



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

NOVEMBER 30, 2018

DR. TOM KELLY

### MAY THRU OCTOBER

Mon: 8am-12noon, 3pm-7pm  
Tues: 3pm-7pm  
Wed: 8am-12noon, 3pm-7pm  
Thurs: 3pm-7pm  
Fri: 8am-12noon  
Sat: 9am-12noon (twice per month in May, Sept and Oct, please phone)

### NOVEMBER THRU APRIL

Mon: 8am-12noon, 3pm-7pm  
Tues: 3pm-7pm  
Wed: 8am-12noon, 3pm-7pm  
Thurs: Closed  
Fri: 8am-12noon, 3pm-7pm  
Sat: 9am-12noon (twice per month, please phone)

### Spinalguy Chiropractic

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**403-278-9555**

**We're on the Web!**  
**[www.spinalguy.com](http://www.spinalguy.com)**

## Raising a Child Without Sugar: Breaking the Sugar Addiction.

Parents often use treats in the form of candy as rewards to toddlers and children for good behavior or accomplishments such as using the potty. It seems everywhere we turn, sugar is being marketed to children. Every sugar-coated holiday (Trick-or-treating, chocolate bunnies, birthday cake) creates more obsessed sugar monsters. Obviously our society has a huge sugar addiction problem. So is it crazy to think we can raise our children without sugar?

A baby's developing taste buds are sensitive, and there are many foods which are naturally sweet. It's completely unnecessary to add refined sugar to these foods. However, go into your grocery store and look at the nutrition labels of baby food and that's exactly what you'll find. Jarred baby foods high in sugar and sodium and low in fiber is the norm.

Reading the label of many baby food jars can be deceiving. Apple purée sounds healthy, doesn't it? But the commercial version is not the same as what you would make at home.

Fruits and veggies are processed using ultra-high heat and shipped to baby food manufactures. They are then boiled down again which removes most of the nutrients. The resulting syrup has very high sugar content.

## How to break your family's sugar addiction

If you have been feeding your child refined sugars, don't beat yourself up. We now know more about the dangers of this addictive substance.[1] We know it contributes to obesity and that more young children are developing Type 2 diabetes.

Here are some strategies to use to start reducing the amount of refined sugars your child is consuming:

- #1 – Don't keep sugar-filled foods in the home.
- #2 – Be an example and reduce your own sugar intake.
- #3 – Buy holiday candy from them or trade for a non-edible reward.
- #4 – Eat at home before going places that do not have healthy options.
- #5 – Discuss food "Rules" with your child before going out to avoid a scene.
- #6 – Bring healthy alternatives to offer to your child when you go out.
- #7 – Be firm with other family members who undermine your efforts.

This doesn't mean you have to completely cut out desserts. There are plenty of alternatives made with natural sugars such as pure maple syrup or honey.

## *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*

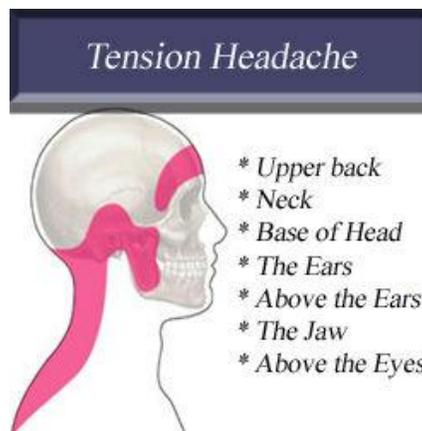
## **Chiropractic for Tension Headaches**

A good portion of those seeking chiropractic care do so for the relief from headaches. Of all the different types of headache, tension headaches are the most common representing approximately 60% of all headaches. Tension headaches are caused by the sustained contraction of the muscles in the neck and head region. Sufferers experience a constant tight or pressure sensation with mild to moderate pain, generally feeling like a tight band is wrapping around the head, lasting from hours to days.

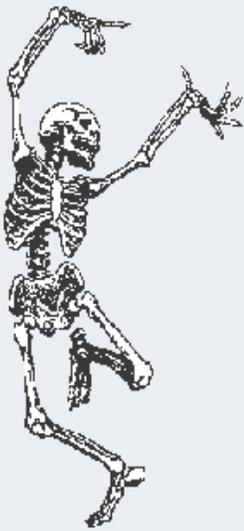
According to a new Danish study, tension headache sufferers exhibit neck and shoulder strength up to 26% weaker than in non-sufferers. Also found in those with tension headaches were muscle imbalances between sets of muscles that hold the head straight. Researchers weren't sure whether the measured muscle weaknesses and imbalances were the result of the tension headaches or a cause of them. The good news is that most chiropractors have great success treating tension headaches. Biomechanical imbalances of the cervical and upper thoracic spine, and, muscle weakness and dysfunction are all things most chiropractors evaluate when treating tension headaches.

Chiropractic adjustments along with stretching and strengthening exercises are commonly utilized with much success. If you believe you're suffering from tension headaches, call us today! **403-278-7876**

Source: Cephalalgia, online April 1, 2015



*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*

## **Check out this list of festivities happening in Calgary for some Holiday fun!**

**Christmas Carols and Holiday Concerts in Calgary:**  
<https://www.todocanada.ca/christmas-carols-in-calgary/>

**Christmas and Holiday Lights in Calgary:**  
<https://www.todocanada.ca/christmas-lights-in-calgary/>

**Christmas Markets and Craft Fairs in Calgary:**  
<https://www.todocanada.ca/christmas-markets-and-fairs-in-calgary/>

**Visit <https://www.todocanada.ca/christmas-carols-events-lights-markets-in-calgary/> for more fun ideas!**

