

# THE SPINAL COLUMN

[www.facebook.com/accesswellness](http://www.facebook.com/accesswellness) | Twitter handle: @access\_chiro

## Important dates:

**Dec. 24-26: clinics closed**

**Dec. 31-Jan. 2: clinics closed**

**\*week of Dec. 28, Drs. Boyd and  
Lingard will have restricted hours\***

**Jan.29-Dec.5: Dr. B's away**

**Feb.15: Family Day - closed**

## Slow Cooker Beef Stew



- 2 pounds your choice beef cut (inside/ outside round, or stew meat is great)
- 3 carrots diced (don't peel)
- 3 potatoes diced (don't peel)
- 1 medium onion diced
- 1 turnip or parsnip or root vegetable diced, your choice
- 2 tsps paprika
- 2 tsps. Worcestershire sauce
- 2 bay leaves
- ½ cup red wine
- 2 cups stock (veggie stock is great)
- ¼ cup flour
- 1 tsp fresh ground pepper

Take beef and cut into cubes. Toss and coat with flour and pepper mixture. Pan sear on high for a few minutes to brown. Put everything into slow cooker for 6-8 hours on low. Leave the house for the day otherwise you will be hungry from the smells! Enjoy!

## Clinic News

Another year has come and gone and we are so very thankful to you for being amazing! Trying to make ourselves and our community as healthy as possible takes a lot of effort. Those of you reading this already know the benefits of chiropractic, massage, acupuncture, and laser, however many people do not have this knowledge. This is a great time of year to sit back and reflect on what it is like to have good health and to be well. Think about those who are in pain and only take medications and may or may not know the negative effect these pain medications have on their health. Imagine not being able to go tobogganing or skating with the kids, or simply not being able to sit with family at a dinner table because of pain. These are a few of the small things we take for granted on a daily basis. Not only do we thank you for your continued support and referrals of friends and family, but your community does as well; one more person not having to take medications is one more person who is closer to being healthier!

## Mittons for Milton, Jackets for Jerry

For a second year in a row we are partnering with Community Links' Jacket Racket program where we are collecting jackets, hats, mittens and scarves. Our cool skeleton buddies Milton and Jerry have a bin at their feet in the clinics where we are collecting these items. Please note we are looking for clothes that are a little more 'trendy or stylish', something that teenagers would wear. All ages are in need so we appreciate your help!

## Christmas is a social time of year

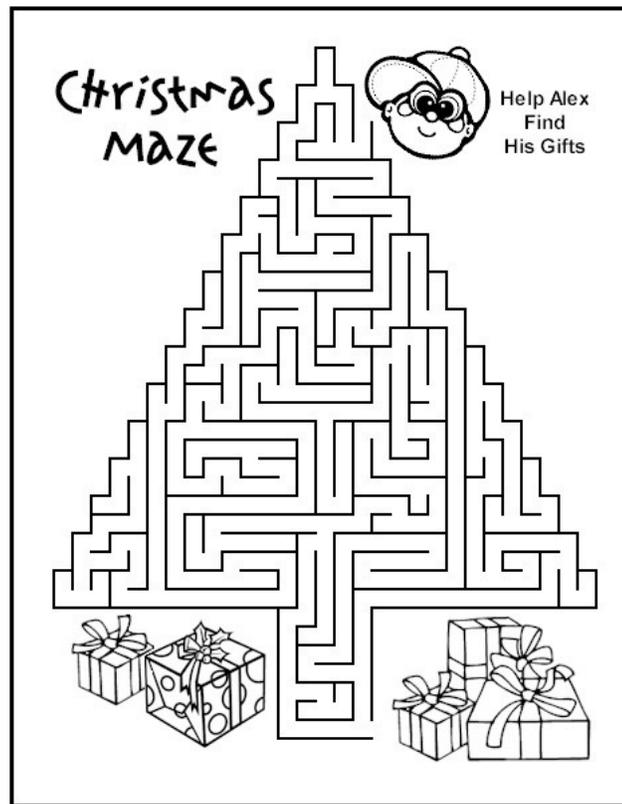
We encourage you to not only LIKE US on Facebook, however add us to our twitter feed. Why? Both are the best tools to get up to date information. So that when the city shuts down the road in front of the north clinic without warning, or the Stampede Breakfast blocks access to our front door, or there is a major blizzard and the clinics are snowed under and we have to shut down.... etc., this is the easiest way to reach out to you quickly. Not to mention our Foodie Friday, patient appreciation days, and contests that we regularly run! Keep yourself in the loop!

 [facebook.com/accesswellness](http://facebook.com/accesswellness)

 @access\_chiro

## Fun Body Facts

- your ears and nose never stop growing
- your nose can remember 50,000 different scents. We can identify a wide variety of scents and many are strongly tied to memories
- we are about 1cm taller in the morning than in the evening. The cartilage between our bones gets compressed by standing, sitting, and other daily activities. As the day goes on this makes us shorter at the end of the day than at the start
- neurons continue to grow throughout human life. For years, scientists and doctors thought that brain and neural tissue could not grow or regenerate however they do, thus adding a new dimension to the study of the brain and the illnesses that affect it



## Cold and Flu is not really a fifth season

There are four seasons on the earth: spring, summer, fall, and winter. Sometimes we suggest there two, winter and not-winter, however I guarantee there is no season known as 'cold and flu' season. This is a season fabricated by the drug companies and conventional health system and propagated by advertisement that has us all believing it is true. Viruses do not become stronger or more intense in the fall or winter. Viruses do not hide out with their buddies through the spring and summer and come out in gangs when it gets colder. That's not how nature works. Thus raises the question, "why do people, especially our kids, seem to get more sick in the fall and winter?" Let's pick on kids, they're an easy example. We are quick to blame colds and flus on them going back to school. Or we blame the weather: "Don't go outside with a wet head, you'll catch a cold!". Is there truth to either of these? A little yes, mostly no. We don't catch colds like we catch fish. Being surrounded by other kids who are coughing and sneezing in an enclosed environment (school) or running around outside without proper clothes (wet head) can 'test' our immune system, but this isn't a cause of our illness. Then what can it be?

In the summer, kids tend to be extremely active. Biking, camping, and playing keeps their bodies going. They also tend to eat a lot of fresh fruit like blueberries, raspberries, and watermelon. They are also far more exposed to the sun, which is also stronger, and helps create Vitamin D that boosts our immune system. How does this change in the fall? Kids start school and are indoors, stuck in re-circulated air and less active. Fresh fruits high in nutrients are less freely available because they are out of season. Kids are more stressed and get less rest because they go to school all day followed by rushing to hockey, football, soccer, gymnastics, etc. Dinner is often either delayed or 'grabbed' on the way. Their nervous system gets stressed. Their immune system gets compromised. They get sick.

The answer is not simply to get the flu shot and you won't get sick. The answer is: you wage a massive attack on these external factors. Increase the amount of vitamins the kids are taking, which includes Vitamin D. Ensure they get enough sleep, maybe even more than you think they should. Have meals pre-made or use a slow cooker and have veggies and fruit pre-cut and easy to grab. Restrict, not limit, restrict their sugar intake. Sugar depresses the immune system. And most importantly, get adjusted regularly; adjustments ENHANCE the nervous system which enhances the immune system. Eliminate the *myth* of the fifth season!