



# The Spinal Column

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## Welcome Cynthia Sheppard, RMT!



We are excited to introduce registered massage therapist Cynthia Sheppard! Cynthia comes with years of previous experience, has 2200 hours of training, and a set of hands that can open a bottle that doesn't have a twist off top! For more

information, please feel free to visit her bio at <https://accesschiropractic.net/cynthia-sheppard-rmt/>! She is currently taking new patients, please call to book an appointment!

## Dr. Bajor: double knee injury, emergency surgery, and back to work in 4 weeks.



Most of you have already heard about Dr. Bajor's wild ride with his knee injury, but if you haven't, watch his video on YouTube: <https://www.youtube.com/watch?v=NMtP54co4NI>. He attributes a great deal of his rapid healing (and returning over a month

and a half early) to cold laser therapy (and his health beforehand). If you want to experience quicker healing, please ask us about cold laser. It truly makes a difference.

## Airdrie Home and Lifestyle Show

We will have a booth at the Airdrie Home and Lifestyle show again this year. We have been participating in the show since 2005 when it was called the 'Airdrie Home and Garden Show' many years ago! We look forward to talking to a lot of people about how they can become healthier! Please stop by and say Hi!

## It's a FACT.

- the cornea is the only part of the body with no blood supply! It gets oxygen directly from the air.
- the human body contains enough fat to make seven bars of soap!
- embryos develop fingerprints three months after conception.
- humans are bioluminescent (we emit light) - the light just isn't perceptible to the human eye.
- when listening to music, your heartbeat will sync with the rhythm; I guess if you listen to too upbeat music, then Gloria Estefan IS right: *the rhythm IS going to get you!*
- your ears and nose NEVER stop growing!

We will be closed for the Easter on **Good Friday, April 19** and **Easter Monday, April 22**.

## If you have never had acupuncture before, you should read this. by: Dr. Annalisa Widdifield



If you have not had acupuncture, you may be unsure of how it works. Picture a garden hose: when the tap is on the water flows easily and with a pressure or force enough to water the garden. If you are not careful and the hose knots, the water slows, sputters, or even stops. The energy of the body travels on pathways called meridians, just like the water through the garden hose. When our energy comes to a 'knotted' area it slows as well. This causes dysfunction in the physical body, organs, muscles, and tissues. Emotions such as stress and anxiety appear. We choose

acupuncture points to move the energy and create health in the body the same as you might uncoil the garden hose to get better water flow for the garden. There are often immediate changes that signal acupuncture is working. Stress relief is one of the first noticeable side effects of acupuncture treatments. Stress makes most pain feel worse and often slows healing. Lowering your stress improves how quickly you recover, and the quality of your recovery. Patients have reported improved sleeping habits and that they feel rested in the morning. Digestion improves and they have more energy and a clear mind for favourite activities and work. Just like any prescription from your medical doctor, it is best to complete the course of acupuncture treatment for best results.

### Instant Pot Chicken Ramen

This is seriously such an easy recipe and tastes absolutely amazing! Thanks to the amazing super powers of the instant pot, this takes no time at all. Quick, flavourful, and healthy; everything you need for a meal!

- 1 Tbsp sesame oil
- 1 small onion (sweet) diced
- 2 cloves garlic minced
- 1 tsp grated ginger
- 3 boneless, skinless chicken breasts (can be frozen)
- 10 cups chicken broth
- 4 Tbsps rice wine vinegar
- 2 Tbsps soy sauce
- 1 tsp chili paste (YOU MUST ADD)
- 4 squares of dried ramen noodles
- 1 handful chopped bok choy
- 1 carrot cut into matchsticks



Set your instant pot to sauté and add oil, onion, garlic, and ginger. Saute until fragrant (a few minutes). Add chicken, chicken broth, onion, rice wine vinegar, soy sauce, and chili paste. Lock lid and pressure cook for 15 minutes. Natural release 5 minutes and then quick release. Remove the chicken and shred, it will peel easily!

Set the instant pot to sauté. Stir in noodles (while they are dry), bok choy, and carrots. Let it sit for about 5 minutes or until noodles are softened and then add shredded chicken. Top with green onions and cilantro. This recipe will serve 4 adults, but beware, there will be no left overs and they will be begging for more. It is THAT good.