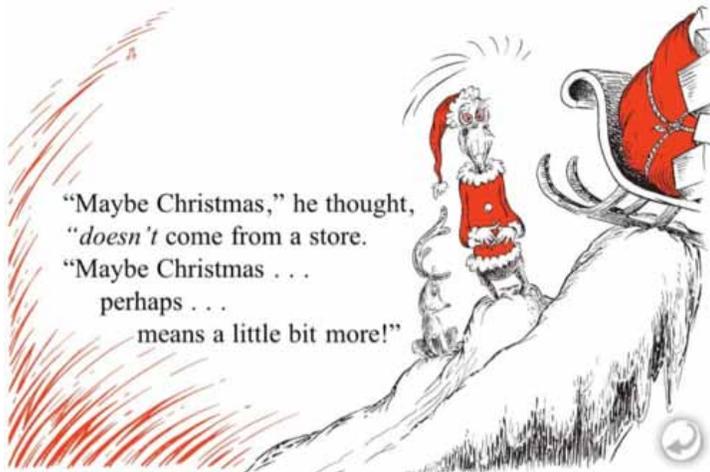


# The Spinal Column

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## Mittens for Milton, Jackets for Jerry



For the third year in a row, we are partnering with Community Links and their ‘jacket-racket’ program collecting used or new jackets, hats, mittens, and scarves. Our ‘thin’ skeleton friends Milton (north clinic) and Jerry (south clinic) have hampers that we need filled. Please take the time to bring in any of the above items that are in good repair, as well as some more ‘stylish’ attire that teens would like to wear. Most of you reading this are lucky enough to have winter clothes, please help someone less fortunate!

## Why get your whole spine checked and adjusted?

To those of you who have been seeing us for preventative care for a long time, this question may seem redundant. To those who are newer, this might be something you may have thought of, especially when you only came in for low back or neck pain. Why? An easy comparison is the dental model. Let’s say you had tooth pain. When you see the dentist and you point out the tooth that has been giving you trouble, does he only look at that tooth? Of course not. She will look at your entire mouth.

*“I can see this tooth you’re having trouble with, there’s a large cavity here and needs to be filled. However, are these other areas sensitive? <pokes with the explorer and you jump!> These are not cavities, however there is a lot of plaque and tartar that is building up and we need to clean these up before they turn into cavities as well.”*

We address your entire spine, not just your pain. We ensure your nervous system is functioning well and we do not wait for the pain to show up. A proactive approach is important to maintain your health. We eliminate problem areas before they even become a symptom!

**Clinics’ Christmas Hours:**  
December 23: close early at 4:30pm  
December 24 - 26: closed  
December 30: close early at 4:30pm  
December 31 - January 2: closed

**Happy Holidays and Happy New Year!**

## Christmas Tree Maze

Can you find your way from the base of the Christmas tree all the way to the star?



www.ActivityVillage.co.uk - Keeping Kids Busy

## Welcome Dr. Michael Conly!

Dr. Conly has joined our team at the north location! Dr. Conly graduated from CMCC this year, the same school that Drs. Boyd, Bajor, and Lingard attended! Welcome!

## World Famous Family Secret Nutella-Berry Crepes (Nalesnyky) <nah-less-nih-kih>

If anyone dares to inform my sweet 92 year old Baba that I have released this recipe (thankfully she doesn't surf the web), you will be shunned forever. Because it is unlike any regular crepe recipe, we must pay homage and respect to it and call it by its proper Ukrainian name, Nalesnyky. Originally, as a kid, I would have these Friday for dinner, stuffed with different fruits, however this Nutella tweak takes it to the next level for desserts. Make this for your kids and they will clean your house and wash your dishes. Make this for your guests and they will never leave. Enjoy not only for the holiday season but for always!



### Directions:

Blend the following ingredients in a blender smoothly AT LEAST 3 hours before serving, but best the night before. Honour the Nalesnyky!

3 eggs  
1 1/4 cups milk  
3/4 cup of flour  
1/4 tsp salt  
2 Tbsp oil

When you are ready to cook, blend again. Use a pan of your choice. Pour some of mix onto the hot pan, enough that when you tilt and rotate the pan it coats it entirely. Don't put too much. Cover pan for a few minutes so the heat cooks through. Take one good sized spoonful of Nutella and while touching the crepe gently slide the spoon across so the Nutella melts as you go. Add berries of your choice, then wrap/fold over into a roll. ENJOY!

## Screen Times - tech industry leader opinions and why even the creators of technology warn the public



*"They haven't used it. We limit how much technology our kids use at home."*

**- Steve Jobs' response after being asked about what his kids thought of the iPad**

*"My kids accuse me and my wife of being fascists and overly concerned about tech, and they say that none of their friends have the same rules... That's because we have seen the dangers of technology firsthand. I've seen it in myself, I don't want to see that happen to my kids."*

**- Chris Anderson, CEO of 3D Robotics after being asked his opinion of electronics.**

This is a topic that has come up several times in discussions within the clinics with patients and it is a very real threat and danger to our kids' brain development, cognition, attention, and learning.

Technology is advancing and old school things like *books* and *writing* are being replaced by swiping and typing.

As adults, we are ALL at fault at allowing this to infiltrate our children's lives to the extent it already has. Myself as a parent I have also failed many times in this department, however it is never too late to change things.

Over the course of next year's newsletters and blogs, we will be providing shocking research which will make you think about how you will let your kids use technology.

The general consensus among most research reports, as well as the American Academy of Pediatrics is children spend **7 hours per day** between television and screen time. This time DOES NOT include required school work and is specifically entertainment. ENTERTAINMENT. television, computers, tablets, and phones. By the time most of this research comes out, the numbers have already increased.

Where do kids spend all this time on screen time you ask? It seems like far too high of a number, it must be wrong! Restaurants, doctor's offices, dental chairs, driving in vehicles, sitting at sibling's sporting events - these are a few of the places away from home. Beyond that, it's HOME.

Monitoring screen time is a real life, difficult task. It takes effort. Where do you start? It all starts at home. LIMIT LIMIT LIMIT. After that, you can transcend into the crazy things like we do where we pick only restaurants that have no TV's. Until then, start at home!