



Spinalguy Chiropractic

Relief & Wellness Newsletter

JULY 30, 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

Spinalguy Chiropractic

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We're on the Web!

www.spinalguy.com

"What can I do to get my spouse to come in"

If only I had a dollar for every time I've been asked that!

If you've experienced great results it's only natural that you would want someone you love to benefit too. Here are some ideas you might find helpful:

Ask questions. Rather than judge their unwillingness to try chiropractic, become curious. Try to uncover the belief or myth standing in the way. Often it's some unfounded fear or misconception. Ask questions to find out what the real issue is.

Supply information. One of the best ways to diffuse the irrational fears people have is by offering information. By now you know that our practice is committed to patient education. Let us know how we can support you.

Offer an invitation. I'd like to think our office is especially open and welcoming to skeptics, doubters and cynics. Bring your partner to one of your appointments, let them watch the adjustment and ask any questions they might have.

Give it time. Change takes time. Whether making changes to the spine, or making changes to someone's beliefs. Be patient and trust that they will choose chiropractic if and when the time is right.

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

Sick Care or Health Care?

We often hear the words "health care" come up in conversation. Yet, what they are usually referring to is "sick" care. Sick care is administered to someone who already has symptoms of an illness or injury. True health involves what we do on a regular basis to stay healthy, the proactive approach we use in an attempt to ward off life threatening illnesses.

True health is a state in which your body works as it was designed to. And it may actually have very little to do with how you "feel". For example, if you eat tainted fish and you respond with an upset stomach and vomiting, your body is actually functioning properly and ridding itself of toxins, even though you don't feel very "well".

There are many things you can do to proactively produce better health and wellbeing. Besides regular chiropractic care to make sure your nervous system is interference free, consider these basics:

Regular exercise – When was the last time a doctor gave you a prescription for exercise? Yet it is one of the most proactive things you can do to prevent cancer and other chronic health conditions, such as diabetes, obesity and depression.

Proper nutrition - We live in a face paced fast food world today, and many of us do not eat the nutritious food we need to ensure our overall health. We skimp on fruits and vegetables and load up on junk.

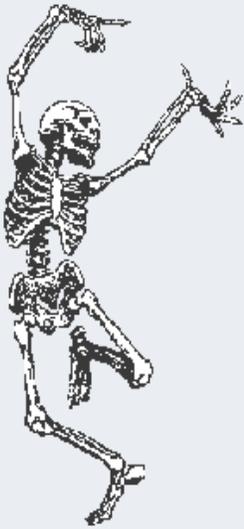
Adequate sleep – Proper sleep balances your body's hormones, leaving us less susceptible to the risk of diabetes and cancer. It also slows down the aging process and decreases risk factors associated with illnesses such as Parkinson's, Alzheimer's, multiple sclerosis and kidney disease.

Remember, it's easier to stay well than to get well. And while it's called health care, it usually has little to do with advancing true health.



*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

What’s so funny!?

Why is it called a “funny bone” when it’s not a bone and it isn’t funny when you hit it?

You know the sensation – you hit your elbow on a hard surface and experience shooting pains or a tingling sensation down the length of your arm to your fingers.

What’s going on?

The humerus is the upper arm bone that goes from your shoulder to your elbow. At the elbow, it joins with the radius and the ulna, your two forearm bones. The ulnar nerve lies in a ridge along the ulna.

The ulnar nerve is close to the surface of the skin, so when you hit your “funny bone”, you’re actually hitting the ulnar nerve, which sends a pins and needles sensation from your elbow, down your forearm and into your wrist and fingers, which, when it happens to you, isn’t that funny at all!

A few more fun facts...

- Adults consume about 3 pounds of food each day
- Men are 10 times more likely to be colour blind than women
- You burn more calories sleeping than you do watching television
- 25% of your bones are located in your feet
- More people are allergic to cow’s milk than any other food

