

# THE SPINAL COLUMN

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## Clinic News

It was an amazing summer but all good things must come to an end. Kids are back in school and extra-curricular activities are back in action. You may have noticed that many kids (and adults) have 'caught colds' again. Remember, colds develop because the immune system is overloaded. Exposure to other kids who are sick combined with being busy at school, being busy outside of school, getting less fresh air, and perhaps sleeping less because of schedule or excitement. The adjustment helps ensure the immune system functions at its best allowing everyone to stay active. Keep your kids (and yourself) well adjusted!

## Patient Appreciation



To thank you for being such great patients, we (along with 6 other businesses) are renting the Roxy theatre and showing Hotel Transylvania 2, Saturday October 3. For a chance to win tickets simply fill out a leaf at the front desk for what you're thankful for and we will draw for the winners the week before!

### Important dates:

- Oct. 3:** Patient Appreciation: Hotel Transylvania 2 @ the Roxy @ 9am
- Oct. 10 & 12:** Closed for Thanksgiving
- Oct. 30 - Nov.6:** Dr. Campbell away
- Nov. 20 - 27:** Dr. B's away

### BBQ'd Maple Salmon



- ¼ cup maple syrup
- 2 Tbsp soy sauce
- ½ tsp garlic salt
- ¼ tsp ground black pepper
- 1 pound salmon

Mix and pour over salmon and marinate for no more than 30 mins. Wild Pacific is best because it is not farmed and healthiest for you. Grease BBQ and place skin down for 3 minutes, flip for another 3 minutes and remove. Skin will be crispy! This recipe is so easy but so AMAZING!



### Nutritional Supplements

We are pleased to announce that we will now be carrying high quality nutritional supplements. We have some fantastic products for arthritis, energy, women's health, Vitamin D, and children's vitamins. Our supplements are of high quality and absorption and are selected to maximize your body's health. Please ask the doctors if you have any questions about any particular supplement.

spinal crossword puzzle

X	Q	R	P	O	S	T	U	R	E	B	B	U	A	S
B	D	R	Q	F	L	A	T	L	A	S	J	N	L	P
S	S	O	T	C	E	R	V	I	J	O	I	N	T	I
S	P	T	Y	Q	E	C	E	R	V	I	C	A	L	N
E	G	C	T	E	P	O	R	H	P	O	R	U	K	E
N	R	A	I	N	K	S	T	H	O	R	A	C	I	C
L	G	R	L	A	V	B	E	M	I	A	H	L	O	S
L	P	P	I	L	U	M	B	A	R	D	I	S	C	M
E	N	O	B	K	Y	K	R	X	J	J	W	P	N	V
W	B	R	O	A	Z	S	A	C	R	U	M	N	M	R
A	T	I	M	M	U	N	E	S	Y	S	T	E	M	Q
A	U	H	F	S	E	O	D	C	H	T	L	A	E	H
B	A	C	K	A	S	A	L	I	G	N	P	Q	O	B

- |               |        |              |          |
|---------------|--------|--------------|----------|
| SPINE         | DISC   | VERTEBRAE    | SACRUM   |
| WELLNESS      | LUMBAR | THORACIC     | CERVICAL |
| ATLAS         | JOINT  | BACK         | HEALTH   |
| MOBILITY      | SLEEP  | ADJUST       | POSTURE  |
| BONE          | ALIGN  | CHIROPRACTOR |          |
| IMMUNE SYSTEM |        |              |          |

Fun Body Facts

- the human brain cell can hold 5 times as much information as the Encyclopedia
- the brain is much more active at night than it is during the day
- it has been scientifically proven that a higher IQ means more dreams
- facial hair is the fastest growing hair on the human body. An average male would grow a beard over 30 feet long if he never shaved in his life
- feet have 500,000 sweat glands and can produce up to a pint of sweat per day
- your body produces enough heat in only 30 minutes to boil half a gallon of water



Why sugar is bad for you - by Dr. Bajor

'Why does this always have to be brought up?' you may ask. Simple. We are not *getting it*. Sugar is everywhere. In 1822, the average American consumed 45 grams of sugar (one can of pop) every 5 days. In 2012, the consumption was 765 grams of sugar every 5 days. We consume 130 pounds of sugar every year, just under 3 pounds per week. 3,550 pounds in a lifetime, or enough to fill an industrial dumpster. Not shocking enough? The American Heart Association recommends no more than 9.5 tpsps per day. The average adult consumes 22 tpsps; the average child consumes 32 tpsps. PER DAY. Biggest culprits? 33% from soft drinks, 16% from sugars and candy, 13% from cakes, cookies, and pies, and 10% from fruit drinks.

Every little bit of sugar that is consumed counts. That's how it gets to 32 tpsps a day for kids. What do we hear in the clinic? "I got a treat at school today because we were really quiet this afternoon." "I got a slurpee while I waited for my brother to come home on the bus." "I drank apple juice with my lunch." There is a reason why our obesity rate is at its highest level ever. Insulin is one of the most important hormones in the body. It allows glucose (blood sugar) to enter cells from the blood stream and tells the cells to start burning glucose instead of fat. When a person becomes insulin resistant, i.e. glucose levels are so high that the body doesn't respond to increasing insulin levels, diabetes (among other diseases) develops. A candy here or drink there DOES make a difference. A compound difference. As parents we need to seriously decrease OUR intake of sugar, and that of our children. They do what we do. Live a healthy life. If you truly want your child to be healthy, limit EVERYBODY's sugar intake. Until you try it, you have no idea what a difference it will make!



Checkout the north location's own website! [www.accesschiropracticnorth.ca](http://www.accesschiropracticnorth.ca)