



The Spinal Column

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we never saw that coming....

Wow. What a year to date. We are almost 4 months into this global virus pandemic and I am still in disbelief of what has happened. It's simply not believable. That's why they make movies like "Outbreak" because they seem so far fetched. Or at least I thought that. I really hope that the same does not happen with all those zombie movies that have been made!. On top of covid, THAT is the last thing that we need! We have been through a lot already but deep down I believe that we will return to life as we knew it before. It **WILL** return. It **IS** possible. If we all put our positive thoughts together, that positive energy will promote positive change!

For Drs. Boyd and Bajor, the most adversity they faced was having to turn patients away during the lockdown. They both continued to work through the lockdown but were limited to seeing only emergency and acute care patients. Everyone needed to be screened to make sure they were *bad enough*, something that goes against every fibre of their being. **"In the current state of pain you are in, if left untreated, would this force you to seek care at a medical facility?"** was what had to be asked of each and every patient emailing or calling for care. Unless you qualified under these parameters, care was not permitted. Failure to comply to this order would result an investigation by the Chief Medical Officer of Health and disciplinary action by our college. We sincerely hope to never be put in this position again.

Things we have to do now at the clinic you may not know:

- when we enter the clinic (as staff), we wash our hands, then sign in in a booklet that screens our own health, then we wash our hands again, and finally we put on a mask which we are required to wear by Alberta Health Services
- we have to bring a change of clothes because once we leave the clinic, we cannot wear the same

clothes when leaving (that goes for popping out for a coffee, lunch, etc.)

- the computer screens are disinfected at least twice a day and door handles and surfaces are regularly disinfected
- we eliminated all chairs because they have fabric on them, in addition to eliminating a reception altogether
- our front staff only has to wear masks if there is more than one person in the 'bubble'
- all gowns and blankets have to be washed on HOT sanitization cycle which takes over 2 hours
- **we DO NOT require patients to wear a mask.** You are welcome to wear one if you want to

We are pleased to announce the neither the fish were affected by Covid nor was Dr. Bajor's poor sense of humour.



from lockdown to relaunch - timeline

- Mar. 7: Dr. B's leave for Dominican, everything normal
- Mar. 14: Dr. B's return, 14 day quarantine, world falls apart
- Mar. 23: Province limits care to emergency and sub-acute
- Mar. 27: All care of any kind is suspended
- Mar. 30: only emergency care allowed under strict rules
- Apr.30: Province allows clinics to open May 4
- May 1: College sends return to practice plan to government for approval
- May 3 at 3pm (Sunday): College gets province approval and clinics can open May 4 if procedures implemented**
- May 4-10: Dr. B's co-ordinate staff and procedures for training and implementation
- May 11: Access Chiropractic and Wellness OPENS AGAIN!**

amazing gluten free vanilla cake with cream cheese icing



This is such an easy and tasty cake made with almond flour. It's so soft and moist! We make these in 4 small ramekins that are greased and floured first. Mix the dry ingredients separately from the wet at first, then mix them all together until smooth. Divide evenly among your baking pans.

Heat oven to 350 degrees and bake for 35-40 minutes. Remove, let them cool for 15 minutes, then pop them out of the pans. We usually cut them in half horizontally so put icing in between as well.

For the frosting: add butter to bowl and beat with hand mixer for one minute. Add in vanilla and cream cheese slowly while beating. Add powdered sugar one cup at a time while beating. Once smooth, put icing in piping bag and put in refrigerator to cool for 15 minutes and then frost cake. EAT and ENJOY!

NOTE: To make them vegan we use dairy-free milk as a substitute and jam instead of cream cheese icing!

1 ½ + ⅛ cup almond flour
½ cup potato starch
⅓ cup cornstarch
⅓ sugar
¾ tsp baking powder
¾ tsp baking soda

dry

1 cup milk
¾ tsp apple cider vinegar
⅓ cup unsweetened applesauce
½ tsp pure vanilla extract

wet

frosting

½ cup salted butter (softened)
8 ounce cream cheese brick
1 tsp pure vanilla extract
3 cups powdered sugar

fun body facts

- the average nose produces a cupful of nasal mucus every day!
- your ears never stop growing! (so why does our hearing worsen as we age???)
- your eyes blink around twenty times a minute!
- you produce about 40,000 litres of spit in your lifetime. That's around five hundred bathtubs!
- spread across their lifetime, most people spend an average of one whole year sitting on the toilet!
- on average you fart enough in one day to fill a party balloon (some are smaller, some are larger!)
- we pee enough every month to fill a bathtub.
- the cornea is the only part of the body that does not have a blood supply. It gets its oxygen which is dissolved in tears.

Me: What should I do to improve my health?

Doctor: Buy a bike and cut the carbohydrate

Me:

