



Spinalguy Chiropractic

Relief & Wellness Newsletter

OCTOBER 29, 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 (2 a month)

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

**We will be switching to our Regular Hours on
November 5th!**

Chiropractic Pain Relief Seen on MRI

What if back pain relief could be immediately experienced from a simple, safe and natural procedure being applied to your back. Well say hello to chiropractic! According to researchers, they've been able to view changes in the areas of the brain that process and modulate pain using an MRI immediately following chiropractic spinal manipulation and spinal mobilization.

In this recent study, researchers induced low back pain in a group of participants, then provided three forms of care: spinal manipulation, spinal mobilization and therapeutic touch. During this period, participants underwent functional MRI studies to measure changes in regions of the brain dealing with the experience of pain.

Researchers concluded that chiropractic spinal manipulation, spinal mobilization and therapeutic touch all offered an immediate effect on the pain processing and modulating areas within the brain and that these changes could be why so many patients experience immediate pain relief or pain reduction after chiropractic care.

Source: JMPT. Vol 37, Issue 9, Nov-Dec 2014.

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

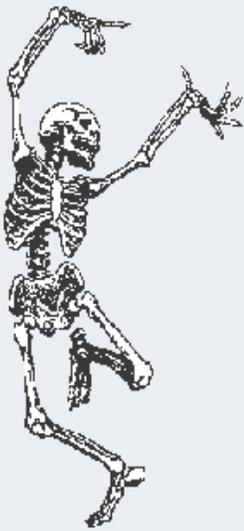
Stop Drinking Soda & Coffee for Energy – Climb the Stairs Instead!

Drinking coffee first thing in the morning may seem like the logical way to perk up low energy levels. Researchers have found, though, that caffeine – either from soda, energy drinks, coffee, or tea – has less of an effect on a person's energy as does physical activity. The physical activity promoted in this recent study: stair climbing.

Climbing the stairs may be the last thing a person wants to do when they've had a long night, but according to a study in Reuters, taking the stairs has a more profound effect on energy than caffeine. The study followed young, busy women, as this is a demographic that is largely often sleep deprived. The women in the study averaged less than 6.5 hours of sleep each night. Some of the women were given a placebo, others a 50mg dose of caffeine, and the last group had to climb stairs for 10 minutes. After this, they were asked to describe their level of energy, and were also tested for cognitive awareness and function. This included testing their memory and reaction times. The women who climbed the stairs felt significantly more energized, particularly right after their exercise. According to Men's Health, the activity didn't reduce the participant's cognitive function, which means that when a person exerts themselves physically they don't exhaust themselves mentally. Medical News Today reports that the participants even had greater motivation to work after their jaunt up the stairs. So, after a sleepless night – ditch the caffeine and hit the stairs. You'll feel better!

Source: Physiology and Behavior, online March 14, 2017.

*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

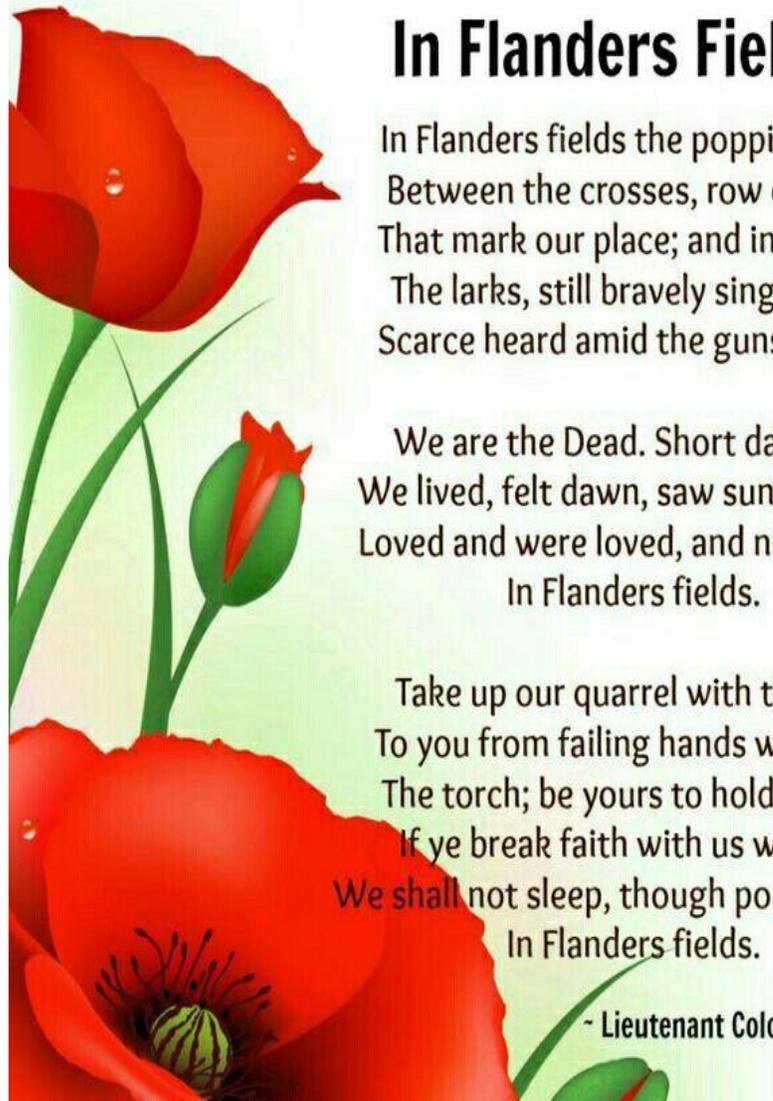
In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Lieutenant Colonel John McCrae



**For a list of Remembrance Day ceremonies taking place in
Calgary, visit:**
<https://www.familyfuncanada.com/calgary/remembrance-day-ceremonies/>

