



Spinalguy Chiropractic

Relief & Wellness Newsletter

JUNE 3, 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

Doctors, researchers and sports trainers agree – exercise is one of the best ways to reduce your stress. Why does exercise make you feel so good?

Physical activity turns on chemicals in the brain called endorphins, which act like organic painkillers, relaxers and sleep aids. You make more of these feel-good neurotransmitters when you exercise, when you get a massage, even when you meditate or breathe deeply. It's your body's natural stress reducer.

Exercise helps you stay sharp mentally, reduces fatigue, and makes you think better overall. And it doesn't require all-out intense exercise to reap significant rewards – a routine as simple as three to five thirty-minute workouts each week is generally enough to stay at a reasonable level of fitness.

But you can reduce your stress with a lot less exercise than that – some scientists have found that as little as five minutes of aerobic exercise kicks your anti-anxiety machinery into gear, decreasing tension, improving mood, and building self-esteem.

The Anxiety and Depression Association of America says that seven out of ten American adults report feeling stress daily, and most say that it has a significant negative effect on their lives.

Imagine how much positive energy could be created if many or most of that 70% included a little exercise in their daily routine! Handling stress is a key to successful, healthy living, so let's spread the word – take good care of your body, and it will take good care of you!

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

Pregnancy and Back Pain

Did you know that at least half of pregnant women experience back pain? And 10% of those report discomfort severe enough to disrupt their daily routines. The good news is that there are steps you can take to protect your back during pregnancy.

What causes pregnancy-related back pain in the first place?

When pregnant, it's normal to gain more than 30 pounds. This extra weight places considerable stress on your back, feet, ankles and knees. As your baby grows, your core abdominal muscles become stretched and may not be able to stabilize your posture as well as they did before.

In the third trimester, levels of a hormone called "relaxin" increase by a factor of ten. Relaxin loosens your joints to allow the pelvis to accommodate the enlarging uterus. These loose joints force the muscles of the back and pelvis to work overtime to keep you upright and balanced, which may lead to back pain.

Try these tips to help minimize your risk of back pain:

Exercise: Exercise can go a long way to increase muscle support for an aching back. A health care practitioner should always be consulted before starting a new exercise regimen. Low impact cardiovascular activities, such as swimming, walking, or stationary cycling can help relieve pain and maintain fitness.

Sleep Position: Sleep on your left side to reduce the pressure of your uterus on the large blood vessels in your abdomen, optimizing blood flow to both you and the baby.

Pillow Position: Place a pillow between your knees to take pressure off your lower back when sleeping on your side.

Support Your Body: With the added weight, support has never been more important. Wear flat, supportive shoes and use a lumbar support pillow in your chair at home or work. If you sit at a computer or desk, walk around for a few minutes each hour.

Take Breaks: Take frequent, short breaks with your feet elevated. Adequate rest restores your energy and gives your back a chance to relax.

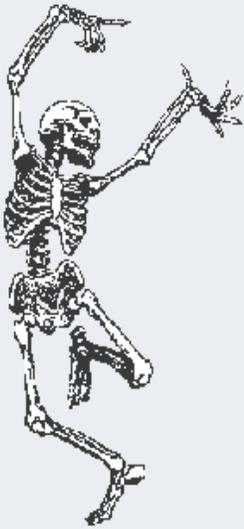
If it hurts, see a chiropractor.

Chiropractors are highly educated and specially trained musculoskeletal experts. Your chiropractor can treat aches and pains, as well as build customized stretching routines and whole-body wellness strategies in conjunction with your chiropractic treatment.

If you or someone you know is suffering from back pain, give our office a call to set up an appointment.

*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

Healthy Homemade Ice cream

- 4 frozen bananas, peeled
 - 1/4 cup cocoa powder
 - 2 tablespoons almond butter (can sub peanut butter)
 - Optional: 1/4 cup milk of choice (only use if you are making this in a food processor)
1. Place the frozen bananas, cocoa powder, almond butter, and your choice of milk into your food processor. Pulse until the bananas are mostly broken down.
 2. Scrape the sides of the food processor then continue processing on high until the ice cream is smooth and creamy.
 3. Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones.

