



Spinalguy Chiropractic

Relief & Wellness Newsletter

JULY 29, 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

Protecting Your Hearing

You wear sunglasses to protect your eyes, sunscreen for your skin, but what about your ears? About 10% of us are deaf or hard of hearing from largely preventable causes. Researchers measure sound levels in decibels (dB). Dinner table conversation might average 40 dB. Your doorbell might hit 50 dB, but our ears can experience damage from prolonged exposure to high levels of sound when mowing the lawn or using a chain saw (90 dB). Even Ipods and the bone rattling sound effects at the movies can be culprits. They're cranking up the volume and the damage is taking its toll.

While today's music scene may be glamorous, many rock musicians are practically deaf. They, and many of their fans, have lost a portion of their hearing from frequent exposure to rock concert sound levels that are often as high as 110 dB.

If you can't avoid extreme sonic pressures, cover your ears with your hands or get ear protection such as foam pellets for the ears or headphone like earmuffs that surround each ear.



Hearing Protection Required

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

6 Strategies to Overcome Worry

With ongoing economic uncertainty, worry is a fact of daily life for many. Whether you are a chronic or occasional worrier, you find that worry causes a feeling of helplessness and vulnerability, as if it has you in a tight grip, and you can do nothing to escape. But worry is actually a very treatable condition. Even if you have a biological disposition for worry, you can still tackle troublesome thoughts and lower your stress level. Try the following techniques ...

1. **Write Away Your Worries** - When they constantly float around your brain, worries seem intangible. Writing down your worrisome thoughts gives you more control over them. Write down possible solutions for each concern. In one study, group participants wrote down their worries over a 14-day period. When they reviewed their lists after two weeks, the participants found that 85% of their worries never came to pass.

2. **Cut Yourself Some Slack** - When you write about your worries, you often find self-criticism is a key voice in your internal dialogue. Self-criticism lowers self-esteem and increases the risk for depression. According to psychologist and author Matthew McKay, "By attacking yourself, you are helping destroy the number one requirement for healthy change - a sense of worth. Self-attack actually reduces your capacity for change, for trying, for reaching out. Far from pushing you to do better, it exacerbates your sense of helplessness." So, be gentle with yourself.

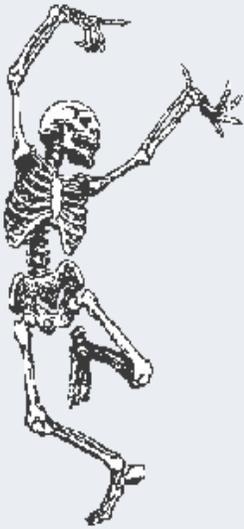
3. **Be Mindful** - We spend much of our present time ruminating about our past or fearing for the future. The concept of mindfulness is focusing on the present moment, without judgment or self-evaluation. Although it is an ancient concept, mindfulness has found wide spread adoption today among health professionals. "As you focus on becoming more peaceful with where you are, rather than focusing on where you'd rather be, you begin to find peace right now, in the present," said psychologist and author Richard Carlson.

4. **Meditate** Meditation is a great way to boost mindfulness. Meditation techniques vary, but nearly all meditative disciplines place an importance on deep breathing. This helps relax the body and mind. If you are a meditation beginner, set aside 15 minutes twice a day to meditate. Morning and evening usually work best. Choose a place where you will not be disturbed. After settling into a comfortable position, breathe deeply. To help keep your concentration, gently focus your eyes on an object, such as a lit candle.

5. **Play Time Warp** Imagine yourself one year from now. Now from this point of view, look back at your current problems. Do they seem as difficult or scary as they do today? Or have you blown your worries out of proportion? Frequently, you will side with the latter.

6. **Be Grateful** - Gratitude can have a profound effect on calming fears, reducing envy and cooling anger. When you look at the rest of the world, where hundreds of millions of people struggle every day to find enough food to eat and clean water to drink, most of us in North America have much to be grateful for. One study revealed that people who kept a gratitude journal were significantly happier than those who did not.

*If you wear
out your
body...
Where will
you live?*



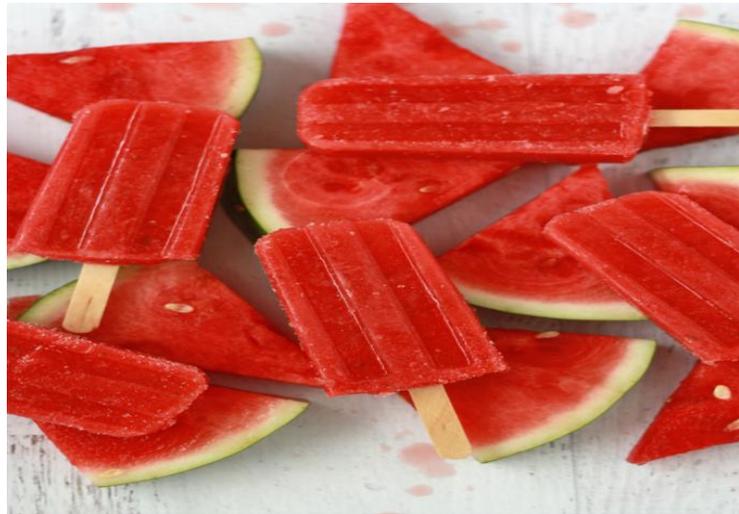
*“A person without a
sense of humor is like a
wagon without
springs. It’s jolted by
every pebble on the
road.”*

~ Henry Ward Beecher

Strawberry Watermelon Popsicles

- 3 heaping cups cubed watermelon
- 1 heaping cup strawberries (fresh or frozen)
- zest and juice of 1 lime

Place all ingredients in a blender and puree until completely smooth. Pour into **popsicle molds** and freeze 3-4 hours, or until very solid



Looking for something fun to do in August in Calgary?

One of the things I love about Calgary is that there is always something to do, whether its sports games, concerts or parks, there are always family friendly events going on in our city.

Click on the link below to see a list of events in Calgary this August and enjoy the rest of your summer!

https://www.visitcalgary.com/things-to-do/stories-from-calgary/august-in-calgary?qclid=EAiaIQobChMIqrSerYLT4wIVeSctBh1N3QYQEAAAYASAAEqKh-fD_BwE