



The Spinal Column

CHIROPRACTIC AND WELLNESS

Summer Edition 2017

important dates

- July 25 through August 2 - Dr. Bajor away
- July 25 through August 10 - Dr. Boyd away
- * Dr. Conly will be seeing patients at the south clinic in the Dr. B's absence
- August 7 - Clinics closed for Heritage Day

announcement

Welcome **Dr. Tamara Kuss**, Acupuncturist and Doctor of Traditional Chinese Medicine, and **Philip Moody**, Registered Massage Therapist! Both are at the north location and are looking forward to helping you achieve your health goals! Please call to book!

school is OUT! backpacks are IN

Please bring your kids in early for backpack checks. Many of you will be buying backpacks through the summer and we can help you in choosing the right pack for your kids. Our advice is always free and you do not have to be a patient for this important service.

gratitude



We are thankful to you for supporting us in our own support of local charities and causes. From our Airdrie Food Bank drive to our Toonies for Canada 150 to support the development of a local women's shelter, your help is appreciated! Of course it helps when we have a bit of fun in supporting these causes and although we are pleased to announce that the north clinic won the food bank drive forcing the south clinic to wear socks and sandals, the north clinic also wore socks and sandals in support.

Our deepest appreciation to you! Every bit helps!

TEXT spine - it's here, it's real, and we all have it



Ugh. Yes, these are our children. It burns a chiropractor's eyes to see this. Trust me, it was remedied immediately and easily!

This has become the new 'normal', and we are all guilty of it.

Remember the stats from our Winter 2016 newsletter: kids spend a combination of **7 hours per day** between tablets, phones, and TV's - that is a lot of time in front of screens.

How can you help your kids fight this poor posture? Be ANNOYING. This should not be difficult, you are a thorn in their lives already! Remember that any habit, good or bad, develops after 90 days of solid exposure. Develop this **good** habit by following these instructions:

Ensure you can see your kids. Set a timer to go off every 10 minutes. When it goes off yell "SIT UP STRAIGHT!" After doing this consistently, not only will they be more annoyed, but over time they will sit up straighter! Do you sit at a desk for work? You can do the same. Set your timer to go off every 10 minutes to remind you to sit up! Without doing an ounce of work, you are re-training your spine. It does not get any easier than that.

COOL body facts

- your brain keeps developing until your late 40's. Keep doing crosswords and sudohku!
- the average age of a human fat cell is ten years!
- when we touch something, we send a message to our brain at 124 mph!
- it is impossible to sneeze with your eyes open! Try it!
- your body has enough iron in it to make a metal nail 3 inches long!
- similar to finger prints, everyone also has a unique tongue print!

One has more sugar than the other.... or does it?



If you ask most people, "which is healthier for you, a container of chocolate milk or a can of Coke?", most people will say "chocolate milk," and they would be correct!

If you ask most people, "which has more sugar in it, a container of chocolate milk or a can of Coke?", most people would say, "Coke", and they would be WRONG.

PER mL, the chocolate milk and Coke contain the SAME amount of sugar: 0.10 grams.

How is this information useful? Keep this in mind when you are consuming chocolate milk. It has the benefits of protein and nutrients from the milk, but careful how much you consume because of the sugar. Just because it's milk do not automatically assume it is healthy for you. BUT it is still much better than COKE!



My big 'phat' delicious greek salad



disclaimer: there are a lot of variations of greek salad, thus the vegetable content varies, however, on many different dinner parties, this has been praised as 'one of the best greek salad dressings' - follow for maximum taste!

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 3 Tbsps lemon juice
- 3 cloves crushed/minced garlic
- 1 Tbsp dried oregano
- 1 tsp salt
- 1/2 tsp fresh ground black pepper
- 1 tsp sugar

Mix all of the above together and let dressing sit for at least half an hour.

- 3 tomatoes diced
- 1 english cucumber diced
- 2 sweet peppers diced
- 1 red onion diced or in circles
- 1 large romaine lettuce chopped
- 1 cup feta cheese
- 1 1/2 cups black olives

Mix everything 20 minutes before serving. Wait for everyone to be amazed!