



The Spinal Column

accesschiropractic.net 403.945.0855

Patient Appreciation Program

For those of you who know about our program, thank you for participating and congratulations to those of you who have won! For those of you who do not know about our program, we run a quarterly patient appreciation contest. We choose a neat prize that you can enter by liking and commenting on our Facebook posts, doing Google, Facebook, and Yellow Pages reviews, liking our Instagram posts, and referring patients. For every individual entry you do you get a point, and different entries have different values (patient referral being the highest of course!). Past prizes include Big Fun Play Centre and movie passes, a photography session, gift cards, a house clean, and our current prize, a National Parks Pass. Keep entering and good luck to you all!

Airdrie P.O.W.E.R.

Alberta has a very high rate of domestic abuse and Airdrie does not have a women's shelter. Airdrie P.O.W.E.R. (**P**rotecting **O**ur **W**omen with **E**mergency **R**esources) is a non-profit group that seeks to provide such service. Currently Airdrie does not have a women's shelter and they need our support. This Christmas season we have been taking donations, both monetary and items of need. Please visit airdriepower.com and donate at the clinic!

New phone number

Well, technically it's not a 'new' number. We moved the original clinic phone number at our first location to our new SINGLE office. Our phone number is **403-945-0855**. Please update your contacts!

Welcome Dr. Annalisa Widdifield, DTCM!



We are excited that Dr. Widdifield has joined our team! She has been in practice since 2011 when she earned her Doctor of Traditional Chinese Medicine degree from MacEwan University. She offers a variety of different treatment types to match her varied patient needs: from children to adults and those of us who have needle phobias (fear not!) When she is out of the office, she enjoys spending time with her husband and three kids. Read more about Dr. Annalisa Widdifield at: accesschiropractic.net/dr-annalisa-widdifield-dtcm

Holiday Hours:

December 24 - 26: closed
 December 27: Dr. Boyd: 8am-12pm
 Dr. Bajor: 12:30 - 8pm
 December 28: regular clinic hours
 December 31: Dr. Boyd: 8:30 - 11am
 Dr. Bajor: OFF
 January 1: closed
 January 2: regular clinic hours

Visit accesschiropractic.net/holiday-hours

Parents, does this game scare you? If not, recent research shows it should. by: Dr. Paul Bajor



Addiction centres are seeing a lot of patients, especially kids, in high numbers because of addiction to playing video games like Fortnite. The World Health Organization has recognized gaming disorder as a medical condition and should be taken seriously. Places like the Internet Addiction Clinic at Kidspace in Sydney, Australia, show 60-70% of kids coming in the door report Fortnite as their primary game of use. Fortnite is suggested to be more additive than other gaming fads that came before it

because it is free and easily accessible. However some psychologists say that Fortnite isn't necessarily just an addiction because some psychological aspects show gamers playing it not because they're enjoying it, but they play it just for the sake of playing it. Games like Fortnite are designed to exploit the brain's vulnerabilities in the same way that poker machines do: players are attracted to rewards and a lot of games like Fortnite are rich with the potential of rewards. Small victories that come through with celebratory sounds such as unlocking options or obtaining new skins trigger a dopamine burst in the brain's reward system that triggers habit formation. Such rewards just keep gamers wanting to continue to play more, often for hours or even days on end. Is it easy to break this habit? It takes effort and needs to be enforced. Seemingly obvious but under-utilized methods to do this include: using gaming as a reward after things like homework or sports are completed, setting boundaries around internet usage, and unplugging the internet at night or setting time blocks to turn off at certain times. **The key to everything is use in moderation.**

It's a FACT.



On average we swallow 1.14 kg of snot in a day.

The germs present in human feces can pass through up to ten layers of toilet paper. Sooooo, wash up!



The dust made from sawing through bone smells like Doritos. This is 100% true. I could not eat Doritos for years after anatomy lab.

Smoking just ONE cigarette reduces your life by 11 minutes. Just don't do it. Life is short. (found in the British Medical Journal)



Thai Red Curry Sauce Recipe.... BOOM!



You can make this! Impress everyone with your cooking skills with this simple and short recipe. Put an end to preserved sauces!

2 Tbsp minced onions
1 clove garlic minced
1 stalk of lemongrass
1 Tbsp fish sauce
2 Tbsp red curry paste
1/8 cup of cane sugar
1 can of coconut milk

Use a small pot. Sauté onions and garlic for a few minutes. Take the

lemongrass, cut 1 inch off the bottom and cut 4 inches up the stalk. Take short piece and bruise with a knife. Add lemongrass, curry paste, and fish sauce to pot. Stir and cook 1 minute. Add coconut milk and sugar. Bring to boil. Then simmer on low for 5 minutes.

This sauce is amazing. Use for stir fry, or on top of salmon, or simply on noodles. It's an easy winner! (don't eat the lemongrass)