



# 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](http://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.

## **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

## **Nodding Off**

Sufficient, deep, restful sleep is as essential for optimum health and performance as diet, exercise and an interference-free nervous system.

Are you getting enough?  
Most of us don't.

Calming an over-stimulated nervous system with regular chiropractic has helped many of our patients enjoy better sleep. If that's not helping, here are some other issues you should consider as well.

Get sufficient exercise – if you tend to sit for most of the day, you need to get moving. Even an after dinner stroll around the neighborhood can have beneficial effects at bedtime.

Sleep in a darkened room – Remove or subdue the nightlights, illuminated clock dials, street lamps and digital devices that can create light pollution. These lights can confuse our brains and interfere with our sleep cycle.

Reduce snoring – Snoring can indicate the possibility of apnea, in which we repeatedly wake up gasping for air. This can create an unhelpful 'fight or flight' response affecting the depth of our sleep, blood pressure and other health metrics.

If you know someone who wants improved sleep, be sure to introduce him or her to safe and natural chiropractic care first – before they rely on drugs that merely fool the body.



*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 5<sup>th</sup> & 26<sup>th</sup> 9am-12pm**