

# THE SPINAL COLUMN

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## Important Summer Dates

**July 3-12:** Stampede Western wear - Loonie/Toonie drive to raise funds for Airdrie Health Foundation

**July 24:** Dr. B's both away

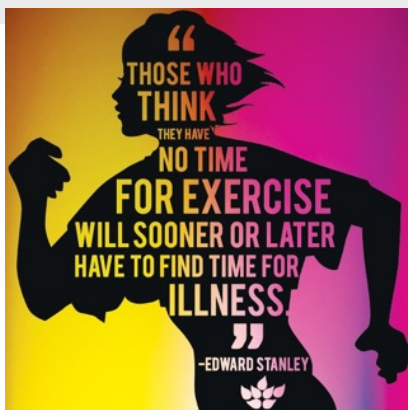
**July 28 - Aug. 13:** Dr. Boyd away

**July 28 - Aug. 5:** Dr. Bajor away

**July 30 - Aug. 9:** Dr. Lingard away

*\* Please note: during the Dr's absence's, Dr. Campbell will be seeing patients at the north location: 403-945-1349 \**

**Aug. 6 - Sept. 11:** Backpack Check! Bring your child and his/her backpack into the office to have it checked for spinal safety. Free to patients AND public - bring a friend,



## Clinic News

Ah, summer is here! What amazing weather we have been having! Transition from spring to summer is occurring both inside and out. Our south office is going through some renovations. It has been repainted and has a calm and relaxing feature wall as well as a new, lowered front desk! New flooring and carpet and baseboards are to come. We welcome three new members to our team, Christine as Dr. Lingard's receptionist and Cate as Dr. Lingard's assistant, and Dana as Dr. Campbell's new receptionist. Welcome!

## Foodie Fridays - Facebook and Twitter

Among the most popular things at our clinics, as we've been told by YOU, are the recipes that we include in the newsletter (but that's only 4 times a year!). Thus, we've decided to post a new, healthy, and tasty recipe every Friday on our Facebook page. Aside from being instantaneously cool and the envy of all your friends by liking our Facebook page, you will have access to these recipes! Click on [www.facebook.com/access\\_wellness](http://www.facebook.com/access_wellness) and click LIKE!

Our clinic also has a twitter account, [@access\\_chiro](https://twitter.com/access_chiro), which you can join and receive up to date information!



### Isn't summer wonderful? Now how good is summer for you?

First, the days are longer and warmer, allowing you more opportunity to add activity into your daily lifestyle. Physical activity promotes physical and mental health. Exercise raises endorphins which make you happy! Just 30 minutes of activity a day can improve heart and lung health as well as strengthen bones and muscles.

Second, summer gives you increased opportunities to sweat. Skin can only keep out so many toxins we are bombarded with on a daily basis. Impurities get through our skin, the air we breathe, the food we eat, and the water we drink. By sweating, our pores open further and we are able to eliminate many contaminants. Sweating is cleansing so remember to replace the fluids that you lose by drinking plenty of water. As well, be careful of what you eat before exercise: a healthy meal of curry and spices may make for a smelly exercise session!

Third, summer means more fresh air. 90% of our time is usually spent indoors, so get yourself outside. Ditch the treadmill, elliptical, or track. Go hiking, biking, or running just to name a few. Choosing a destination to exercise or a change in scenery always helps and training outdoors instead of indoors always provides a harder workout when exposed to wind, rain, or <gasp> snow!

Last, the summer gives you more exposure. Overexposure can give you heat stroke, exhaustion, or burns, but the right amount helps immensely. Experts recommend 20-25 minutes of unfiltered sun per day to help promote the production of Vitamin D, which is beneficial for bone health, immune system production, and battling depression. In our region, Vitamin D supplementation outside of summer is extremely important. Please check with our doctors!

by: *Jenny Hickey*

### Gluten-free banana pancakes



### Fun Body Facts

- the human eye is so sensitive that, if the earth were flat, you could see a candle flickering at night from almost 50km away
- Nerve impulses can travel to and from the brain at up to 40.2 km/hr. That's faster than a Formula 1 racing car
- For every pound of fat or muscle gained, the body creates approximately 11km of new blood vessels
- Every cell in our body is replaced in a 7-10 year span. Old cells die off and are replaced by new ones. This cell renewal happens quicker in certain parts of the body than others, but you will undergo a complete regeneration every ten years
- the average person produces enough saliva in a lifetime to fill two swimming pools
- every person has a completely unique odour (except identical twins)