



The Spinal Column

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I'll see your double patellar tendon rupture and raise you a 5K race just 7 months later. Take that! As Fred VanVleet of the Toronto Raptors coined his trademark phrase "bet on yourself", so should you. Nothing is ever out of reach if you really want it; it's just a matter of how badly you want it.

The Dr. B's were unable to eat or even smell Doritos chips for years after they finished chiropractic school because sawing cadaver bones in the anatomy lab smells EXACTLY like Doritos chips. We cannot make this stuff up. Dr. Bajor can eat the chips now but Dr. Boyd has been traumatized.

Clinic information

The Dr. B's will be away to celebrate Dr. Bajor's full knee recovery November 4 through 11, returning to regular hours on Tuesday, November 12. Dr. Sands will be covering for them on Thursday, November 7, 3-7pm.

During their absence, massage and naturopathic services will be ongoing as usual. **The clinic will be closed for Remembrance Day, Monday, November 11.**

We also said 'see you later' (not goodbye) to Dr. Widdifield as she has left the clinic to focus on family and we hope for her return once the next child is in school next year! She will be missed!

Please use and abu... wait, just use us!

We have a WEALTH of information at your disposal digitally. Our website has a few years of newsletters chocked full of amazing recipes and articles. We have a YouTube channel with lots of videos, some instructional, some informational, and some just plain fun. Our Facebook page has informative posts from recipes to health tips to fun stuff as well. Checkout Pinterest and join us on Twitter as well. We promise to not share cat videos with you (unless that's your thing...)

If you're looking for more information or just plain bored, go ahead, click on accesschiropractic.net and take a peek. I'm sure you'll find something of good use!

Someone's mother has four boys. Three of the boys are named North, South, and East. What's the name of the fourth son?

The answer is on the back in **bold red!**

Phantom vibration syndrome by Dr. Paul Bajor

This is the next up and coming phenomenon in the world of cell phones: phantom vibration syndrome. This is where people think their mobile phone is ringing or vibrating when it is not. I will admit, this has happened to me many times. I feel like my front pocket where I carry my phone is vibrating and I go to check it only to find my phone isn't even in my pocket! The theory behind this is that some of us are so concerned about missing a call or text that we've become extra aware of the sensations that mean one is coming. The slightest muscle twitch or clothing moving over that spot is interpreted as the phone going off. Further research is pending, however it is believed it is a behavioural change similar to constantly checking the front door when you are expecting guests or checking on the train or bus when you are waiting for it; we are anticipating an event to take place. I wonder if it's similar to our palms being itchy when money is coming our way?



Be that cool person at the party with these neat facts:

- the scientific term for brain freeze is 'sphenopalatine ganglioneuralgia' (try remembering that!)
- Canadians say 'sorry' so much that a law was passed in 2009 declaring that an apology can't be used as evidence of admission to guilt. **Someone** had to come up with this?
- calling 'shotgun' when riding in a car comes from the term 'shotgun messenger' which was used to refer to the guard who sat next to the Stagecoach driver and who would protect against robbers
- Nintendo trademarked the phrase 'It's on like Donkey Kong' in 2010.
- the spiked dog collar was invented by the Ancient Greeks to protect their dogs from wolf attacks
- the British government coined the slogan 'keep calm and carry on' during World War 2 in order to motivate citizens to stay strong

RECIPE - roasted butternut squash soup



6 cups roasted butternut squash (2 medium-large squash)
½ cup diced onions
4 cups chicken broth
½ medium apple (shredded)
1 spring thyme
⅓ cup maple syrup
⅔ cup canned coconut milk

Roast squash at 375 degrees F for 60-70 minutes (cut in half, scoop out seeds, roast face down). In a pan, cook onions and add squash, broth, apples, and thyme sprig and bring to a light boil. Reduce temperature to medium-low and simmer for 20 minutes. Put into blender. Blend like you've never blended before. Add coconut milk and maple syrup and stir well. Add salt (to taste) to bring out the multiple flavours in the soup. Pretend you live somewhere where they have a Fall season (not here, it's only snow and no snow seasons) and enjoy!