



the

SPINAL COLUMN

Subway-like salad dressing



I came across this recipe by chance and 'adjusted it' and my when my son tasted it for the first time he said it tasted exactly like the famous Subway salad dressing. I cannot disagree! It's delicious and this has single handedly increased our salad consumption!

Put all the items in a mini-blender or mixer and enjoy! (makes one medium sized mason jar)

½ cup oil (we use avocado)	½ tsp minced garlic
¼ cup grated parmesan	½ tsp each oregano, parsley,
3 Tbsp white vinegar	basil, pepper
1 tsp white sugar	¾ tsp salt
1 Tbsp mayonnaise	

July long weekend

The clinic will be closed Friday, July 1st.
Happy Canada Day!

New Patients

We are accepting new patients! Thanks to all of you who have referred your family, friends, and co-workers to our clinic!

1. There's a one story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What colour are the stairs?

2. David's parents have three sons: Snap, Crackle, and what's the name of the third son?

answers are found somewhere on this page!

Check us out on Instagram!



1. there aren't any, it's a one storey house! 2. David

mind games to stretch your food budget

You may have noticed that the cost of food has increased. UGH. However, FEAR NOT! I have some amazing tips to take the food you have now and stretch it out further. Some of you may have read the blog I wrote when we were quarantined at the start of the pandemic when we got back from our holiday and grocery shelves were bare. If you haven't, take a read [here](#)! It had to do with cutting my daughter's apples up into a million pieces. She wasn't pleased.

- Trick your belly.** Serve your meal on a small plate or in a small bowl and put the rest away in the fridge. Having an empty plate after and the leftovers packed up in the fridge signals an end to your meal and you don't eat more.
- Avoid distractions at dinner.** Focus on your meal. Don't check your phone. Don't watch TV. Distraction interferes with your *brain to stomach* signalling. In addition it can also lead to eating too much of the wrong foods.
- Chew your food thoroughly.** We do not chew our food enough. A few bites and chews and down the hatch it goes. Studies show people who chew their food bites for 3 seconds or more eat less and feel more full. It aids in digestion and absorption. It can also tire your jaw more quickly which also leads to consuming less food.