



ACCESS

CHIROPRACTIC AND WELLNESS

# The Spinal Column

Fall Edition 2017

## important dates

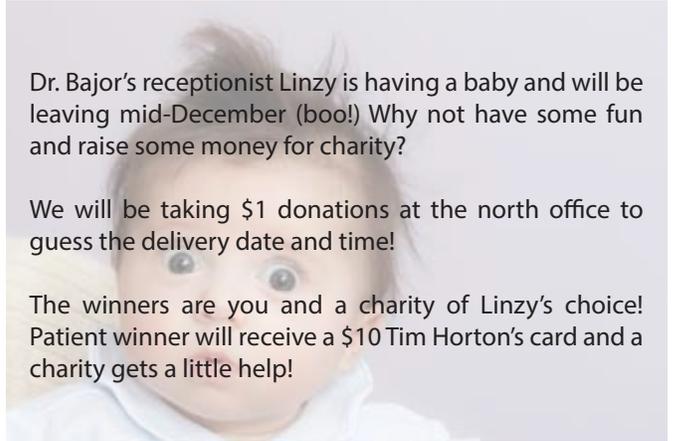
- October 4: Getting Restful Sleep - north location; presented by Melanie Taylor: 7-8pm - call to reserve
- October 9: Thanksgiving Monday - Clinics are closed
- October 31: Clinic closed at 6:30 for Trick OR Treating!
- November 4-11; Dr. B's are away

## we put the FUN in FUNdraising

Dr. Bajor's receptionist Linzy is having a baby and will be leaving mid-December (boo!) Why not have some fun and raise some money for charity?

We will be taking \$1 donations at the north office to guess the delivery date and time!

The winners are you and a charity of Linzy's choice! Patient winner will receive a \$10 Tim Horton's card and a charity gets a little help!



## Acupuncture and Traditional Chinese Medicine help BACK PAIN! by Dr. Tamara Kuss, R.Ac., DTCM

Nearly 8 out of every 10 people experience back pain at some point in their life. Acupuncture has been proven to be effective in relieving back pain, both acute and chronic. This pain-relieving option does not involve any medications – it is holistic and focuses on the root cause of an issue in the body while also treating the chief complaint.

Acupuncture originated in China more than 2500 years ago and involves inserting very thin needles at certain points on the body. According to Traditional Chinese Medicine, these points are found on channels and meridians that run throughout the body. Qi (pronounced "chee") is the energy that flows in these channels. Stimulating these points helps to correct any imbalances and improves the flow of energy.



One cause of pain is "qi stagnation" and acupuncture helps to break the stagnation and move the qi, promoting healing and relieving pain. Studies have shown that acupuncture triggers the release of natural opioids which are chemicals in the brain that lessen pain, promote relaxation and sleep, so why suffer? Try acupuncture for your back pain!

*Dr. Tamara Kuss is our registered acupuncturist AND Doctor of Traditional Chinese Medicine. She is a wonderful addition to our clinic and compliments chiropractic and massage. Most of the time you cannot even feel the needles when they are inserted! Most insurance companies cover acupuncture AND traditional Chinese medicine. Minimize your pain, maximize your living, and try this healthy and most importantly drug-free approach to becoming well. Call the north office to book with Dr. Tamara Kuss and be amazed with the improvements in your health!*

Asian Inspired Hummus - this is one of the easiest and most healthy ways to get protein into you - give it a try, you'll be impressed!



- 1 can (19oz) chick peas, drained and rinsed
- 1 Tbsp soy sauce
- 1 tsp lemon juice
- 2 Tbsps brown sugar
- 1/2 tsp fresh grated ginger
- 1 garlic clove minced
- 1 Tbsp rice vinegar
- 1/4-1/2 cup oil (we use avocado oil)

Put everything into a food processor. You may need to add more oil to make it more smooth. Serve with veggies and crackers!

#### Chick pea information:

Chick peas are a good source of protein and carbohydrates. They are especially high in fiber and have been shown to lower blood glucose levels for those with diabetes.

Hummus is also a great lunch idea for kids to bring to school; healthy, nutritious, and safe where limited by allergies!

Why should you have a life coach? by Melanie Taylor

### Having a life coach is like having a personal trainer for your life!

Just like a personal trainer teaches you to know your body and the exercises it needs for the fitness that you want, a life coach provides a unique value by helping to mirror your true self unjudged by the values, thoughts, and views of another.

When you see yourself as you really are, it becomes much easier to figure out where you would like to go, what you would like to do, and which path(s) hold the greatest promise for a fulfilling, meaningful life.

Coaching is different from psychotherapy, though it can be used in conjunction with therapy. It focuses on helping clients to thrive in the present and future, and on creating a vision and action plan towards living life to its fullest capacity.

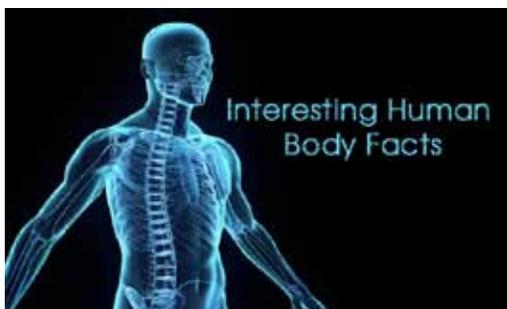
So, if any of this sounds like you:

- you feel stuck, unhappy, or lost
- you doubt yourself
- you keep quitting
- you procrastinate
- you want to change your career
- you want to improve your health and wellbeing

Give us a call and book your free consultation!



*Melanie Taylor brings a wealth of knowledge, experience, and positivity to our clinic and our patients. Melanie also offers Thai Yoga Massage which is different from conventional massage. It is a nurturing approach to massage therapy that integrates stretching as well as acupressure and tension releasing movements within a series of yoga postures. As a result it is extremely effective in alleviating muscular tension. Thai Yoga Therapy has the added element of incorporating breath-work, aromatherapy, energy work, marma therapy, and craniosacral therapy. These techniques all support you entering a deep state of relaxation. While in a session, clients are fully clothed and sessions are offered on both the massage table and on the floor.*



- having excessive body hair is linked to a higher intellect
- humans shed about 600,000 particles of skin every hour
- your brain uses 20% of the total oxygen and blood in your body
- everyday your heart creates enough energy to drive a truck for 32km