



the

SPINAL COLUMN

CLINIC CLOSURE: The clinic will be closed for Remembrance Day on Friday, November 11th.

Welcome to our team Dr. Christine Lund, registered acupuncturist! You can book with her online using [this link!](#)

Welcome to our team Alyssa Knuff, registered massage therapist! You can book with her online using [this link!](#)

lunchables - just don't buy them



They may seem like a cute little 'all in one' meal, but that's pretty much where it ends for lunchables. Do your kids' health a favour and DO NOT buy these. There is virtually no nutritional value whatsoever in lunchables. The bologna is made from "chicken" classified as MSP. MSP, or mechanically separated poultry, is a paste-like and batter-like poultry product produced by forcing bones, with attached edible tissue, through a sieve or similar device under high pressure to separate bone from the edible tissue. It's pretty much how Chicken McNuggets are made (if you've ever watched a video of how they're made you would never eat them!) "Turkey" contains modified

cornstarch, dextrose, carrageenan, and a whole mess of other ingredients that provide cheap fillers and prolong the shelf-stability of the product. The "cheddar cheese" contains 15 ingredients coupled with high fructose corn syrup. This is not dairy. In addition to this not being real food, lunchables are like all packaged foods: EXPENSIVE. The best advice to give you is simply to just stay away from them and put your money into *real* food! You'll thank me later!

I have cities but no houses. I have mountains but no trees. I have water but no fish. What am I?

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waffles or pancakes - your choice!



Not much to this delicious recipe! Use this in a waffle maker or use ¼ cup for each pancake! This makes enough for 4 people that should fill everybody up! Just add butter, fruit topping, and maple syrup. It doesn't get any better than this!

2 cups flour
2 Tbsps chia seeds
¼ cup ground flax
sprinkle cinnamon
3 tsps baking powder
3 Tbsps oil
¼ cup apple sauce
2 cups milk

Gluten free flour mix
1 ½ cups brown rice flour
½ cup potato starch
¼ cup white rice flour
¼ tapioca flour

Substitute this gluten free flour mix for any regular flour!