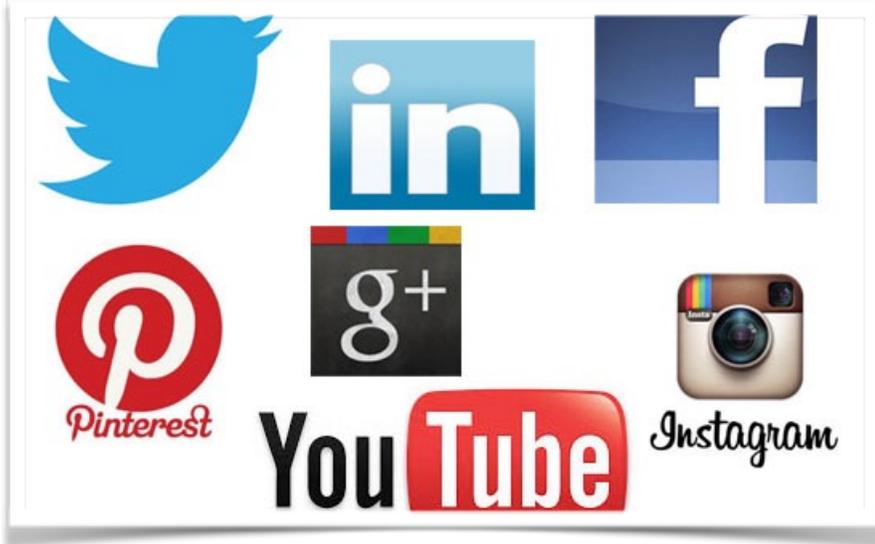


THE SPINAL COLUMN

accesschiropractic.net - accesschiropracticnorth.ca



Help make your community healthy with minimal effort

Social media is the way that everything is publicized and transmitted in life now. Sometimes we struggle with accepting each and every new app that becomes popular, but the reality is 'orange is the new black' and we need to embrace it. Our clinic would like your help in getting our community healthier. We have lots of resources. We have two websites, accesschiropractic.net and accesschiropracticnorth.ca. We have a Facebook page ([facebook.com/accesswellness](https://www.facebook.com/accesswellness)), Twitter handle (@[access_chiro](https://twitter.com/access_chiro)), YouTube channel (not much content yet!), and a Pinterest account. We also have a clinic blog at accesschiropracticnorth.ca/blog where we have and will be posting a lot of valuable information and videos. If you haven't liked us on Facebook or followed us on Twitter, please do. More importantly, if you see something that we post that you find of interest or value, please share it or favourite it or pin it, whatever way you want in hopes that someone else can benefit from this information. How often do you like or share funny videos or interesting articles you find? That's how information gets spread around.

Most importantly the internet cannot be trusted for information. Many things are not from credible sources. No, wikipedia is not a credible source! The health info we post is credible. Most of you originally came in to the clinic because of some form of pain. Some of you came via the internet because you saw or read something that made you think we could help. Spread that word around and help others make solid, educated choices in their health.

Help those who may not have the knowledge you do through the power of social media. It has to be good for more than sharing 'puppy-monkey-baby!' (look it up).

IMPORTANT DATES:

April 23 and 24:

Airdrie Home and Lifestyle Show

May 23: Victoria Day:

Clinics closed

NEW ADDITION!

We would like to welcome **registered massage therapist Maggie McFarlane** to our team! As of July she will have 2200 hours and will be working at the south location and has immediate openings in morning and evening appointments. Maggie is not replacing anyone, we are simply pleased to welcome her to our team! Please check the website for hours!



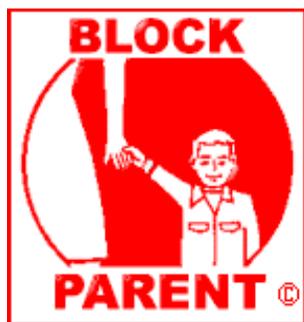
Access Chiropractic and Wellness will once again be at the Airdrie Home and Lifestyle Show on April 23 and 24, at Genesis Place in the field house. This year, however, we will be doing something different from the spinal scans we have done in the past. Come by and test your neurological system and see whether you pass or fail our tests! If you haven't been in for a while or you have some friends and family who would love to chat, please come by our booth, we would love to see you! The show runs Saturday 9am-5pm and Sunday 10am-5pm. This is a great opportunity to check out other businesses in Airdrie and support local!

a shift in thinking *by: Dr. Paul Bajor*

The picture to the right is the picture of our microwave's choices for kids' foods to warm up. We were initially shocked and then saddened to see that this is the 'norm.' It made us think about how society thinks first about nutrition, but second about **children's** nutrition. What is more disconcerting is on many occasions where healthy options were once available they no longer are. A popular pizza place we used to frequent used to have a 9 grain crust which is no longer offered. They also used to have a kids' menu with grilled salmon and veggies as a choice, which also is no longer offered. There is only one reason an establishment doesn't offer this anymore: when demand is low (and ingredients are expensive), keeping this as part of the menu isn't profitable. The business reflects what society demands. If we do not make these healthy choices, then businesses are not going to change to support these lifestyle choices. We owe this to our kids to make a paradigm shift. We need to make these changes across the board as consumers. However, when a healthy choice is removed where it was once offered, it shows that we are not making progress. Remember, if we take a step backwards then we need to take two forwards to make that progress!

		AUTOM	
		KIDS MEALS	
GORY	CODE	CATEGORY	CODE
ate	1	Chicken Nuggets	1 Na
e	2	Hot Dogs	2 Ch
	3	French Fries	3 Pot
	4	Frozen Sandwich	4 Ch

Block parent is BACK! We are looking for homes in your neighbourhood. It's free to join please email airdrieblockparent@gmail.com or find us on Facebook at [facebook.com/airdrieblockparent](https://www.facebook.com/airdrieblockparent) for more information!



banana waffles

- 1 cup all-purpose, ½ cup whole wheat, ¼ cup buckwheat flours
- ¼ cup ground flaxseed
- 1 ½ tsps baking powder
- ½ tsp ground cinnamon, ¼ tsp salt
- 1 ½ cups skim milk, 3 Tbsps butter, melted
- 2 large eggs, lightly beaten
- 1 large ripe banana mashed

Mix the first four lines of ingredients together. In a separate bowl mix the next two lines, a hand mixer works well. Combine the two mixtures and mix together. Add the bananas and either fold them in or use hand mixer. Apply to waffle iron and cook for approximately 4 minutes. A great tip is to take ripe bananas and mash them ahead and store in the freezer in a ziplock and thaw when you want to make them. Save your ripened bananas!

exercise and aging *by: Mary Gallant*

Recently I joined the over 60 age group, so there is no time like the present to remind everyone the importance of keeping active as we age. Most of the young sprouts keep busy, I know, but to my fellow over 60 peeps, this is no time to slow down!

Exercising at least 3 times week, 45-60 minutes per workout will help increase circulation, lower cholesterol, improve balance (which helps prevent falls), improve sleep, improve memory, etc. - the list goes on. I personally attend an Aquacise class three times per week at Genesis Place. Water exercise provides excellent resistance, is gentle on the joints, and is simply a lot of fun. Arthritis sufferers find water exercise very beneficial because it helps maintain flexibility. In my previous career as a nurse, patients who led sedentary lifestyles had slower healing rates after surgeries and were more prone to depression with aging.

So my dear peeps, get out there: walk, swim, or hike, find something that you enjoy. It will keep you active and feeling fantastic!, Show the young kids you can keep up with or even beat them!