



the

SPINAL COLUMN

CLINIC NEWS: The clinic will be closed for Thanksgiving Friday, October 7 (starting at NOON) through Monday, October 10, for *Thanksgiving*. We also welcome registered massage therapist Alyssa Knuff! Please contact to book!

instant pot turkey chili with chick peas



While we hope we're still enjoying hot temperatures this October we may need a warm meal that sticks to us. This is that meal! And in keeping with meals that are fast, economical, and can be made in advance, this one covers all of the above. This hearty meal is a great comfort food that features ground turkey (low in fat) and chick peas (considered a complete protein because contains all 9 essential amino acids). You can add some bread to dip or we often use tortilla chips to scoop. You CANNOT go wrong with this recipe. Flavourful. Easy. Quick. Cheap. What more do you need? Don't make me come over to make it.....

1 pound ground turkey
2 cups any broth
1 large onion diced
1 tsp garlic minced
1 can (19 oz) chick peas

1 can beans (19 oz) - your choice
½ tsp chili powder
½ tsp cumin
½ tsp paprika
1 tsp oregano

¾ tsp salt
1 can tomatoes (28 oz)
1 can tomato paste (6 oz)
chopped green onions
shredded cheese

Turn the instant pot on sauté and brown the turkey (doesn't have to be cooked through). Blend the canned tomatoes and paste together. Add to pot. Drain and rinse chick peas and beans of your choice and add to the pot. Add everything else (except green onions and cheese). Pressure cook on high for 15 minutes and then quick release. Top with green onions and cheese. Prepare for some great flavour and happy faces. And a happy pocket book!

custom foot orthotics - our technology creates precision

Custom foot orthotics are an important part of your spinal alignment. While we all start life flat footed, generally if we are going to develop an arch it will be by age 8 or 9. Thus if you have no arch by then it is very important that you have these custom foot orthotics. Arches are like suspension in a vehicle and without suspension it will be a rough ride. Arches absorb the impact of weight bearing day to day and if you are lacking arches then that force is transmitted throughout your spine and can contribute to dysfunction. Our orthotics are created by scanning your foot with our iPad and the orthotic is 3D printed at the lab. We provide the paperwork you need for your orthotics to claim on insurance (some plans may require a medical prescription). Call to book!

