



the

# SPINAL COLUMN

## we're back!

Our newsletter is returning in a single page monthly format! Enjoy!

## May long weekend

The clinic will be closed Friday, May 20th through Monday, May 23rd. Enjoy!

## clinic health policies

Masks are not required for neither patients nor staff and practitioners. If you would like your doctor to wear a mask for your visit, we are more than happy to accommodate you! Simply let our staff know! We still have to ask you the health screening questions (sadness) and we still have to keep our fabric chairs covered in plastic (double sadness).

## patient appreciation draw

Don't forget to enter our patient appreciation draw. "How do I enter this draw for some sweet sweet prizes?" We're glad you asked! Every time you like a facebook post or make a comment, do a google or facebook review, or refer a patient, you will be entered in our patient appreciation draw. Patient referrals are the best complement and hold the most point value! Next in value are reviews and last are likes and comments. Our last prize was Costco gift cards. Who can't use those? Thanks for supporting us and our health care cause!



Did you know we have a YouTube channel? [Click this link to check it out](#) and subscribe to it!

## the importance of vitamin D

*what does it do?* while vitamin D promotes calcium absorption in the gut to maintain solid bone density, its MOST important function is the modulation of cell processes including your IMMUNE SYSTEM.

*why supplement?* the primary source of vitamin D is sun exposure. Vitamin D is added to foods but we cannot get enough from this. Plus it is always dark and wintery here in Alberta. You MUST supplement. This, above ALL vitamins, is your best bet to fight off viruses and stay healthy. There is a wealth of information about vitamin D and its effect on the immune system.

*how much do I take?* 35 IU per pound of body weight, minimum. Liquid format is best. We sell high quality vitamin D.

*why again?* from October to May the sun does not produce enough Vitamin D. This can lead to health issues. Always supplement! [Click on this link to watch!](#)

## blueberry crumble



### Filling:

3 cups frozen blueberries  
1 Tbsp lemon juice  
1 tsp flour

### Topping:

1 cup flour and rolled oats each  
¼ cup maple syrup and melted coconut oil each

Use an 8x8 baking dish. Add the filling ingredients and mix. In a separate bowl mix the topping ingredients well. Apply the topping to the blueberries in the dish. Bake for 45 minutes at 350 degrees. Healthy and delicious!