



# The Spinal Column

CHIROPRACTIC AND WELLNESS

Spring Edition 2018

## news and stuff



I encourage hitting new records for everyone. Running a race. Yes. Losing weight with lifestyle and dietary modifications? Yes. Record snowfalls? NO. Record cold temperatures? NO. I think it's safe to say we are all done with this winter? Spring? YES, PLEASE!

Who likes prizes? **YOU DO!** Who likes giving out prizes? **WE DO!** We have a new patient appreciation program where we give out some awesome prizes each quarter. Our first quarter prize is a 3 person house clean from Pink Wand. (cue "oooooooooooo" and "aaaaaaaahhhhhhhhhh's"). All you need to do is enter. You get different points for different entries: google reviews, facebook reviews, likes, comments, and shares on Facebook, and referring patients (your biggest points). The person who has the highest point total for the quarter wins! This quarter Pink Wand is throwing in a gift certificate for second place as well! Please see in clinic for entry details!

## we use social media A LOT, like, totes... by Dr. Paul Bajor

We are on social media far more than we think. The amount of time we spend on it eclipses eating and drinking, socializing, and grooming ourselves. Here is the average breakdown on a **daily** basis:

- #1 YouTube @ 40 minutes per day
- #2 Facebook @ 35 minutes per day
- #3 Snapchat @ 25 minutes per day
- #4 Instagram @ 15 minutes per day
- #5 Twitter @ 1 minute per day

Social Media: **116 minutes per day**

ALMOST 2 HOURS A DAY! WOW. That's shocking. This totals to 5 years and 4 months over a lifetime. These values are for the average adult. Teens spend up to a staggering 9 hours a day on social media. These numbers are already a year old and time spent is only increasing. What does that do to your brain? What does that do to your spine? What does that do to your life? How many times do you say, "there just aren't enough hours in the day to do what I want to do." I think we found a few. Use these statistics to evaluate what you are using social media for. Are you using it for business? Are you using it to troll? How does it make you feel? What is the effect of someone liking or commenting on a post of yours? Are you better off or worse off with social media? You do not have to eliminate social media; simply make yourself aware of how much you are on it.

## important dates:

**March 30 - April 2:** clinics closed (Good Friday AND Easter Monday)

**April 16 - 20:** Dr. B's away (clinics will have a locum, hours TBA)

**April 28 and 29:** Home and Lifestyle Show (we will be there again chatting it up and doing spinal screenings!)

**May Long Weekend:**  
**Friday, May 18:** north clinic closed  
**Monday: May 21:** both clinics closed



As we get closer to Easter, I have found myself very focused on space: how we are consistently giving and taking it from ourselves and from others.

When was the last time you gave yourself some space, the type of space that provides you the freedom to dream, reflect and be mindful?

Our lives have become so busy, so measured by success in our careers. It's like we have forgotten how to be peaceful, caring and compassionate with ourselves.

I find it helpful to think of living a life of wellness and gratitude like a homemade recipe. You start with taking the time to find the finest naturally sourced ingredients. Allow all things in balance with each other knowing that when you blend them together true magic can happen. Include anyone you can in the experience, as all great things are worth sharing. Don't rush the process by cutting corners, and lastly, enjoy the fruits of your labour.

So my question to you is: can you find three ways to give space to yourself? Maybe it's taking time for meditation and mindfulness, taking a quiet walk to reflect, or finding time to focus on what makes you happy.

From my family to yours, I wish you a truly thankful and gratitude filled Easter Holiday!

### vegan pancakes (gluten free, dairy free, egg free, oatmeal free - free of everything but awesomeness!)

We had to make a few dietary changes around our house and eliminate some different foods. Breakfast posed a challenge because we love our pancakes! There has been a high demand from our patients to post this recipe, so here you go! You will find the chia seeds add some amazing texture and a bit of crunch in place of the eggs! This recipe makes about 9 pancakes.



1 3/4 cups gluten free flour mix  
1 1/2 tps baking powder  
1 tsp cinnamon  
1/4 cup ground flax

2 chia seed eggs  
1 1/4 cups dairy free milk (cashew, almond, coconut, soy)  
3 Tbsp oil

2 mashed bananas

**Chia Seed Egg:** The chia seed egg replaces regular egg as a binder.



**ONE EGG:**  
1 Tbsp chia seeds  
1 1/2 Tbsp water

Let sit for 5 minutes so the chia seed expands and becomes thick.

Mix the dry ingredients together. Then add the chia eggs and dairy-free milk. Once dry and wet ingredients are mixed, add the mashed bananas and mix. We use an electric hand mixer. Use approximately 1/3 cup per pancake. Top with your choice of condiments, but berries and maple syrup work well for us! These pancakes are thick! **\*TIP: some gluten free flours that have xanthum gum in them will require more non-dairy milk compared to what is suggested in the recipe above. The gluten free flour sold at Costco requires 2 cups of milk!**

