



The Spinal Column

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Summer holidays

Please note that Dr. Boyd will not be working Tuesday mornings for July and August. She is in Mondays, Wednesdays, and Fridays 8am-12noon.

The Dr. B's are on holidays as follows:

July 30 - August 7: Dr. Bajor

July 30 - August 15: Dr. Boyd

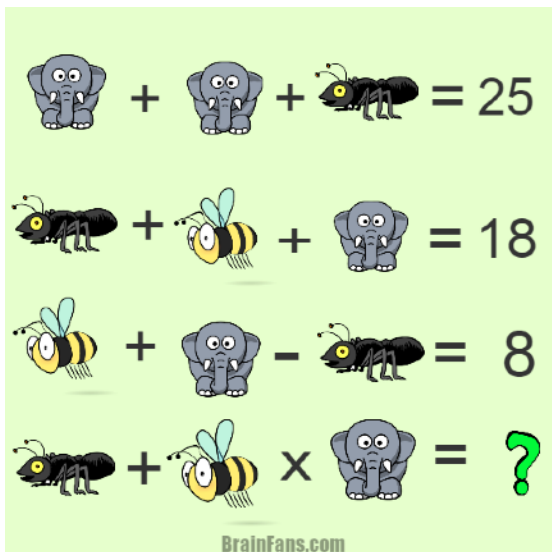
Have no fear, Dr. Sands (who covered while Dr. Bajor was away on his 'knee holiday') will be covering:

Thursday, August 1: 2-7pm

Tuesday, August 6: 3-7pm

Patient appreciation

Don't forget about our patient appreciation contest! We have a quarterly contest with an amazing prize. The summer prize is tickets to GlobalFest fireworks finale in August which is always an AMAZING display. Enter by helping us out on social media; every Facebook like and share, instagram like or follow, and commenting earns you one entry each. Your biggest points are by referring new patients and doing google, yellow pages, and facebook reviews for us!



Answer on reverse in bottom corner

Food Bank Drive was a SUCCESS!

Our food bank drive this year was an overwhelming success! We were able to raise over \$200 in cash and filled two giant bins with food and products that were desperately needed! Thank you to all of our amazing patients for helping us to surpass our goal and also help stock the food bank during a time where stocks are always low!



Our reward for hitting our goal was 'beach wear' day!

Milestone reached!

June marked 15 years of practice in Airdrie for Drs. Boyd, Bajor, and Access Chiropractic and Wellness. From our humble beginnings in the Airdrie CO-OP with no internet and only taking cash and cheque to our amalgamation into our newest clinic location and closing the south doors in October 2018. With 18 years of practice under their belts, Drs. Boyd and Bajor look forward to many more years serving Airdrie and keeping the community happy and healthy. Thank you for all the support over the years!

Weight Loss - Try not to complicate things with these simple tricks



There are a lot of different types of weight loss programs out there: low carb, high fat (KETO), high protein, cleansing, etc. Before you dive into doing any these fads, have you tried the some of the most basic tricks? Give these a try in case you haven't yet:

1. **eliminate or dramatically reduce refined sugar from your diet.** It's harder than you think, especially if you don't make a lot of your own foods, sauces, marinades, dressings, etc. A lot of the store-bought foods are very high in sugar and you may not even realize it.
2. **drink water with your meals and avoid pop or juice.** Seems easy enough and yet many don't do it! Pop and juice have empty calories and metabolize to fat.
3. **use a smaller plate for your meals.** Everything is a mind game, trick your brain. A small plate will look like you have a lot of food. Also eat more slowly. Chewing your food to completion helps!
4. **do not eat after dinner.** This can be a tough one. You want your body to enter a fasting state. This happens about 2 hours after your last meal and it promotes the breakdown of your energy stores, aka fat. Most of us eat in the evening because we're bored, not hungry. Keep yourself occupied. If you're having a hard time not eating, do something to occupy your time. I like to do home improvement. You can't eat when you have a screwdriver or hammer in your hand! Or try conditioning yourself such that every time you want to eat, do 10 sit-ups or pushups. You won't want to eat after a few exercises!
5. **avoid drinking alcohol.** Yes, I know, much easier said than done, but it is a BIG source of weight gain. And the main cause of it? SUGAR. I sense there's a theme with weight loss.....

RECIPE - Greek marinade for chicken, beef, pork, vegetables.... anything!

This recipe is a staple in our house because it's so easy and it makes everything taste amazing. Did I mention it's easy? Give it a try. Cooking the meat or veggies over an open fire camping shows you're really serious about your food!



¼ cup olive oil
2 Tbsps soy sauce
2 garlic cloves crushed
3 Tbsps lemon juice
1 Tbsp oregano
ground pepper to taste

Mix up marinade. Put in whatever food you want and let it sit for at least a few hours, but overnight is best. Enjoy! It's amazing.

Information that comes useful when you're at a party....

- it is physically impossible to lick your elbow
- the medical name for a butt crack is 'intergluteal cleft'
- people can suffer from a psychological disorder called *Boanthropy* that makes them believe they are a cow. The try to live their life as a cow.
- most toilet paper sold in France for home use is pink
- fingernails grow faster on the hand a person writes with. They also grow faster than toe nails and faster on long fingers.
- tigers have striped skin not just striped fur. The stripes are like fingerprints and no two tigers have the same