



The Spinal Column

CHIROPRACTIC AND WELLNESS

Fall Edition 2018

we are now just one clinic!



After opening 14 years ago, July of 2004, we are closing the south location as of October 1, 2018. It is with both sadness and excitement that we make this announcement. Sad because this was our first location and our start of life in Airdrie. Excited because we can now fully utilize our beautiful second location!

When we opened our first location Airdrie's population was just under 18,000! There was nothing but fields south of the CO-OP and the road was blocked by concrete barriers. There was no Tim Horton's on the corner of Main and Yankee Valley, just an empty building that was once a pizza place. Yankee Valley was one lane each way and 8th street had one light. Dr. Boyd and Bajor were in their third year of practice and Dr. Boyd opened the clinic while Dr. Bajor still worked in Calgary. In the fall of 2004, Dr. Bajor started full time at the clinic. For the first 6 months there was no receptionist and the Drs. did everything: reception, chiropractors, janitor, and support staff. We had no debit machine and took only cash or cheque. It was the start of amazing things to come!

Why shut down the south clinic? In 2013 we opened the north location. A beautiful dream clinic 3 times the size of the first clinic the Dr.'s designed while in school. It was always the intention to move to the new location but because of construction delays we had to re-sign the CO-OP location to a new lease (no, Dr. Boyd did not kick Dr. Bajor out.... well, okay, kind of...). Forward to present day, 2018, the time is right to unite the two. We are looking forward to going back to the old days of funny shenanigans, offering all services under one roof, and, most importantly, simplifying our lives so we can dedicate more time to our children, Liam and Julia, while being able to serve our community as one united front. This dream has been a long time coming and it is finally here!

gluten, egg, dairy free banana bread... that tastes good!



1/2 cup canola oil
2 cups gluten-free flour
1 tsp salt
2 tps pure vanilla extract

1/2 cup sugar
1 tsp baking soda
4 bananas mashed
handful chocolate chips

A lot of our patients are gluten-free and many have dairy restrictions as well. Here is a wonderful recipe that tastes exactly like a regular banana bread recipe. Fresh is always best because I find gluten free baking becomes dry after one day!

Pre-heat the oven to 325 degrees.

Mix all of the ingredients together and place into a greased loaf pan.

Bake loaf in the oven for 50-60 minutes using a bamboo skewer to check to make it is baked through.

Slice and serve (spreading butter or vegan margarine always makes it taste extra delicious!)

the importance of vitamin C in immune health by Dr. Liona Manuel BSc., ND



As the cold and flu season approaches, it is important to prepare ourselves for it. There are many natural things out there which we can do to boost our immune system. However, vitamin C is the most well-known vitamin that can really help us prepare for the change of seasons.

Vitamin C (also known as L-ascorbic acid or ascorbate) is an essential water-soluble micronutrient for human health.

Humans cannot make vitamin C and therefore, we must mainly get it through our fruits and vegetables. Foods that are rich in vitamin C are citrus fruits, berries, potatoes, tomatoes and green leafy vegetables. Vitamin C supports our immune system by assisting both the innate and adaptive immune system.

Vitamin C is generally well tolerated with few side effects. An oral ingestion of 3g or more at once can cause diarrhea and bloating. Doses higher than 1g/day may increase oxalate excretion and therefore may increase the risk of kidney stones in susceptible individuals. People with kidney disorders must be cautious with Vitamin C supplementation.

The recommended daily intake of vitamin C is 40 to 120 mg, depending on age and gender. The Food and Nutrition Board set the tolerable oral upper intake level for vitamin C at 2g/day based on gastrointestinal adverse effects at higher doses. As with all nutraceuticals, it is best to consult and be monitored by a qualified and licensed health practitioner.



- when you blush, your stomach blushes too, specifically the inside of your stomach (don't ask how anyone found this out)

- splashing cold water on your face turns you into an underwater superhero.... kind of. Called the 'Mammalian Diving Reflex', your heart rate slows considerably allowing you to use up less oxygen and remain underwater for longer!

- humans are hairier than gorillas: 3X hairier! We simply have more fine hair follicles!