

THE SPINAL COLUMN

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IMPORTANT DATES:

October 10: Thanksgiving Monday

November 11: Remembrance Day

Clinics closed

October 21: Dr. Lingard away

November 18-25: both Dr. B's away

Dr. Lingard will cover at south clinic

Sometime in November (surprise!):

Annual Patient Appreciation Event! Watch for info on Facebook and Twitter!

GOOD-BYE AND GOOD LUCK!

We say goodbye to Chelsea Mooney, one of our massage therapists at the south clinic. After being part of our team for many years, Chelsea has gone on to pursue her dream as a radiology technician and her demanding schooling no longer allows her to be able to continue with us part time. Good luck!

Our other south massage therapist Maggie McFarlane has assumed more hours and is excited to take on more clients!

Departing as well is Jenny Hickey, Dr. Lingard's receptionist. Jenny and her family have moved back to Nova Scotia. Dana has taken over her position.



We sincerely appreciate all your support and referrals in the last year: you have helped so many people who never would have thought of utilizing chiropractic to get themselves healthy! We are pleased to tell you about our Patient Appreciation Event which will be happening in November. When? We can't tell you yet, it's a surprise! What is it going to be? Same thing, it's a surprise! However, we are getting together with a select few other businesses to create an awesome event for the family. We can hint that if you have kids, you will have a few hours of peace to yourselves! Tickets are limited and you have an opportunity to enter to win by coming into the clinic and filling out a tree leaf at the front desk. All you need to write is one thing you are grateful for and we will pin it up and draw a few weeks in advance.

Updates and further information will be released on our Facebook (facebook.com/accesswellness) and Twitter (@access_chiro) accounts. Please ensure to follow us for up to date information! Refreshments and goodie bags will be included! Past years have had rave reviews!



Please not only read but apply this to your kids. Sugar is rampant and shown to be responsible for a variety of health problems, including obesity and high blood pressure. The American Heart Association states kids 0-4 shouldn't consume no more than 4 tps of added sugar daily; kids 4-8 no more than 3 tps a day (less than preschoolers to accommodate for other nutritional requirements.), and teens 5-8 tps. AHA studies show kids as young as 1-3 typically consume 12 tps of sugar a day, and 4-8 year olds average 21 tps a day, and teens 34.3. These are very scary statistics, and this is from studies 2001-2004, it only worsens over time. Sugar also depresses the nervous & immune systems; want your kids to get sick less? Decrease sugar and get adjusted!

Enter Fall. Enter..... soups! As with all of our soup recipes, this is immensely easy to do and very tasty!

Potato and Carrot Soup

1 red onion chopped, 8 cups sodium reduced stock, 5 carrots and 3 small potatoes peeled and sliced, 1 tsp. each of dried paprika, basil, parsley, 1 pinch of thyme, 2 bay leaves, pepper to taste.

Heat up pot. Cook onions for 3 minutes over medium heat. Add everything else. Bring to boil and then simmer for 30 minutes. Remove bay leaves. Put in blender. Serve. Nice, smooth, healthy, tasty, and easy. Anybody can make this! Enjoy!

Vitamin D and Dr. Bajor's own battle with a Vitamin D deficiency

Vitamin D is something absolutely every Albertan should be concerned about. Vitamin D is a fat soluble vitamin and is found in very few foods and can be synthesized from the UV rays in the sun. Problem is that at our latitude, from essentially September to May, the sun isn't strong enough to create vitamin D. Problem is that vitamin D deficiencies are not easy to pick up because they can mimic a lot of different symptoms, aside from what it is known for best, rickets (bone softening disease). Other symptoms include fatigue, general muscle pain and weakness, muscle cramps, joint pain, chronic pain, restless sleep, poor or clouded concentration, headaches, recurrent colds and illness, and many neurological symptoms. Worst of all, Alberta Health does not test for Vitamin D deficiencies as the test has been deemed 'too expensive.' Previous daily recommendations for vitamin D were 1000 IU, however recent research shows 5000 IU. Our clinics sell high quality Vitamin D3 drops. Watch for our blog on accesschiropracticnorth.ca/blog about Dr. Bajor's own battle with a vitamin D deficiency and why he suggests every single Albertan take a vitamin D supplement.



COOL THINGS

- ▶ Clans of long ago that wanted to get rid of their unwanted people without killing them used to burn their house down - hence the expression "to get fired".
- ▶ a 'jiffy' is an actual unit of time for 1/100th of a second. See you in a jiffy!
- ▶ the average mattress doubles in weight over the course of 10 years due to accumulation of dust mites and dust mite poop. That's pretty gross.
- ▶ the chance of you dying on the way to get lottery tickets is actually greater than your chance of winning that lottery. Hmmm. This might be a risk worth taking....