



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

FEBRUARY 1 2019

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

## Chiropractic First – Surgery Last

Many individuals suffering from back, neck and spinal-related conditions experience mild to moderate, even severe chronic pain. Often, a sense of frustration and hopelessness lead many to obtain surgery in their quest for relief before considering other forms of safer, less invasive care. The medical research discussing the complications of surgery are loaded with statements including, "Surgical site infection (SSI) after spinal surgery can result in several serious secondary complications, such as pseudoarthrosis, neurological injury, paralysis, sepsis, and death." Certainly there are conditions that may require surgical intervention. However, it's essential to first ensure that other forms of safe, non-invasive, mainstream interventions such as chiropractic care have first been considered, especially given the severity of complications related to spinal surgeries. If you or a loved one are experiencing neck, back and/or spinal related pain and/or discomfort, or, perhaps it's simply time for a checkup, call our office today. We offer no obligation consultations allowing an opportunity to meet with the doctor and discuss your case prior to making any decisions about care.

Source: The Spine Journal. Vol. 15 Iss. 3, March 1, 2015.

*“Chiropractic is the **science,***  
***philosophy** and **art** that **utilizes** the*  
***inherent recuperative power***  
*of the **body to heal itself***  
*without the use of drugs or surgery.”* – B.J. Palmer

**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

## Parent's Food Decisions Most Impactful to Children

If you're a parent, you're aware of the vast amount of food advertising targeting children. In fact, you might be more than just a little annoyed with companies advertising their unhealthy food products to younger children, your children.

However, new research coming from Ireland indicates the parent's eating habits are the most important predictor of what foods including unhealthy foods children are aware of and recognize. There's no question that the advertising of unhealthy foods and the fact that unhealthy foods tend to contain sugars and fats - something us humans enjoy - has an impact on children's knowledge and interest in those foods. However, this new research shows that ultimately parents have the most influence on unhealthy food awareness. So if you're concerned about your children's dietary habits and influences (and you should be), check your pantry and your own dietary habits and ensure you're a positive influence - your children are watching!

Source: Appetite, online May 21, 2014.

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### Here are a few tips for getting your kids to eat healthier:

#### 1. Keep healthy food at hand.

Children will eat what's available. Keep fruit in a bowl on the counter, not buried in the crisper section of your fridge. Remember, your child can only choose foods that you stock in the house. And have an apple for your own snack. "Your actions scream louder than anything you will ever tell them"

#### 2. Sit down for family dinners at night

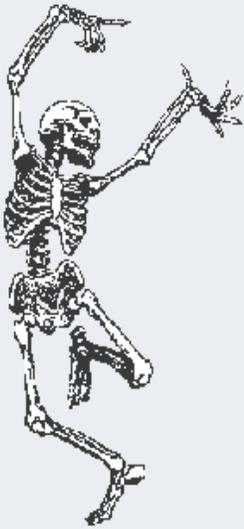
If this isn't a tradition in your home, make it one. Research shows that children who eat dinners at the table with their parents have better nutrition and are less likely to get in serious trouble as teenagers. Start with one night a week, and then work up to three or four, to gradually build the habit.

#### 3. Prepare plates in the kitchen

You can put the right portion of each item on everyone's dinner plate, instead of offering up a food buffet or serve-yourself style. This way your children will learn to recognize healthy portion sizes.

*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*

## Homemade Apple Chips

### Ingredients

2-3 apples, thinly sliced (I used Fuji)  
4 tsp. sugar  
½ tsp. cinnamon  
real maple syrup (not pancake syrup)

### Instructions

-Preheat oven to 225° F. Lay out the apple slices on two parchment lined baking sheets.  
-Mix together the sugar and cinnamon in a small bowl. On one sheet of apples, sprinkle the cinnamon and sugar over the tops of the apples. On the other baking sheet of apples, spread the tops with maple syrup. (Can also double cinnamon and sugar and skip maple syrup or use only maple syrup - your preference!) Place both baking sheets in the prepared oven and bake for 1½ hours. Flip apples over and continue baking for 1 more hour, until the apples are crispy. Let cool and store in an airtight container. Enjoy!

