



Spinalguy Chiropractic Relief & Wellness Newsletter

APRIL 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

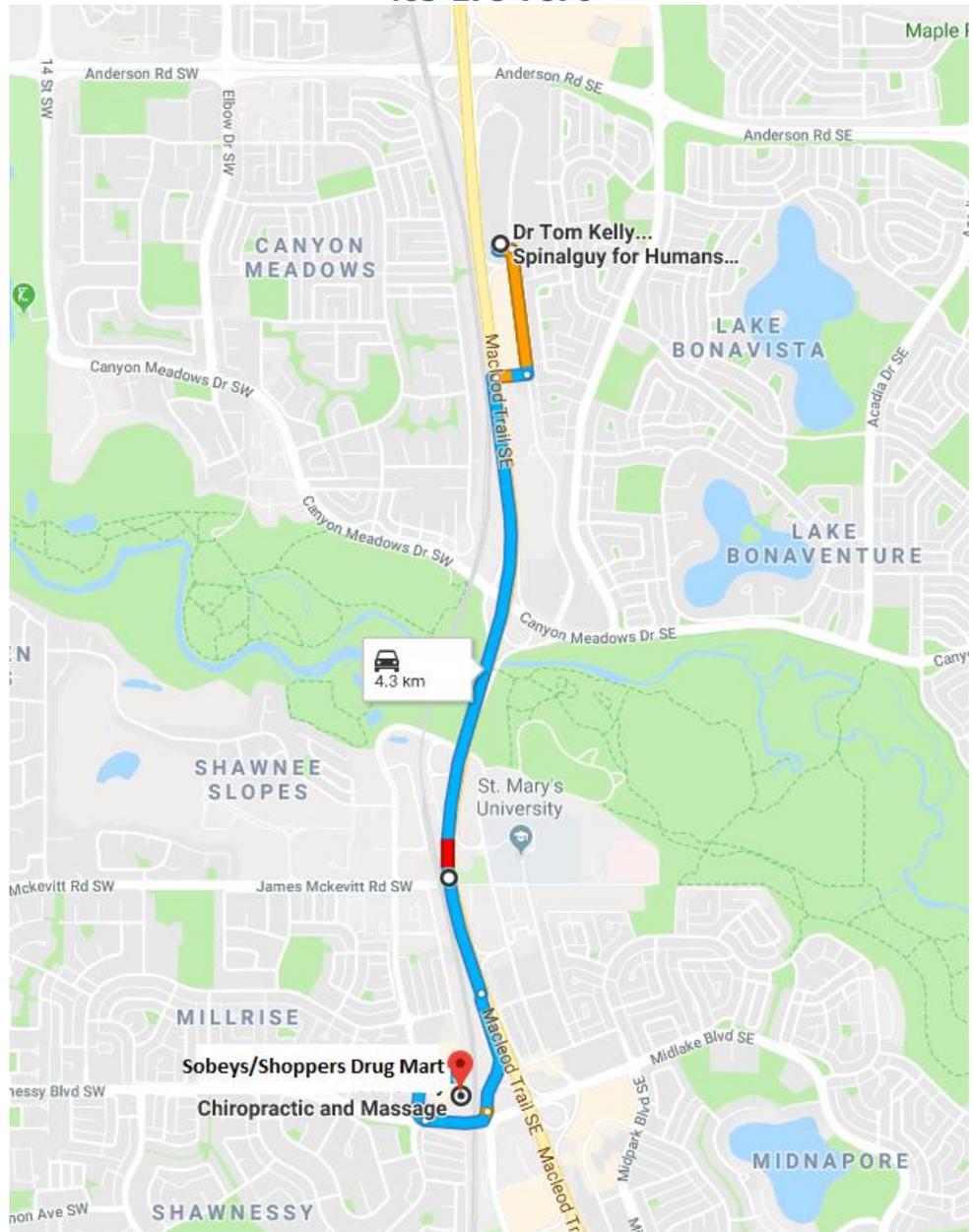
214, 12100 Macleod
Trail SE
Calgary, Alberta
T2J 7G9

Phone
403-278-7876

Fax
403-278-9555

We're on the Web!
www.spinalguy.com

**Monday April 29th will see us in our new location just 4kms south of where we currently are. In the Millrise/Shawnessy Sobeys/Shoppers Drug Mart plaza...
403-278-7876**



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

Seven Factors That Affect Your Recovery

"How long will it take till I feel better, doc?"

We can generally offer some estimates, however many factors can affect your particular case:

The Problem: Some problems resolve quicker than others. Generally speaking, more recent problems tend to resolve faster than problems that have been around a while.

Your Health: Your health and well being is a huge factor. If you're generally in good health, you're likely to see faster results than those who are obese or sedentary or who are dealing with other issues.

Your Age: It's no secret that youngsters heal faster than seniors

Lifestyle Choices: You can expect faster results if you improve your diet, stay properly hydrated, increase your physical activity and get enough restful sleep.

Stress Levels: Attempting to heal while suffering from the burden of physical, chemical and emotional stress often lengthens the healing process.

Kept Visits: To create the momentum necessary to make spinal change, consistent visits are crucial. Missing visits can impede your progress.

Your Attitude: Not only do those with an upbeat, positive attitude live longer, they heal faster. Stay optimistic.

The Cause of the Cause

When many patients begin care, they have spinal issues. They hope we can help them like we did their friend or neighbor, but their headache or back pain isn't their real problem. While we're delighted to be consulted, our first duty is to help reframe their problem and give it a more precise meaning.

Whether it's a cold, the flu, a headache, indigestion or knee pain, the symptom is often your body attempting to accommodate some type of stress. We see three different types of stress as the underlying cause of a host of spinal and non spinal symptoms:

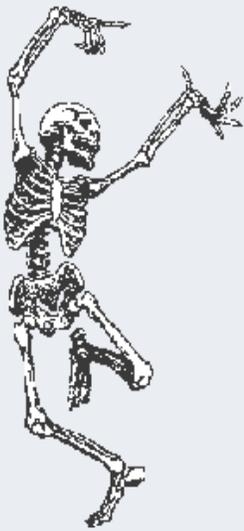
Physical Stress: Car accidents, repetitive motions, slips and falls, aging mattresses and the longstanding symptoms of childbirth trauma are among the more common causes of this type of stress and non spinal symptoms.

Chemical Stress: You and I are exposed to hundreds, maybe thousands of industrial and environmental chemicals every day. Combine these with a poor diet, drugs, alcohol and sugar. The result, changes in muscle tone and neurological insult.

Emotional Stress: This is probably the most common and overlooked source of spinal stress. Notice the posture of someone experiencing anger, resentment, grief, fear or shame. Our emotions affect our bodies – and our bodies affect our emotions. While spinal problems can cause a whole host of health issues, stress is often the cause of the cause. True, chiropractic care can't eliminate the stress in your life, however it can help you better cope.

*If you wear
out your
body...*

*Where will
you live?*



Did you know...?

- The average adult stands almost half an inch taller in the morning than in the evening because the cartilage in the spine compresses during the day.
- The skeleton of an average 160 lb. body weighs only 29 pounds.
- Your brain consumes almost 25% of the oxygen your body uses.
- Every pound of excess fat requires 200 miles of additional blood capillaries, putting extra strain on your heart.
- The thumbnail grows the slowest, the middle nail grows the fastest.
- Your hair grows faster in the morning than any other time of the day.
- Your blood makes up about eight percent of your body weight
- Information zooms along nerves at about 400kmph

*"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

*There are far better
things ahead than
any we leave behind*

- C.S. Lewis -