



your

Festive Healthy & Happy Home News™

From the Desk of Moose and Dr. Joe Tanti

December 2022

FINALLY dad has promised he would send this out to you. He said he had no time for last month...and WOW did you miss out. In it I shared the secret to the hidden location of the fountain of youngness, AND the secret of happiness forever...

But this month I must tell you about my favourite time of year....SNOW TIME! Snow time is that short time of year where white stuff falls from the sky and stays on the ground. Thankfully its a nice brisk temperature too...a much needed break from all of that heat and sun beating down all day long. I know, you must not like the heat too!!

Nothing beats laying out in a big snow bank all day long, The snow makes an excellent pillow, bed and blanket all in one!

Oh, did you know mom and dad brought home a new pup, too! Looks just like them. They keep calling him Archer...I wanted to call him Porkey, but seems that name isn't sticking...Maybe they will come to their senses and change their minds. He's got a bit of fur on his head, so he's ok. I just wish he would stop trying to call to his other pup friends. It's more of a whine than a howl or woof..so he's gotta work on that! See you next time! -Moose

Good Ol' Holiday Festivities

What are your favourite Edmonton Holiday Festivities?

We've only lived in Edmonton a short while, and a big part of that we did NOTHING for the holidays.

So this year I'd like to try to get out and have some Edmonton holiday fun...these are a few. Activities I've found.

Let me know what your favourite holiday festivities are to do in Edmonton!

- i) All Is Bright. - kids love lights, and I like beverage gardens
 - ii) Luminaria- I'm sure Everett would love this, he loves lights
 - iii) Deep Freeze: A Byzantine Winter Fete. Not too sure about this one, but I do enjoy festivals that celebrate multiple diverse cultures, always learn something new and try new food!
- Do you have any other kid and family friendly suggestions?? If so, let me know!!

Deck the halls

With bells palsy'
Fa lalalala lalalala.
Tis the season to be achey.
Fa lalalala lalalala.

Don we now back belts, and eat our gummies***
Fa lalalala lalalala.
Troll around like ancient mummies
Fa lalalala lalalala.

See the towering stairs before us
Fa lalalala lalalala.
Test the hand rail, make sure it can support us
Fa lalalala lalalala.

Follow me with your stretches and exercises
Fa lalalala lalalala.
Listen how they'll make you have aches in fewer places
Fa lalalala lalalala.

Fast away, the old year passes
Fa lalalala lalalala.
Hail the new aches, pains and gasses'
Fa lalalala lalalala.

Sing we joyous all together
Fa lalalala lalalala.
We know our Chiropractor put us back together
Fa lalalala lalalala.

I hope you and yours have a very Merry, and happy holiday season!

Also, I would like to express my gratitude and appreciation to you for allowing me to be a part of your health care team, a small part of your life, and aiding in improving your quality of life.

**Not endorsing use of gummies



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Thanks!

For All The Kind Words

Dr. Joseph Tanti is an exceptional chiropractor. He is very in tune with his diagnosis and recommended treatment following. After just a few sessions, my body feels far better than when I had first went to the see him and his wonderful staff.

Matthew

Worth Quoting

Which Doctor said the following?

"Be who you are and say what you feel...because those who mind don't matter, and those who matter, don't mind."

"Sometimes you will never know the value of a moment until it becomes a memory"

"Today you are YOU, that is TRUER than true. There is No ONE alive who is YOUER. Than YOU!"

"What if Christmas he thought doesn't come from a store. What if Christmas perhaps means a little bit more"

"Your off to great places. Today is your day. Your mountain is waiting. So get on your way"

Never there when you need em'

Archer had a fever. Typically this wouldn't be a big deal BUT, he was only a few weeks old.

So Ashley called health link-811- they recommended we go to the hospital.

(As an aside, the only time we've called 811 was for the kids. Poor buggers keep getting sick!)

So after several hours, many tests, being poked, prodded, stabbed, drained, pumped full of fluids, and irradiated, they said he was fine. Although they also had her come back the following day just to check cultures and ensure he would be ok.

Of course he was not sleeping. And so of course WE were not sleeping....that was a long week!

Well it turns out then that Everett also started having some issues.

"We should take him to his paediatrician" I suggested. So, there I am, thinking I was all clever and smart thinking we should take our child to his paediatrician. Well, I'm sure you can guess how that went.

The earliest we could get in to see her was in 6 weeks -she was on vacation... And none of her colleges were taking care of her patients while she was away.

We ended up taking them both to the walk in clinic. That's 4 of 5 times this past year we went to the walk in because. We couldn't see their paediatrician within a reasonable time.

I know we aren't alone. Whenever you actually NEED your doctor you can't see them for WEEKS or MONTHS. Frustrating.

That's why I always try to be available for you...because I know how frustrating. it is when my or my kids doctor is not there for us.

This Month's Sudoku

Are you an expert?

Only 2 out of 5 people can finish this one!

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | 8 | | | 7 | 6 | | |
| 4 | | 5 | 3 | | | | |
| | 1 | | 2 | | 5 | | |
| | | 4 | | | | 1 | |
| | | | | | | | 6 |
| | 6 | 3 | | | | | 8 |
| | | | | 1 | | 2 | |
| | | | | 6 | | 5 | |
| | | | 9 | | | 7 | 3 |

Don't let your friends get RIPPED OFF! – Have them visit my website a drjoetanti.com to learn;

How To Save *Thousands* Of Dollars Properly Caring For Their Health,How To Choose An Honest, Awesome Chiropractor and much more.

Stopping Migraines: Its More Than “Just a headache”

The holiday season can be stressful for Susan.

She's hosting her family this year, and uncle Steve is always yammering about *something*.
Thank goodness for Red Wine!

Unfortunately, Susan usually finds herself having some nasty headaches when family and wine are mixed together.

This year her headaches are starting a few weeks earlier, which has made it impossible to prepare. She's even called in sick to work several times- something she's never done before.

Her pounding head, severe light sensitivity, constant nausea, and vomiting with any movements is causing Susan's holiday season to not start out very Merry.

NOT “just a bad headache”

Migraines are a complex neurological condition, and one of the main features of migraine is headache. They affect roughly 1 In 10 people and affect women like Susan three times more than men.

The 4 Phases of Migraine

After Susan got off the phone with her mom, she felt a sensation that her headaches was imminent. (This is called Prodrome). She decided she needed to relax on the couch with a tall glass of Merlot.

About 15 minutes into Criminal Minds, she stared seeing squiggly lines float across the room, a few minutes later both her left arm and leg started tingling (This is called Aura).

“Oh #&%#” she thought to herself. She knew what was coming next.

She turned the TV off, finished off the bottle of Merlot, and slowly made her way to her bedroom to lay under the covers, in the fetal position, with the shades drawn to weather out the pounding and head exploding pain (The migraine headache).

She woke up the next day in a groggy haze (Postdrome aka. Migraine hangover), happy that the headache only last 20 hours this time.

What Should Susan Do?

By helping Susan understand that Migraine is not ‘Just a bad headache’, what the migraine mechanism is, and by identifying her TRIGGERS, she can get back to actually ENJOYING her holiday season- Yes, even with her uncle Steve.

If you or a loved one suffers with Migraines like Susan, you owe it to yourself and your friends and family to get them under control.

This resources walks you through what a migraine actually IS, and shows you step by step how to manage your Migraine, so you can enjoy your holiday season- Migraine Free!

Get it now by clicking [HERE](#), or text “**MIGRAINE**” to **587-604-6462** or scan QR code... say good bye to those Migraine Headaches!!



Christmas Eggnog



****The most Christmas of all drinks****

- 6 eggs separated
- 1/4 tsp (1 mL) salt
- 2/3 cup (160 mL) sugar
- 3/4 cup (180 mL) light rum
- 1 tsp (5 mL) vanilla extract
- 2 cups (500 mL) Canadian cream (35%)
- 2 1/2 cups (625 mL) Canadian Milk
- Freshly grated nutmeg

Directions

Beat egg whites and salt until stiff peaks form; set aside. In another bowl beat egg yolks until light. Gradually add sugar and continue beating until thick and lemon coloured. Slowly stir in rum and vanilla.

Whip cream until softly stiff. Fold whipped cream, then egg whites into yolk mixture. Gently stir in milk.

Serve well chilled with freshly grated nutmeg on top.

Caution: This recipe contains raw or lightly cooked eggs. Foods containing raw or lightly cooked eggs may be harmful to vulnerable people such as young children, the elderly, pregnant women and people with weak immune systems.)

[*Eggnog is great, but the rum is my favourite part :\)](#)

[* Not an endorsement to drink rum](#)

Holiday Season Tidbits

Christmas is Ashley's favourite. Holiday, and I love it as well! Who doesn't? (If you don't love the winter holidays. let me know where to send the lump of coal)

This year we are planning a family stay-cation with Grammy and Grampie and going out and doing something fun. I'm not quite sure what yet, but we want to hopefully create some. Fun memories for us, and the kiddo's.

I know I received lots of presents when I was a kid...but I don't remember much. of it. The only thing I remember from Christmas holidays was the OPENING the presents, and other fun (usually snowy) actives we did together.

Merry Christmas & Happy Holidays!

Who Wants To Win a FREE Golden Ticket!!

I Love this part of the newsletter!! Each month I'll give you an *eTrivia* question, and if you email me at joetanti@drjoetanti.com with the correct answer will be entered to win a

GOLDEN TICKET

Take you best guess then email me right away. Remember, your chance of winning are better than you might expect.

Your eTrivia question this month is....

Migraines:

- a) Are not a big deal!
- b) Affect men 3 times more than women
- c) Can be triggered by neck pain and stress

3 Essentials to Healthy Aging and Staying Strong

I am giving a presentation at the. Capilano Library. On **December 15 @ 12 noon.** Its going to be all about ...**HEALTHY AGING and Staying Strong!!**

It will be Educational, mild to moderately entertaining, and it will provide. actionable items you can do to improve your health, wellbeing, and help. you feel 10 years younger!

Please bring a friend! Sign by emailing me at. joetanti@drjoetanti.com

or **text 'FREE' to 587-604-6462**, and ill get you the details!

Tests "Aging"

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Your December Issue Is Here!

Look Inside Now For Spine-Saving Tips, Fun Facts, and More!