



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

NOVEMBER 6, 2019

DR. TOM KELLY

### 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 (Nov 2<sup>nd</sup> and Nov 23<sup>rd</sup>)

### 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 Sept and Oct, please phone)

### Spinalguy Chiropractic

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



Not only can those brand new high-heeled shoes cause pain in your feet, they can cause low back pain as well. In fact, poor footwear can cause difficulties in the feet, knees, hips, low back and all the way up the spine. Generally, the best shoes for your body are relatively flat and provide adequate support.

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Try these tips to reduce the pain on those high-heels days.

When shopping for shoes shop in the afternoon or evening, as your feet tend to accumulate fluid and swell throughout the day.

#### Choosing a shoe

1. Choose a heel height that you can walk in gracefully. The effect of a high heel is easily negated by a clumsy walk.
2. Try to choose a shoe with a heel height of no more than 2 inches. It's a good compromise height that will still create the arched posture associated with high heels without sending you tipping out of them.
3. Avoid buying shoes with a recessed heel, as it is one of the most unstable heel styles.
4. Avoid shoes with many thin straps; these can dig into your skin causing pain and swelling.
5. Ensure that the shoes have good support for the arches of your feet.

#### Give your feet a fighting chance

1. Place a cushioning pad into the front of the shoe to pad the balls of your feet. This will also help keep your toes from getting wedged into the front of the shoe.
2. Take a break from your heels now and then. Slip off your shoes discretely and stretch some of the tensed muscles. Wiggle your toes and make circles with your ankles to help increase circulation.
3. Finally, after a long day or evening on your feet, give them a break. Wear a low, comfortable shoe the next day to rest your muscles. Soak your feet in warm water or give them a nice massage.

## ***Did you know...***

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***

*"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."*  
*~ Albert Schweitzer*

## **Pain in the Neck?**

The Holidays are just around the corner. Emotional stress means that "pain in your neck" will get even worse. Can emotional stress do that?

Emotional stress takes its toll on the body and affects the body's ability to function properly. It causes muscle tension and may have profound effects on the body's immune system functions, making the body more susceptible to pain, illness and injury. The holidays are a prime time for an extra dose of emotional stress and that relentless pain in the neck is often a direct result of our inability to handle it.

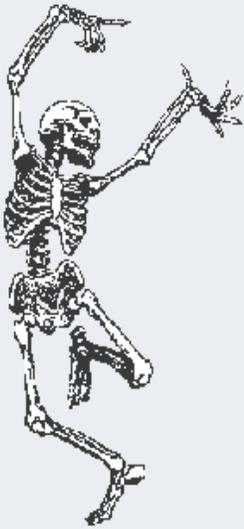
What can you do to try to avoid or relieve neck pain? Try these suggestions:

- 1) See us regularly to keep your spine and nervous system in optimal working order so it can handle the extra stress associated with the holidays.
- 2) Take frequent breaks, especially if you sit at a computer all day, to change position and stretch the neck muscles.
- 3) Make sure you are aware of your posture when you are sitting or standing and that you keep your head erect.
- 4) Practice relaxation techniques to reduce the effects of emotional stress on your neck.
- 5) Get plenty of rest!



*If you wear  
out your  
body...*

*Where will  
you live?*



**In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks still bravely singing fly  
Scarce heard amid the guns below.**

**We are the dead: Short days ago,  
We lived, felt dawn, saw sunset glow,  
Loved and were loved: and now we lie  
In Flanders fields!**

**Take up our quarrel with the foe  
To you, from failing hands, we throw  
The torch: be yours to hold it high  
If ye break faith with us who die,  
We shall not sleep, though poppies grow  
In Flanders fields**



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

**Please visit the link below for a list of  
Remembrance Day ceremonies taking place in  
Calgary on November 11**

<https://www.todocanada.ca/things-to-do-on-remembrance-day-in-calgary/>

*~ Henry Ward Beecher*