



the

SPINAL COLUMN

Dr. holidays upcoming:

The Dr. B's will be taking some much needed time off from July 25 to August 7, back in the office Monday, August 8. Massage and naturopathic appointments will be ongoing. If you have an emergency please email the clinic (fastest way) and we will arrange for some help!

beer can chicken recipe



This is so easy and takes no time at all. Can you make this with a beverage other than beer? Good question! Give it a whirl! I think you just really need a liquid for the moisture so I'm sure a can of sparkling water would also work! Heat BBQ to 350 degrees. Take a chicken and place over a regular beer can as in the picture. Massage the chicken with oil and apply the rub mixture (use as much or as little as you want). Cook for 1 hour. It is absolutely amazing and takes no effort. The chicken is tender and the skin is so crispy! Wow your guests! We also used this on french fries and it makes them taste amazing as well!

2 Tbsps paprika

2 Tbsps onion powder

1 Tbsp ground cumin

2 tsps dried oregano

2 tsps garlic powder

1 Tbsp cayenne pepper

2 tsps dried thyme

2 tsps black pepper

As I was going to St. Ives I met a man with seven wives coming towards me. Each wife had seven sacks. Each sack had seven cats. Each cat had seven kittens. Kittens, cats, sacks, and wives, how many were going to St. Ives?

now is the time to get healthy

I've written about this several times in the last few years. The beginning of the pandemic. [Click here for this blog post.](#) The middle of the pandemic. [Click here for this blog post.](#) And now at the end of the pandemic in this newsletter. Why? I had hoped that we would have heard a message from the *powers that be* about getting ourselves healthier but that never manifested and I don't really know if it ever will. So this will be the source for that because I truly believe this is the only way, as a community, we can beat whatever comes our way. When you look at your life and you listen to experts about how to handle stress, the one clear message is always: do not stress over that which you cannot control. You're going on a trip and you want good weather? Out of your control. You bend over to tie your shoelaces and split your pants? Out of your control. BUT (see how I did that?) your health? You have control. So when that person coughs on you, or you accidentally pick your teeth with your fingers after you've been shopping, or your kids go back to school in September and bring home their new germ friends, you are not affected. Your body is a temple. What you put into it and what you do with it dictates how well you can handle these external stresses on your immune system. Set yourself up for success. Several small changes over time lead to big results. You just have to start!

answer: only one person was 'going to' St. Ives - the narrator