



Your

LUCKY Healthy & Happy Home News



From the Desk of Moose and Dr. Joe Tanti

MARCH 2022

You wish you were THIS lucky

It's my favourite month of the year, MARCH! There's March Madness, Barbie Day, International Day of Moose (aka. Awesomeness), Get Over It (and come scratch my ear) Day, and of course...St. Patrick's Day!

It's the one day of the year that everyone has a wee little bit of Irish in em. I'm a leap ahead of most everyone else there, as I am very sure that that I'm 100% Irish. I am a pure-bred Alaskan Malamute...and Alaska is the capital state (or province?) of Irish Land, right?

And it comes in very pawly being Irish, since I have a dab bit more luck than the average Terrier or Lab...Why just the other day, dad was doing his typical thing, being dad. So he was going to throw out MOUNTAINS of good to gravel scrapings and scraps they decided not to eat that day.

He had it all tie-up too, and about to take it out. But lady luck was on my side that day! The bag got caught, and ripped open! Glorious food went flying EVERYWHERE! It was on the floor, on the walls, on the roof, on the stairs and best of all....In my belly.

Dad (the downer) tried to clean it before I had chance of eating it all up, and while he did stop me from eating all of it, my belly sure was full. Maybe it's a good thing he stopped me, my belly was a bit upset later on...but that always helps me get more cuddles....lucky me!

I Hope you have a lucky March too! -Moose

House Keeping

Did you know I have a 'Business Cell'?

You can text (587) 604-6462 and ill text you back! I'll typically reply during office hours..since it is at the office. So add me to your contacts!

Also, if you have a friend you'd like to refer tell them to text "refer" to (587) 604-6462. I'd love to help them out!

The Luckiest Guy I Ever Met

I was treating a patient, lets call them Pluto, and the topic of past injuries or accidents came up. He described that he had been in a car accident about 10 years ago. Often I find that people who have been in motor vehicle accidents and didn't get appropriate treatment, end up developing persistent pain problems such as neck pain, back pain, etc.

Butt Pluto didn't have any pains from the accident. It couldn't of been that bad then, I said. So then Pluto went to describe the accident. It turns out that Pluto was driving down the road and icy conditions. He ended up rolling the car without wearing a seatbelt! He flew over 50 feet through the window.

Not only did he not have any injuries he walked out of that accident completely unscathed!

I was astonished! Pluto was a living miracle. It sounded like a scene from the movies. Wow, you're a lucky guy, I said. Did you buy a lottery ticket after that?

Unfortunately, the vast majority of car accidents do lead to pain and/or injury (somewhere between dead and perfectly fine).

I've had patients with minor strains, and were fine after one visit. Others thought they were fine, but needed

Continued on next page...



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Thanks!

For All The Kind Words

Dr. Tanti is a great chiropractor. He listens to his patients well and tries his best to solve their ailments. He is also very engaged and down to earth. I would definitely recommend going and seeing him! Say hi to Hazel and Kim at reception too!

Mr. Shave

Worth Quoting

This month, some famous quotes on March:

"March is the month God created to show people who don't drink what a hangover is like."

— Garrison Keillor

"Our life is March weather, savage and serene in one hour."

-Ralph Waldo Emerson

"In the Spring a livelier iris changes on the burnish'd dove;

In the Spring a young man's fancy lightly thorns to thought of love."

-Alfred Lord Tennyson

"It's not how big you are, its how big you play"

-John Wooden

"Don't worry about being cool. Worry about being the best"

-Jeff Van Gundy

The Luckiest Guy I Ever Met cont...

a month or two of therapy. Some end up with permanent or long lasting injuries.

After an accident, you are entitled to receive treatment. It's covered by your insurance. That's why you pay all those premiums! A lot of people don't actually know this!

I always, **always**, **ALWAYS** suggest that after being involved in a car accident you need to see a primary health care provider. That means your chiropractor, medical doctor, or physical therapist.

Even if you don't have any pain, it's still important to go. Oftentimes, people may not have any pain for a month. In fact, one of the worst cases I've been involved with, their symptoms started off as a bit of stiffness.

A minor case may need just a few sessions to get you back to 100%.

IMPORTANT: You have 90 days to seek out health care after an accident. In fact, you have 90 days to finish your 'first round' of care. So within three months of having an accident, I sincerely hope you've seen health care provider. If not, you may LOSE your coverage. Don't end up like so many that I see, that have persistent pain from an accident because they did not receive appropriate treatment!

Coincidentally, I am working on a book about this very topic! (What are the odds, right?). In it you'll find tools and strategies that you can use if you've been in a motor vehicle accident, to most effectively recover.

I had planed to have it done by now, but its taking a bit longer than expected. So keep an eye out in the next month or so. You'll be the first to hear about when its published. :)

This Month's Sudoku

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

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.

The Most Maddening of things

I imagine that you get frustrated sometimes with others in your field of work. Maybe they are doing things YOU know they shouldn't be doing. Or they are doing things *completely* wrong. It can be very irritating!

I'm the same way. Sometimes as a health care provider I've had patients describe an experience that they've had, and its completely bonkers. These experiences can in fact, be downright unimaginable. That is, until it actually happens to you.

Imagine you are one of those poor souls that had an operation, and the wrong limb or organ removed. "Congratulations, the operation was a complete success, without any complications....unfortunately we didn't do the right operation so we have to go in there again..."

Now we all make mistakes. Health care professionals are human too, after all. I know I've made my fair share of mistakes. Even though I'm a wizard, I only wear my hat and cape at home. And although I always do my best to avoid mistakes, and correct any that do occur, they can still happen.

Fortunately for me, a lot of the mistakes I can make are fairly minor and quite easily fixable, and don't put anyone in harms way.

BUT, what is worse than actions, is providing a patient with an incorrect WORDS. Words are powerful. And when used inappropriately, things can go wrong...badly.

When you use words inappropriately, it is not a stretch to see how they can ruin a persons day, how they view the world, and themselves, and have a severe impact their life.

When people are told things such as they are "bone on bone", they are "wearing out" or have to "wait till its bad enough to do something about it", it drives me nuts. Vast majority of the time, your situation is not nearly as bad as they have been told or been made to believe. It's not in line with what the research shows ACTUALLY happens, and it gives people a sense of powerlessness.

The truth is, in vast majority of situations, thing's aren't nearly as bad as they initially seem, and there are a lot of options available to get better. Unfortunately, not everyone is interested in the truth if it doesn't fit into their preconceived narrative and ideals.

So, what drives you nuts? What do you find maddening? Partner leave their dirty underwear on the floor? Dirty dishes in the sink? Wrong prescription? Being told by the pharmacist that they are the wrong medication and if you took them they would kill you and then your medical doctor yelling at YOU for taking the wrong prescription that they wrote! Didn't you also go to medical and pharmacy school? You should know what medication you should and shouldn't be taking... right?

Ah well, life goes on.

And as the song goes, don't worry, be happy. I hope you have a fabulous March!

Mad Chipotle Chill Dogs

6 hot dogs
1/2 pound ground beef
1/4 cup chopped onion
1 garlic clove, minced
1 can (8 ounces) tomato sauce
2-1/2 teaspoons minced chipotle peppers in adobo sauce
3/4 teaspoon chili powder
1/4 teaspoon salt
1/8 teaspoon pepper
6 hot dog buns, split
3/4 cup shredded cheddar cheese
2 green onions, chopped

Cook hot dogs according to package directions.

Meanwhile, in a large cast-iron skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, chipotle peppers, chili powder, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until flavors are blended, 4-5 minutes.

Place hot dogs in buns. Spoon chili over hot dogs. Sprinkle with cheese and green onions.

Yummy! Try not to get too 'Madd' gobbling these down :)

THE BEST ON THE WEB THIS MONTH

Your such a cockroach, I love you!

NPR.org

The Bronx Zoo lets you name a roach after your sweet heart. Yes, you read that correctly. If your looking to impress your sweetie next year for valentines day, consider naming a cockroach after her. I'm not sure if that would make her happy...or more likely sad or grossed out and give you a one way ticket to the zoo. If you choose this option let me know how it works out for you....

<https://www.npr.org/2022/02/12/1080142361/valentines-day-roach-zoo-name2>

Snakes do fly!

[NPR.org](https://www.npr.org/2022/02/11/1080310853/airasia-flight-was-diverted-after-passengers-spot-a-snake-on-their-plane)

Samuel L. Jackson was right, there are TOO MANY MO&%\$*\$&#@ing snakes on this plane! An Air Asia flight had reroute as they found a loose snake on the plane! Im sure glad I wasn't on board!

<https://www.npr.org/2022/02/11/1080310853/airasia-flight-was-diverted-after-passengers-spot-a-snake-on-their-plane>

Can Never have too many trucks



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 all who 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 chances of winning are better than you might expect



This months *eTrivia* question is...

Moose believes the capital of Irish Land is:

A)Dublin b) Alaska c) Edmonton

Congratulations to last months winner!

Maddening Fun facts

In honor of March Madness, here are some fun facts

1. The phrase 'March Madness' was first used in 1939 when a high school official used the term to describe a 8-team high school tournament. He evidently first heard it from a car dealership commercial.
2. March Madness Occurs in the March Gap, between Football and Baseball seasons. Maybe that's why its so popular? Either way, it sure is fun to watch!
3. Dr. Strange and the Multiverse of Madness will be released in May 2022, I'm excited!

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Your Postal
Indicia Here

Your March Madness Issue Is Here!

Look Inside Now For Health Tips, Fun Facts, and More!