



Spinalguy Chiropractic

Relief & Wellness Newsletter

SEPTEMBER 27, 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

REMEMBER..

Our Toasty Toes Sock Drive is going until the end of October! Please bring in a new pair of socks and help us keep the feet of all Albertans warm this winter! Thank you to everyone who has already donated!



Heat or Ice?

When should you apply heat? When should you apply ice? Confusion abounds about these simple yet helpful procedures. Use heat in the wrong circumstance and you can make the problem worse. Here's what to do and when to do it:

Think back to high school chemistry. How do you slow down a reaction? You make it cool. So, if you're trying to reduce the inflammation resulting from a new injury, use ice. Ice constricts blood vessels, helping to avoid muscle spasms and reduce swelling. It can also slow nerve transmission of painful symptoms. Ice, when used properly, becomes a natural local anesthetic. Apply an ice pack for short periods of time (15-20 mins.) Allow an equal amount of time between applications of ice so you don't risk frostbite.

On the other hands, if you want to speed up reaction, add heat. Topical heat can help increase blood circulation and help improve flexibility. If you have a history of chronic, long standing joint and muscle stiffness, it can show temporary improvement with the application of moist heat or a hot bath. Avoid the dry heat of a heating pad.

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

How to Breathe

Fortunately, breathing is natural for us. It's something we rarely think about until an emergency.

For the most part, we should breathe through our nose. There are a couple of reasons for this. First, as we breathe through our nose, tiny hairs that line our nostrils can filter our particles that could injure our lungs. In dusty situations we automatically secrete more mucus to trap the particles of dirty. By sneezing or blowing our nose we remove these particles.

Another reason to breathe through your nose is that doing so can help warm and humidify the air to prepare it for our lungs.

Breathing properly helps maintain the correct balance of oxygen and carbon dioxide in the blood. It is the amount of carbon dioxide in our blood that helps regulate the pace of our breathing. If we release carbon dioxide too quickly, as we do when we breathe through our mouth, arteries and vessels begin to constrict, reducing the amount of oxygen getting to our body and brain. This can increase anxiety and induce a fight or flight response. Bottom line? We don't think as clearly. Breathe through your nose and take deep breaths instead of shallow ones.

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## Did you wash your hands?

Probably the easiest, least expensive and most effective way to prevent transfer of germs is more regularly washing your hands. In the world of antibiotics and now, anti bacterial cleaners, good old fashioned hand washing is making a return.

Your hands are the most likely means of transmitting germs. Every time your hands touch your face, especially eyes, nose or mouth, you give germs a free ride into your body.

Germs like to hide out around the cuticles and under the nails. Soap simply dislodges the germs so they can be washed away when you rinse. And no need to use antibacterial soap. Experts warn that using these agents may kill off one strain of bacteria, but give rise to an even stronger more resistant strain.

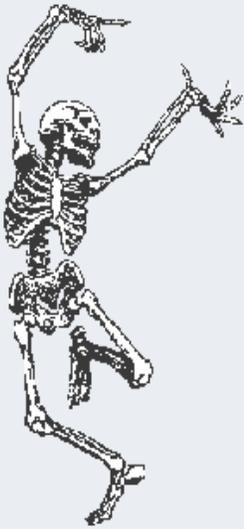
*If you wear*

*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*

## Turkey Leftovers

***Tired of having turkey soup for weeks after Thanksgiving? Here are some ideas for your leftover turkey!***

Turkey Pot Pie – Just replace the chicken with turkey and voila!

Turkey Pizza – With a little cranberry sauce, stuffing, sage and thyme

Hot Turkey Sandwiches – Pile it on and heat it up!

Turkey Stuffed Sweet Potatoes – Try it with Caesar dressing

Turkey Lasagna – Replace the beef or make it your own, the ideas online are endless!

