

# Get Healthy, Stay Healthy with Kinetic Health

Dr. Brian Abelson DC.  
Dr. Evangelos Mylonas DC.

403-241-3772  
kinetichealth@shaw.ca



## Passion Enriches Your Life

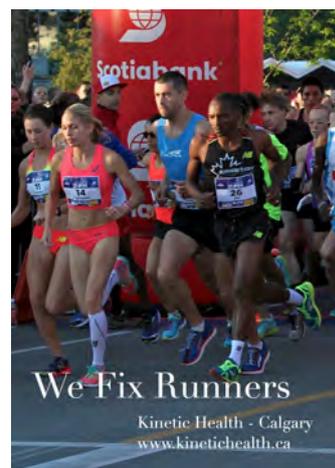
By: Dr. Brian Abelson DC.



Personal passion has a direct connection to your health. What each person is passionate about varies greatly from individual to individual. However, no one can deny that passion is a force that keeps us motivated, brings meaning into our lives, and makes us feel excited and alive. Having passion will help you achieve anything you set your mind to, it will also affect who you become, your health, and your overall well being.

This is why I ask my patients “*What is it that you are passionate about?*” I want to know what inspires and motivates them, and what brings joy into their lives. Passionate people are very easy to work with, they have many goals and they often achieve those goals because of that passion. These individuals are very successful in resolving their health problems. In contrast, dispassionate people often lack the motivation to move past their pain.

No doubt, being in chronic pain beats you down both mentally and physically. However, if you reconnect to whatever it is you are passionate about, your motivation will change completely. This is why I believe in following your passions, whatever they are, *Article continued on page 2*



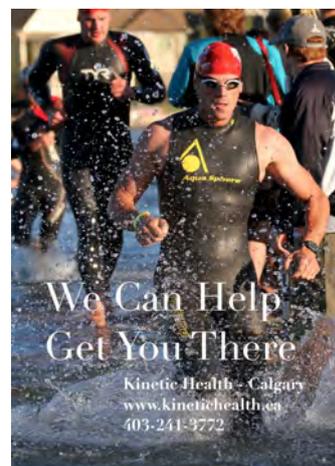
## Our Patients Have Better Knees

By: Dr. Evangelos Mylonas DC.



Have you heard the news? Chiropractic patients have better knees! A recent study, published in the journal *Clinical Therapeutics* found that patients with wear-and-tear arthritis of the knee (*osteoarthritis*) who used *chiropractic care*, and used it regularly, had better knee function compared to patients not seeing a Chiropractor. The study was designed to simply track and investigate a wide range of complementary and alternative medical therapies used by patients with knee pain due to osteoarthritis. The results demonstrated that improved knee function was directly related to the use and frequency of chiropractic care.

These recent findings add to the growing body of valid scientific evidence that supports what we've always known and see on a daily basis at Kinetic Health – *chiropractic care decreases joint pain and improves overall joint mobility and function.* An earlier study in the *Journal of the Canadian Chiropractic Association* also demonstrated that patients suffering from knee osteoarthritis reported significant decreases in knee pain, as well as decreases in “clicking” and “grinding” sensations within their knees after receiving chiropractic adjustments. *Article continued on page 2*



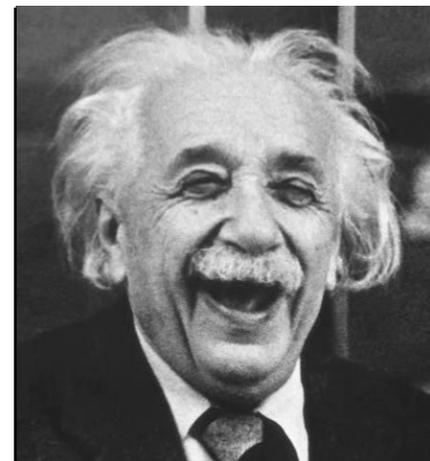
## Passion Enriches Your Life (continued)

is essential for both our physical and mental well-being. This is not 'fluff science', there is a considerable amount of hard objective data to support this perspective.

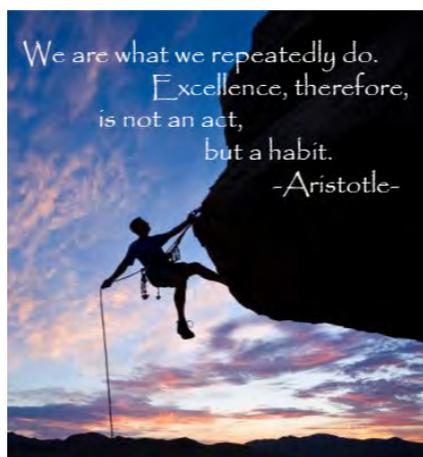
### Flawed Logic is Often The Problem

The flaw in logic I am talking about has to do with your view of the future. Most people think if they put aside their passions, put their nose to the grindstone, and work really hard, somehow this is going to buy them freedom and happiness in their future. Well, as Joe Strummer of the rock band, the Clash, use to say "The future is unwritten". No one has a crystal ball for future events, and the reality is often not even close to what we expected. The point being you cannot push your passions aside, hoping that at some time in the future you will be able to return to them. In reality you may never be able to return to an opportunity lost. In addition, there are *substantial physiological consequences* to neglecting the things that make us happy in life.

As the Greek philosopher Aristotle (384 BC) said, "We are what we repeatedly do". So it should be no surprise that we create a dysfunctional mind and body by following mundane procedures, and by living without joy or passion. I think it's very important to stop and think about the kind of body/mind we create through our daily lives.



"I have no special talents. I am only passionately curious." -Albert Einstein



Now consider what the research is saying. Individuals who don't follow their passions, and spend all their time in activities which they really don't enjoy, are generally miserable, unhappy, dissatisfied, stressed out, dispassionate, suffer from poor health, have dysfunctional relationships, and are often full of regrets. Ouch!

### The Stress Equation

When it comes to your health, the equation is really quite simple. Not taking part in the activities that make you happy creates physiological stress. Whether you recognize it or not, stress leads to destructive physical changes that greatly impact your health. If you think that the physiological changes that are related to stress are only minimal, *think again*. Stress is the basic cause of 60% of all human illness and disease (*American Institute of Stress*). Consider these eight major areas where stress impacts your health.

1. **Cardiovascular Disease:** Stress leads to cardiovascular disease, the number one cause of death in the world. Stress increases stroke risk by 50%.
2. **Obesity:** Stress increases the level of the hormone *Cortisol* in your body. *Cortisol* (the stress hormone) increases the level of fat deposition. Obesity is considered one of the leading causes of life-threatening diseases in the world.
3. **Type 2 Diabetes:** Stress increases glucose levels, which in turn increases pancreatic stress. Type 2 Diabetes is increasing dramatically around the world.
4. **Depression:** Research has show that individuals under stress have a 80% higher risk of developing clinical depression. Not being able to do what makes you happy makes you depressed.
5. **Alzheimer's disease:** Research has shown a correlation between stress and the formation of brain lesions, which could significantly worsen Alzheimer's.
6. **Premature Aging:** Research has shown that stress literally alters our DNA (chromosomes show accelerated aging in stressed individuals).
7. **Shrinks your Brain** - Stress reduces gray matter in regions tied to emotion, and physiological function, which can lead to future psychiatric problems.
8. **Death rate:** Stress shortens your life. For example, caregivers, who are often under extreme stress, have a 63% higher rate of death than non-caregivers.

**Stress Reduction Kit**

**Bang  
Head  
Here**

Directions:  
1. Place kit on FIRM surface.  
2. Follow directions in circle of kit.  
3. Repeat step 2 as necessary, or until unconscious.

### We Can Help You to Reconnect to Your Passion!

We can help you return to the activities that you are most passionate about. Over the last 25 years we have developed some very effective, highly individualized programs that, in most cases effectively resolve even the most chronic musculoskeletal conditions.

Far beyond just eliminating the pain, we have a proven history of getting people back into doing *what they love to do!* So if you have something you would love to do, but feel it is impossible, please talk to us.

**WE CAN HELP**



## Our Patients Have Better Knees (continued)

Needless to say, these patients also experienced increased mobility and were better able to perform their activities of daily living. Another point worth mentioning is that the chiropractic patients also reported no adverse side-effects to treatment, unlike patients who were taking anti-inflammatory medication to manage their knee pain.

At Kinetic Health we can help you with your knee pain and improve the quality of your life. We specialize in soft-tissue therapies and chiropractic care, as well as in the development of individualized rehabilitative exercise protocols. We can improve joint function and mobility, reduce inflammation, reduce pain, slow joint degeneration (as a result of aging) while helping you to become stronger and more able. If you are suffering from knee pain as result of osteoarthritis, please feel free to contact us in order to learn more about our treatment methods and discover what we can do to help eliminate your pain.

References:

*Longitudinal use of complementary and alternative medicine among older adults with radiographic knee osteoarthritis.* Clin Ther. 2013 Nov;35(11):1690-702. Yang S1, Dubé CE, Eaton CB, McAlindon TE, Lapane KL.

*The effect of a manual therapy knee protocol on osteoarthritic knee pain: a randomised controlled trial* Can Chiropr Assoc. 2008 Dec; 52(4): 229-242. Henry Pollard, BSc, Grad Dip Chiro, Grad Dip AppSc, MSportSc, PhD,



### Use these exercises in conjunction with your Chiropractic Adjustments.

These daily exercise with help keep your back, hips, and knees in optimal conditions.



#### Hip Mobilization

This routine can be performed 3 or 4 times per day for best results. These are great exercises for increasing hip mobility.

<https://youtu.be/24cGULIL8dQ>



#### Sam's Daily 5

These are great stretches that you can perform every time you get up from your desk to take an active break.

<https://youtu.be/ll3OgMjrxuA>



### Check Out Our Video Of The 2015 Calgary Marathon

Amazing day, perfect weather, lots of entertainment, and even super heroes. Congratulations to all the runners you were all incredible. Over 15,000 runners raised over 1 million dollars for 90 charities. Each year just keeps getting better.

<https://youtu.be/ZxuNBahh8j8>



## Extended Appointments Cheaper Price

We are pleased to announce that we have reduced the price of our *extended appointments* from \$130 to \$100 (for approximately 20 minutes therapy).

This really is a great deal, our regular appointments are \$70 (for approximately 10 minutes). For just an additional \$30 you can double your treatment time.

We base our treatment length recommendations on how many structures we need to treat. Having extra treatment time can make all the difference in addressing a larger portion of the kinetic chain. Bottom line, it is so much easier, and faster, to achieve a full resolution of your condition by using extended appointments.

## New Patients Receive Free eBooks

All new patients receive a complimentary copy of one of our eBooks. The normal price of some of these eBooks is over \$30.00.

This offer also includes new books about a wide variety of health and wellness conditions, that are coming out in 2015 .

Note: This offer does NOT apply to existing patients.



# Check out our informative websites, blogs, and YouTube channel...



## www.kinetichealth.ca

Welcome to our **Kinetic Health Clinic** website. Kinetic Health is located in northwest Calgary, in the community of Edgemont. This information-rich site provides you with extensive healthcare information about the conditions we treat, our treatment methodologies, conditions we can help resolve, contact information, and information about our staff. You can also download **Admittance Forms** for Dr. Abelson, Dr. Mylonas, and our Registered Massage Therapists.

**Kinetic Health**  
Bay #10 - 34 Edgedale Dr. N.W.  
Calgary, AB, T3A-2R4

Phone: 403-241-3772  
Fax: 403-241-3846  
Email: [kinetichealth@shaw.ca](mailto:kinetichealth@shaw.ca)



## www.activerelease.ca

This popular site is dedicated to providing you with information about one of the most effective and popular treatment methods we use in our clinical practice - **Active Release Techniques (ART)**. We bring extensive expertise in ART. Dr. Abelson was an instructor in ART for over 10 years, has co-authored the international best-seller about ART, "**Release Your Pain**", and contributed to the **ART Biomechanics Manual** that is currently used to instruct ART practitioners. Both Dr. Abelson and Dr. Mylonas are fully certified in all ART techniques.



## www.youtube.com/kinetichealthonline

This is the link to our **YouTube** channel. We are constantly updating our channel with videos about new exercises, conditions, biomechanical analysis, local races (marathons, triathlon's), and even cultural events and travel. Please check us out, and feel free to *share* our videos with anyone that you think could use this information.



## www.releaseyourbody.com

**www.releaseyourbody.com** is where you can find and purchase all our latest publications. Our best selling books can be purchased in both **hard-copy** and **eBook** formats from this site. Get your copy of:

- **Resolving Plantar Fasciitis - Now Available**
- Release Your Pain: 2nd Edition
- Exercises for the Shoulder to Hand: Release Your Kinetic Chain
- Exercises for the Jaw to Shoulder: Release Your Kinetic Chain
- A Quest for Healing - A Story of Love



## Calgary Comic & Entertainment Expo

Check out our photos from the **2015 Calgary Comic & Entertainment Expo**. Another amazing year. Check out some of the photos of Dr. Abelson and Dr. Mylonas having fun with the participants. It really was a blast, and yes Dr. Abelson just can't stop treating peoples feet...LOL

## "WE FIX SUPER HERO'S"

<https://www.flickr.com/photos/kinetichealth/sets/72157651605632697>

