



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

SEPTEMBER 4, 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

3209-150 Millrise Blvd  
SW, Calgary AB,  
T2Y5G7

**Phone**  
403-278-7876

**Fax**  
403-278-9555

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

**It's that time again...**

## Toasty Toes Sock Drive!

**With your help last year, we were able to donate over 500 pairs of socks to Albertan's in need!**

**We are now collecting socks for this year's sock drive. Socks can be dropped off at your next appointment, or anytime our office is open.**

**Just a reminder that socks must be new.**

**We thank everyone in advance for helping us keep everyone's toes toasty this winter!**



## ***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*

## **Pack it light. Wear it right: Handbags**

Some women carry the whole world in their handbag, but a heavy bag or purse can cause pain and injury to your back, neck and shoulders. Overstuffed bags can also cause poor posture by encouraging the carrier to lean to one side. The good news is pain and injury can be easily avoided by following a few simple tips.

### **Choosing a handbag**

1. Choose a handbag that is proportionate to your body size and no larger than what is needed. Your handbag should not weigh more than 10 per cent of your body weight.
2. Choose a handbag that has several individual pockets, instead of one large compartment. This will help to distribute the weight of the contents more evenly and keep them from shifting.

### **Packing a handbag**

1. Change the size and weight of your wallet once in a while. You may also consider one wallet for your work and a different one for when you go out, as you may need different objects for both.
2. Ensure the weight is evenly distributed in the purse by using all the pockets.

### **Carrying a handbag**

1. Use both hands to check the weight of the handbag.
2. Instead of always carrying your handbag on the same shoulder, switch sides often so each shoulder gets a rest.
3. Square your shoulders—many women have a habit of lifting the shoulder on which the purse is carried to keep the straps from slipping.

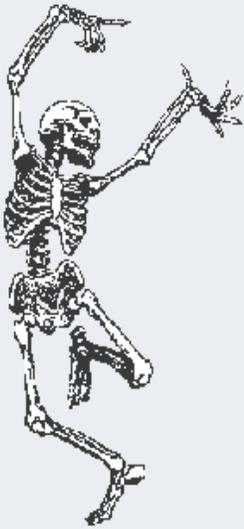
### **More tips**

1. Try to maintain good posture. When standing, your head, shoulders, hips and ankles should line-up, one comfortably above the other.
2. In you can walk to lunch or a meeting, lock your purse in your desk or locker and carry only your cash and/or credit cards in a pocket.

***By following these simple strategies, it's easy to lighten your load.***

*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*

## **Drink More Water**

Water makes up about 75% of our bodies and is essential for good health and well being. Proper hydration is needed for regulating temperature, cushioning joints, eliminating wastes and countless other functions.

Experts observe that many of us are chronically dehydrated. In fact, some people confuse their body’s thirst signal for hunger signs!

## **How Much Water?**

Divide your weight in pounds by 2. That should be your daily water intake in ounces. For example, if you weigh 160 pounds, divide by two and you should be drinking at least 80 ounces of water a day, more if it is hot or dry outside.

## **What Kind of Water?**

Drink pure water, ideally without chlorine, chemicals and the impurities often found in municipal water supplies. Use a water filter when drinking tap water.



*Wishing everyone a safe and  
happy return to school!*