



Spinalguy Chiropractic

Relief & Wellness Newsletter

MAY 1 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
Every Other Sat 9am-12pm

Summer Hours (May thru Oct)

Mon 8am-12pm, 3pm-7pm
Tue 3pm-7pm
Wed 8am-12pm, 3pm-7pm
Thu 3pm-7pm
Fri 8am-12pm
Open every other Saturday

Spinalguy Chiropractic

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

The Critical Cervical Curve

From the back, your spine should be in alignment. A sideways curve is called a scoliosis and can produce nerve interference, affecting organs and tissues controlled and regulated by the nerves emerging from the spinal column in that area.

But from the side we want to see four curves.

"Because the nerves passing through the neck influence the entire body, the spinal curve in the neck is especially important"

Besides having uncompromised nerve flow to and from the body, the normal, graceful forward curve is essential so you can turn to the right and left to look over your shoulder.

One of the more serious cervical curve distortions besides a loss of curve is a reverse cervical curve. Besides making it painful to look over your shoulder, a reverse cervical curve can have major whole body effects due to tension on the nervous system so close to the brain.

Text Neck is currently one of the major causes of a loss of curve and a reverse curve in today's society is due to too much screen time. Text Neck is a term that describes repeated stress injury and pain in the neck resulting from excessive watching or texting on handheld devices. It is a cause for increasing concern in children and young adults who spend too much time looking down at a phone or a video game. Recent figures have shown that around 87% of teenagers (14-18 years) in USA and 79% teenagers (12-15 years) in UK own and use smart phones. Among adults 92% and 95% (18-34 years) reported owning a smart phone in USA and Australia respectively.

If you know someone who is always looking down at their phone or who tends to turn their upper body to look at you, encourage them to give us a call. A thorough examination can determine if they've lost their cervical curve and whether they're a good candidate for chiropractic care.

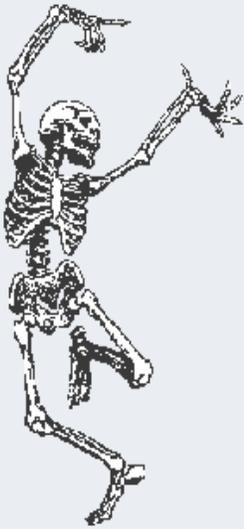
If you wear

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

Giving Up Gum

It seems so innocent to pop in a piece of gum to freshen your breath or to clean your palate after finishing a meal. But consider this:

1. Chewing gum can worsen TMJ and related jaw problems.
2. Artificial Sweeteners have been linked to other health issues.
3. The 8 muscles used for chewing may trigger headaches.
4. Gum merely masks bad breathe – ignoring the underlying cause
5. Gum can fool your digestive system because it thinks food is coming

And if that’s not enough to cause you to think twice, if you have amalgam fillings, chewing gum has been shown to increase the amount of toxic mercury vapor that is released.



We have switched to our Spring hours!

Our hours for May are:

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

Tues 3pm-7pm

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

Thurs 3pm-7pm

Fri 8am-12pm

Sat May 5th & 26th 9am-12pm