



ACCESS

CHIROPRACTIC AND WELLNESS

# The Spinal Column

Summer Edition 2018

## important dates

- August 2 through August 10 - Dr. Bajor away
- August 2 through August 17 - Dr. Boyd away
- August 6 - Clinics closed for Heritage Day



Thanks to your help, our clinic was able to make a cash donation and food items donation to the Airdrie Food Bank! We are so happy we can count on you when it comes down to helping out our community. Thank you!

## we have super exciting news!



We are very excited to welcome Dr. Liona Manuel, Doctor of Naturopathic medicine, to Access Chiropractic and Wellness! Dr. Manuel is a licensed naturopathic doctor with the College of Naturopathic Doctors of Alberta (CNDA), and the owner of Manuel To Health Naturopathic Centre (M2HNC), which she operates out of our clinic. Dr. Manuel is dedicated to providing innovative assessments and a broad range of safe and natural therapies for clients in achieving optimal health.

Innovative assessments for patients that she offers include: Darkfield Microscopy, Meridian Stress Assessment System (MSAS) or Biomeridian Testing, toxic pure profile testing, salivary hormone testing, and more. Services offered include: Asian Medicine/Acupuncture, Botanical Medicine, Clinical Nutrition, Homeopathic Medicine, Injection Therapy, Parenteral (Intravenous) Therapy, and Chelation Therapy.

In addition to general family practice, Dr. Manuel has a special interest in cancer care, diabetes care, and other chronic and autoimmune conditions. Dr. Manuel is married and has three beautiful children who keep her busy at home! Dr. Manuel books by appointment only by contacting her via email [liona.manuel@m2hnc.ca](mailto:liona.manuel@m2hnc.ca) or by calling her at **587-280-9888**. Please visit her own website at [www.m2hnc.ca](http://www.m2hnc.ca). Welcome to our clinic Dr. Manuel!

When my grandad was 65 he started running a mile a day to keep fit. He's 70 now and we have no idea where he is. **Did you hear about the two guys that stole a calendar? They each got 6 months.** I wondered why the frisbee was getting bigger... then it hit me. **What did the pirate say when he turned 80? Aye matey!** Why can't bicycles stand up on their own? They are two tired. **I once farted in an elevator. It was wrong on so many levels.** Why does a flamingo only stand on one leg? If it didn't stand on any it would fall over. **Why do you never see elephants standing in trees? Because they're really good at it.**

## live cell microscopy - what is it and how can it help assess my health? by Dr. Liona Manuel, B.Sc., ND

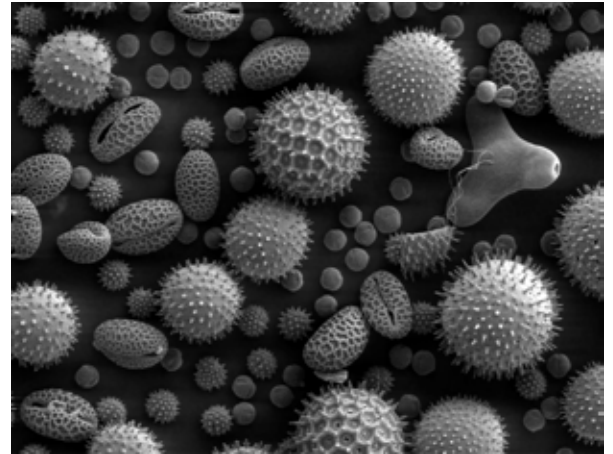


Also known as Live Blood Analysis and Darkfield Microscopy, Live Cell Microscopy involves analyzing a single drop of blood under a high-resolution darkfield microscope for a general assessment of a person's internal body environment to nutritional and organ imbalances. The sample is magnified 1000 times or more and with the use of a video camera, the blood cells are observed on a monitor. Unlike conventional laboratory blood testing where blood cells are preserved or stained and sent to a lab for analysis, live cell analysis views the blood "live" for up to 20 minutes with no staining agent.

Live cell microscopy can reveal the health of a person's blood cells, which in turn reflects nutritional status, especially low levels of iron, B12, folic acid, proteins and fatty acids. It can also assess the health of certain organs, such as the liver, kidneys, and digestive tract.

Live cell microscopy was invented about 140 years ago. According to the research of Gunther Enderlein, a German biologist and zoologist, tiny microbes exist in our bodies which undergo a life cycle. A person's health and immunity depend on the state of these microbes and their developmental forms. Although diseases can not be observed under a microscope, live cell analysis can view altered "blood ecology" patterns. These patterns can increase the likelihood of the development of disease over time. Therefore, the goal of live cell analysis is to identify, modify and correct suboptimal patterns before serious health issues arise.

Live cell microscopy is not used to diagnose or treat an individual. Dr. Manuel uses live cell microscopy to assist in her assessment of an individual. Patients can see first-hand the health of their internal environment. For more information, please contact Dr. Liona Manuel at 587-280-9888, [liona.manuel@m2hnc.ca](mailto:liona.manuel@m2hnc.ca) or visit [www.m2hnc.ca](http://www.m2hnc.ca)



### healthy lemon-raspberry frozen yogurt



FIVE MINUTE RECIPE! MAKE IT!

You cannot go wrong. You'll be parents of the year. Your kids won't ever fight again (while they're eating this treat of course)

- 1 cup plain greek yogurt
- 1 1/2 cups frozen raspberries
- 1/3 cup fresh lemon juice
- 2 tsps fresh lemon zest
- 3 Tbsp honey

Put everything in a blender and blend until smooth. Enjoy!

### free workout app

Our patients often ask us if we use any workout programs or systems to exercise, and a friend recommended the **Nike Training Club** app. It is amazing! It's free and once you register there are easily 100 different workouts that can be filtered based on time, equipment, body part, type of conditioning. Videos go along with it. Try it, you will enjoy! *enjoy the pain!*



We are on Instagram! And we have some awesome ideas and posts coming. Follow us by searching Access Chiropractic! Don't forget to participate in our patient appreciation contests online via Facebook and Google!

## cool body facts....

- taking a single step uses up to 200 muscles! Fill up that step counter!
- cells in the brain's cortex are not renewed and are as old as you are, although there is continuous regeneration in the hippocampus (memory part of the brain)
- the life span of a taste bud is 10 days