



Your **New Years** **Healthy & Happy** **Home News™**

From the Desk of Moose and Dr. Joe Tanti

January 2023

I just can't help myself from getting into things... yes, sometimes it causes a little smell. I actually like "Scent al la MOOSE"™...but mom and dad are not fans! So they did the worst thing imaginable! took me for a bath.

Can you believe it!? I always feel better afterwards, but still... this time there was some goodness!. Dad came to pick me up early! I was VERY excited he was rescuing me! But then he just left. Can you believe it? He left me with those monsters brushing up my silky smooth fur. (I actually like baths but still. It's the principle, and they are kind of embarrassing if you ask me).

I figured he left to get my to get my collar from the car. But then he came back again. And he didn't have it! He must have felt guilty for bringing me here because he bought me a brand new collar and leash! It's fantastic! It's red and thick and amazing! Not like that gross one. It was getting a little stinky.

Anyways, we we eventually made it home. And can you believe it? They actually tried to take my NEW collar away from me. My most favorite thing in the whole wide world. Unbelievable. I insisted that they put it back on and of course they did

You can't just give me something and then take it right back. That's something a cat would do. Oh there the cat right now, I have to get him away....See you next time! -Moose

Happy New Years
From these 3 chins to you

Dr. Joe Tanti
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Your Postal
Indicia Here



Your January 2023 Issue Is Here!

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

Thanks!

For All The Kind Words

Thank you for allowing me to be a part of your health care team, and continue to be your trusted chiropractor.

Without you, I wouldn't be able to do the things I love to do...help people like you improve their health and wellbeing...and support my two bad habits of living indoors and eating food.

Thank you!

-Dr. Joe Tanti

New Years Quotes

Just because...

"The best. is yet. to. Come"

-Frank Sinatra

"You are never to old to set a new goal or. dream a new dream" -C.S. Lewis

"You are never to old to reinvent yourself"

- Steve Harvey

"The first step towards getting somewhere is to decide you're not going to stay where you are."

-J.P. Morgan

"Most of us have two lives: the life we live, and the unlive life within us. Between the two stands Resistance"

-Steven Pressfield

New Year Trends

The New Year brings new resolutions, right? I'm not really quite sure why, but I'm also not immune to them either.

Although not quite resolutions, I do have some goals for this year. Some are personal - more time with the kiddos and wife. Actually taking a trip to explore some of Alberta, and BC- Some are fitness and health related goals some work related.

For example would I love to finish my orthopaedic specialists training (I'm so close!). The point is we all have goals.

So what what are your goals? What are you hoping to accomplish this year? And what is standing. In your way of reaching them?

Sometimes all you need is a bit of motivation. An 'accountability

partner'. A reoccurring friendly kick in the rear...

If you have any fitness or health related goals, and need an accountability partner, let me know! I'd love to help you reach them! If you have more personal or financial goals...well I can't help you there.

I know we all think we can do everything by ourselves. And sometimes we can. But as we all know we seem to do things better when there's a shared experience rather than going at it alone.

So if you'd like some help, an accountability partner, or a 'friendly kick in the rear' once in a while, let me know! Just send me an email at joetanti@drjoetanti.com or text 587 604-6462 and we will take it from there! Happy new years!

This Month's Sudoku for the Expert

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

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.

Lost But Not Forgotten

As I'm reading this, well, I'm actually dictating it by reading it into my phone. I'm sitting in my car, outside the office in the parking lot in the snowy weather.

Why? Why don't I just go inside you ask?

Well, the reason is simple really. I forgot my keys at home. Yes. My keys to the clinic are on my keychain for my car. But sometimes for some reason, I take my wife's car. Don't ask why I don't understand why they always get switched around in the driveway. But sometimes I need to trade cars with Ashley. It doesn't make any sense. And sometimes the clinic keys get taken off and put on another keychain or get hung up by the front door but unfortunately, this morning, I left without checking my keychain, and I do not have the clinic keys.

I oftentimes come in early to work because I like to get here before everyone else just to get started for the day and settled in. But today that won't be the case because I can't get inside. So I'm just sitting in my car, transcribing this note, hoping that Kim or Hazel or someone will get here soon.

Well, my keys may be lost or at least I don't know where they are right now (Hopefully I can find them), but they're certainly not forgotten. And hopefully I can find them later today when we get home and be sure to attach them to the correct set of keys.

You may ask yourself, why don't you just drive home and then come back? Well, that would take a long time. I don't live super close to the office unfortunately. And with traffic and weather I wager it would take me at least 60 minutes to do that round trip. So rather than that I thought I would just wait.

Have you ever forgotten or lost something that you thought was right in your pocket? I know this isn't the first time and I'm sure I won't be the last time I've forgotten my key somewhere. I hope this doesn't happen to you very much.

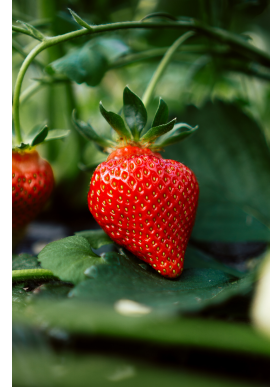
Hm, Hazel and Kim are taking a while... I think I'll go over the Starbucks for a coffee.

Cheesecake-Stuffed Strawberries

What better way to start the new year diet than some strawberry cheesecakes. Fruit is healthy, right?

Ingredients

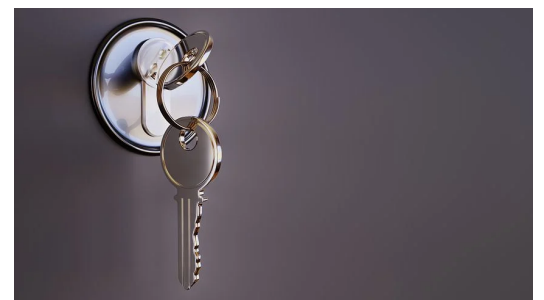
- 8 Oz cream cheese
- 1/3 cup powdered sugar
- 1 tsp vanilla extract
- 24 large strawberries



Directions

1. Beat softened cream cheese with powdered sugar & vanilla until fluffy & thoroughly mixed
2. Remove tops of strawberries. and cut an 'X' into the pointed end of each strawberry. Do not cut all the way through.
3. Pipe the mixture onto of the strawberries
4. Chill 1-2 hours. Add any small topper
5. Enjoy!

Strawberries are a great healthy snack. Why not add bit of healthy cream cheese and powdered sugar to make them even better!



At least I didn't forge them in the door!

Foxy Lady

I had a dinner date set with a local dentist. No not 'that' kind of date. More of a networking type of thing. Why a dentist? Well last I checked, people have teeth, jaws and need dentists. And I help people with jaw problems all the time!

So I was asking around for a good place to go, and we settled on Fox Burger. (It was VERY good by the way, check it out (<https://www.foxburger.ca/>))

Dr. Derek Fika has been practicing for ...well lets just say a while...and we were talking about the similarities of our practices. There are a lot of similarities between. chiropractic and. Dentistry when you think about it... reception, making appointments, being good at your job, not being an &\$\$, etc.

I also learned that he does quite a lot of botox. This got me curious...

Yes, botox can be a fantastic treatment option for those who clench and grind (have. TMJ) when chiropractic care doesn't help, or when used in combination.

It can also be used to help reduce tension headaches and migraines and TMJ pain. As you can imagine, one trigger for tension and. Migraine headaches can be. jaw pain .

understand with all this information pushing against my cranium, why I had a headache. Just kidding, if only it were that simple.

It turns out a lot of people get headaches. But did you know that there are over 100 different types of headaches that have been classified by the International headache society? Yes, there. is an international headache society, look it up.

I find that typically, when people describe their headache, they say, Oh, it's just the usual headache". "I get them a normal amount", just like I did in school. Now I know better.

Headaches can be helped. The most common type of headache is tension headache. in fact, approximately 38% of people get tension headaches.

Tension headache is a bit of a misnomer. It implies that if you're tense, then you're going to

Who Wants To Win a FREE Golden Ticket!!

Take my *eTrivia Challenge* and you could be a winner

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

Your eTrivia question this month is....

What colour is Moose's new collar :?

a) Burgundy, he's an old soul

b) Red

c) Black and white and beautiful

Tension Headaches

just 'the usual' headache

Back when I was in school, I used to get some pretty nasty headaches. Not too often, but often enough. Just the 'usual' amount of 3-4 a week. They usually come around exams- the exact time that you'd want a headache. They tend to come and go over the years, but they came on more severely when in university and evil Chiropractic College.

As you can imagine, more stress, more sitting at a computer, staring at notes, trying to cram as much information into my little brain as possible. It's easy to

have a headache. Why is it then that a lot of people who are extremely tense, don't get headaches? Well, some people even when they're not tense, do have a headache.

Let's take a step back. Tension type headaches are known as what's called a primary headache. That means it's in your genes so you can blame your parents for it. The good news is, you can do something about it (aside from eating Tylenol like candy).

If you get tension headaches, you should check this out. It'll help you uncover WHAT tension headaches are, and what you can do to 'get rid' of them.

Check it out at <https://drjoetanti.com/tension-headaches/> or text **TTHA** to 587-604-6462 and I'll send you the link!