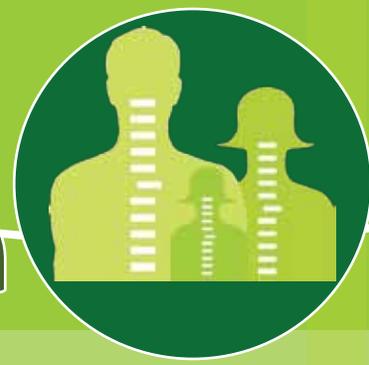


the spinal column



spring 2015 issue

are we dreaming?

Spring has sprung

Well it's about time! We have been beat down the last few years during winter and our patience has been rewarded! Spring is right around the corner and thankfully many of us have stayed more active than usual during the winter! Let's keep those bodies healthy and happy well into the summer!

Home and Lifestyle Show - April 25 & 26

Airdrie will be hosting its annual Home and Lifestyle Show at the Genesis Centre this April. The friendly team at Access Chiropractic and Wellness will be there to meet and greet all the familiar and new faces. Everybody is encouraged to stop by and say hello! Our staff will be equipped with the tools to offer free spinal scans, chat with our chiropractors about health, or have a cup of tea with Mary!

This is the perfect opportunity to approach any of our staff about the services our practice offers that may interest you. Our clinic offers a variety of treatments including but not limited to: adjustments, cold laser therapy, registered massage therapy (2200 hours certified RMTs), acupuncture, flexion distraction, activator, and graston techniques. For more information on the Home and Lifestyle Show including other exhibitors and events access their webpage at <http://airdriehomeshow.ca/>.

Jeans and Food Bank - May 25 to 29

Between May 25th and May 29th Access Chiropractic and Wellness will be collecting non perishable food for Airdrie's Food Bank. We are asking our staff and patients to bring in an eligible food item to fill the shelves of our community's food bank.

Donations will also be accepted at both our locations, giving everybody the opportunity to support our community. Our staff members who donate during the food drive will be able to wear jeans to work. During our food drive each chiropractor and his/her staff will set a team goal for food and cash donations, and will elect one member of their team to be champion. If that team reaches or surpasses its goal its champion will proudly wear a pair of the ugliest jeans they can get his/her legs into on May 29th. Airdrie Food Bank keeps an updated list of pantry items needed at <http://www.airdriefoodbank.com/whatsneeded.htm>

Your support

We thank you for your continued support in the last year and since we first opened. Last year was a landmark year for us being established in Airdrie for 10 years at our original south location and 1 year at our newest north location. Your kind words, support in our community events, and most notably your referrals have made us as strong as we are!



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www.facebook.com/accesswellness

www.accesschiropractic.net

recipe corner - yogurt crunch

This is a delicious, nutritious, and customizable recipe that starts your day your way. The most time consuming part of this recipe is making your dry mix, which ensures a quickly prepared breakfast. This is my personal recipe, which you can change to whatever you prefer. Play with the ratios to get different textures in your dry mix. Modify how much yogurt you add or the type of yogurt. Add fresh fruit or don't add any at all; the beauty of this breakfast is that it is 100% your own.

Dry Mix: *1/4 cup each* sunflower seeds, walnuts, almonds, pecans, cashews, pumpkin seeds, chia seeds, buckwheat grouts, hemp hearts, cocoa/cacao nibs (or semi-sweet chocolate chips); break up big nuts into broken pieces
1/8 cup each dried dates, cranberries, blueberries; all chopped finely
1/2 cup Vega One Protein Powder - Chocolate or Vanilla

Put ingredients in a large container with a lid one at a time. Once finished shake vigorously to mix well. Store in the fridge to extend shelf life.

Yogurt Crunch: *1/2 cup* dry mix (above), *1 tsp.* bee pollen (optional), *1 Tbsp.* Honey, *1/2 cup* Greek Yogurt - Plain

MIX THE ABOVE. EAT. ENJOY. LIVE A HEALTHY LIFE STARTING IN THE MORNING.

healthy diets and harmonius lifestyles..... by Sarah Dahlberg

Quite frequently I hear our digestive system referred to as the second brain. In my youth and ignorance I believed this was because of 'that gut feeling' we all get at certain occasions. Our digestive system is one of the most important systems as it sets the foundation of our health. To create a strong foundation for our daily lives it's important to set ourselves up for success with a nutritional and balanced diet.

This year I have made it my purpose to live through intention, not habit. One of the biggest changes I've made has been how I eat, when I eat, and why I eat. Everything we eat has caloric and nutritional value which either promotes or inhibits healthy cell growth throughout our bodies. A diet that has a diverse selection of fresh and organic foods has the potential to increase immunity, energy, and quality of life. A diet rich in processed and nutritionally void foods usually nurtures inflammation, fatigue, and chronic health issues. One of my favourite stores, The Silk Road Spice Merchant, keeps me on track with cooking at home by adding extra flavour to my dishes without additives, preservatives, or excessive salt and sugar.

There are plenty of activities that promote a healthy digestive system that are complimentary to create a harmonious lifestyle. Being active for 30 minutes a day will improve digestion and burn off any extra calories. Pilates and yoga are fantastic for strengthening the solar plexus, a cluster of nerves found behind the stomach which has direct relation to our digestive tract. Using correct posture is important for an efficient digestive system. Seeing your chiropractor regularly will benefit your quality of life immensely! **Be healthy!**

fun body facts!

1. Laundry detergents often contain several different classes of enzymes, including proteases, amylases, and lipases. The human digestive system also contains such enzymes. Doesn't mean you should lick stains off your shirts.... like many kids do!

2. Once swallowed, food travels down through the esophagus to the stomach, taking about 7 seconds to get there.

3. On average, the human adult male's small intestine is 6.9m long and the female's is 7.1m long.

4. 95% of serotonin, the body's feel good hormone, is produced in the gut.

5. The acid in your stomach is strong enough to dissolve razorblades. While you certainly shouldn't test the fortitude of your stomach by eating a razorblade or any other metal object for that matter, the acids that digest the food you eat aren't to be taken lightly. Hydrochloric acid, the type found in your stomach, is not only good at dissolving the pizza you had for dinner but can also eat through many types of metal.

Word Search Puzzle Body Parts

