around the corner, you may be racking your brain to find a child-friendly, senior-accessible, affordable activity that everybody can enjoy. What to do?

Here are some activities to consider for your multigenerational family:

1. Get into nature. If you are lucky enough to live close to a botanic garden, river valley, or public park, why not take your family? Experiencing nature (even just trees) can be a refreshing change of pace in the midwinter, and these facilities are typically designed to be stroller and wheelchair-friendly. Plus, even light walking will contribute to your weekly physical activity goal. Indoor options include the Calgary Zoo and Edmonton's Muttart Conservatory; outdoor options include Olds College Botanic Gardens, the Botanical Gardens of Silver Springs near Calgary, Albert Botanic Park and the Cascades Of Time Gardens in Banff.

2. Cook together. "The party always ends up in the kitchen" is an old adage, and there's good reason for that: nothing bonds people together quite like food does. If your family members are delighted by tasty food, take the opportunity to instill those great cooking habits early and get the whole family to contribute to the chopping, stirring and tasting! If you have children, this is a great moment to teach them how important and easy it is to cook healthy meals. You can get lots of recipes online, at the library or bookstore. For extra points, get an older adult to teach their "specialty" to the family.

3. Play cards. If your body is injured or needs rest, never fear – you can always enjoy some game time with your family! Playing cards or board games allows you to build precious memories, while also sitting down and resting. If you are sore in any particular place, it's easy to strap an ice or heat pack to yourself in this position, as well (click here to find out which temperature is better for your injury).

4. Stretch it out. Unless you have space or mobility restrictions, stretching together can be a really relaxing, healthy way to spend time with your family. Straighten Up Alberta offers a program that is easy for both kids and adults to participate in – and it's so short that you can integrate it into your daily or weekly routine, long after the events of Family Day conclude.

Fit Chiropractic into your Lifestyle

Your chiropractor is trained to do more than diagnose and treat injuries. Chiropractic students complete classes in physiology, biochemistry and nutrition as part of their core curriculum. As a result, your chiropractor can also give you nutritional advice and whole-body wellness strategies in conjunction with your chiropractic treatment



*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

Parmesan Spring Chicken

- 1 Egg white
- 1 Tbsp finely grated parmesan
- 4 Boneless, skinless chicken breasts
- 400g New potato, cut into cubes
- 140g Frozen peas
- Good handful baby spinach leaves
- 1 Tbsp white wine vinegar
- 2 Tsp olive oil

Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the Parmesan onto another plate. Dip the chicken first in egg white, then the cheese. Grill the coated chicken for 10-12 mins, turning once until browned and crisp.

Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste. Divide between four warm plates, then serve with the chicken.

