



ACCESS

CHIROPRACTIC AND WELLNESS

The Spinal Column

Winter Edition 2017

another amazing year!

Once again thank you to all of you for a successful 2017! We have enjoyed keeping you, your families, and friends healthy this entire last year. We appreciate your referrals and your continued trust in taking care of your health! 2018 brings a lot of excitement and new energy however with that come continued battles in staying healthy. From helping you and your kids fight the effects of technology on your nervous system to the continued use of opioids to manage many musculoskeletal complaints, we are always there for you! We appreciate you keeping all the practitioners at Access Chiropractic and Wellness in your minds when it comes to your health!

important dates

The clinics will be closed as follows:

- December 25 and 26 and January 1.

Dr. Boyd and Bajor will be working December 27-29 for regular clinic hours (early close on Friday, December 29).

Merry Christmas, Happy Holidays, and Happy New Year!

** please note the north office will close early at 4:30pm on Fridays December 22 and 29.*

We welcome Dr. Bajor's new receptionist **Andrea Lacher** to the north clinic! While you have seen Linzy at the helm for the last 5+ years, she is away on mat leave!

SPOT THE DIFFERENCE

2009



- There are ten (10) differences between the two cartoons.
1. Clock hands change.
 2. Boy's shirt pocket moves.
 3. Black fireplace shape changes.
 4. Dog loses dot.
 5. Crease on boy's trousers.
 6. Tree outline changes.
 7. Parcel lacks a bow.
 8. Dog's tail longer.
 9. Tree star gains point.
 10. Bauble appears on tree.

xmas1

fun body facts

- a human baby has over 60 more bones than an adult.
- the strongest muscle in the human body is the masseter (jaw muscle).
- similar to finger prints, everyone also has a unique tongue print.
- when awake, the human brain produces enough electricity to power a small light bulb
- your heart will pump nearly 1.5 million barrels of blood during your lifetime, enough to fill 200 train tank cars.

tips for preventing the holiday travel food hangover blues by Melanie Taylor

With holiday preparations, we are most concerned about travel, gifts, and how we put it all together. However, travel often lends to poor food choices. How do we battle the airport or road stop choices? Read on:

Pack your sneakers - if you are staying in a hotel, call to see if there is a gym. If staying with family, get away for a quick 30 minute workout, there are a lot of apps out there to help you!

Pack healthy snacks - dried berries, raw nuts, seeds, veggies, and fruits are great staples. This is a healthy carry-over if you have to eat out.

Bring a small blender - why not? Most hotels have a mini fridge that you can store fruit, yogurt, and veggies, everything you need to make a nice and quick healthy smoothie.

Read a book connected to your goals - what we are reading can have a big impact on our daily thoughts and choices.

Bring herbal tea - tea is an easy way to curb your appetite. Green tea helps with hunger. Ginger is great for anxiety and upset tummies. Peppermint and chamomile help with sleep.

Pack your pillow, eye mask, and ear plugs - there is nothing worse than not getting the rest you need. Hotel or even family's beds can feel more like home with your own pillow. Loss of sleep significantly reduces our immune system, builds our anxiety, and lowers our alertness. Add that to the stresses of travel results in needing a vacation to recover!



tips for unplugging from technology and making time for yourself by Dr. Bajor

This is really really hard. Technology is everywhere. Here are some tips to help you succeed and make that time for yourself and your family count! **The average smartphone user checks their phone 150 times per day.** Let's begin.

Remove push notifications from your email - change this to manual fetch or once an hour. This will help you avoid looking at your phone all the time.

Carry a book with you - read your book while you wait instead of your phone.

Lock up your phone - literally. Or give it to someone. For an hour or two.

Download an app - detach apps are plentiful and they will restrict you from social media for as long as you specify.

Get active - you cannot use your phone when you are physically active.

Go on a digital diet - record how much time you use your phone and cut it down by 10% or reduce one of the activities you always use your phone for.

Create new habits - you are NOT THAT IMPORTANT that you need to be accessed 100% of the time. Sorry, it's true. Don't race to answer the phone and get messages.

slow cooker meatballs with an Asian kick

This is a great little recipe that takes very little effort and cooks while you are away. Enjoy!

meatballs:

2 pounds of ground beef
2 eggs
1 green onion
1 handful of spinach
2 sprigs of cilantro
1 carrot
1 tsp finely grated ginger
1/2 cup breadcrumbs
1/4 oyster sauce

sauce:

1/2 cup packed brown sugar
1/2 cup soy sauce
1/4 cup honey
1 garlic clove minced
1 tsp ground pepper
1 tsp sesame oil
2 cups of chicken stock

Use food processor and blend spinach, cilantro, carrot, and green onion. Mix with rest of ingredients and make small balls. Pan fry for a few minutes until just browned and then add to slow cooker with sauce ingredients and cook on low for 3-4 hours. Serve over rice!

