



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

DECEMBER 1 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 (Dec 7<sup>th</sup> & 28<sup>th</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

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)

## Chiropractic care for arthritis

Chiropractors see many patients who present with various forms of arthritis. Here are some things people don't typically know about arthritis and how chiropractic may help relieve the associated pain they are experiencing.

### First off, let's define arthritis

'Arthritis' can sometimes seem like a catch-all term. It literally translates to 'arthro-', meaning 'pertaining to the joints', and '-itis', meaning 'inflammation of'.

The most common form of arthritis is osteoarthritis, which is also referred to as degenerative joint disease. Osteoarthritis tends to be localized to individual joints, where the protective cartilage between bones begin to wear down. This may occur in a singular location, or in multiple locations.

### Chiropractors can treat your arthritis whether it's in your back or not

It's a common misconception that chiropractic treatments are only for neck and back conditions. Chiropractors can help with arthritis, whether it's in your back or not! Your chiropractor will work with you to create an appropriate plan for each area of the body arthritis is affecting.

If you're curious about chiropractic and how it can help you, have a conversation with your local chiropractor for an individual assessment. Your chiropractor will then be able to give recommendations to help serve you in a way that appropriately meets your needs.

## *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*

## **It is safe to see a chiropractor if you have arthritis**

Chiropractors have the expertise and knowledge to be able to assist patients with all kinds of new or pre-existing conditions. Chiropractors are trained to differentiate the various forms of arthritis, with joint problems being one component of health management by chiropractors.

Chiropractors will assist patients with mobility and other health challenges at many different stages of their life. The care for patients may span from education to lifestyle modifications to hands-on body work.

There is nothing special or different that a person with arthritis needs to do to prepare for a visit to the chiropractor. When you visit a chiropractor, they will have a conversation with you about your unique needs and then perform an assessment to ensure chiropractic is a safe treatment for you.

## **Chiropractic care can help support a patient in several ways**

One of the benefits of chiropractic care is the focus on improving joint mobility and helping patients move more. This is done primarily through adjustments to a joint or joints, along with corrective exercises like the program available through Straighten Up Alberta. Patients often report improvements to pain and increased quality of life.

Another component of care can involve lifestyle modifications, such as advice on diet or sleep modification, which can have a positive influence on the overall health and wellness of an individual.

Chiropractic adjustments of the spine are shown to not only restore movement to the affected joints, but also influence the surrounding tissue and muscle tone to help re-engage the spinal stabilizers, restore ease and improve posture.

### **If it hurts, see a chiropractor.**

Maintenance care can help prevent pain and keep your joints functioning to the best of their ability but injuries can still happen. If your pain is persistent, seek advice from 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.

*-From the Alberta College and Association of Chiropractors*

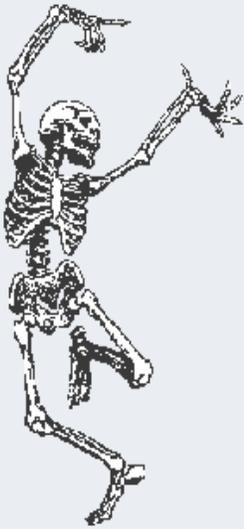
*If you wear*

*out your*

*body...*

*Where will*

*you live?*



## Slow Cooker Beef and Barley Stew

- 1.5 lbs beef chuck roast, trimmed of excess fat and cut into 1 inch pieces
- 1 - 1 1/2 lbs potatoes, peeled and diced into 1/2 inch pieces
- 2 carrots, peeled and cut into 1/2 inch pieces
- 1 medium yellow or sweet onion, peeled and diced
- 2 ribs celery
- 4 cloves garlic, minced
- 2 Tbsp tomato paste
- 2 tsp Worcestershire sauce
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 2 sprigs fresh thyme
- 2 bay leaves
- 6 cups beef broth or stock
- 2/3 cup pearl barley

Add beef and all remaining ingredients to slow cooker and stir to combine. Cover and cook on LOW for 7-8 hours or on HIGH for 4-5 hours.

Remove bay leaves and thyme stems and serve.



*“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*