



the

# SPINAL COLUMN

**CLINIC CLOSURES:** Dr. Bajor will be away Friday, December 2. Both Dr. B's will be away for Christmas break December 26th to December 30th. We will re-open on Monday, January 2nd, **2023!** Merry Christmas!

## a different oatmeal chocolate chip cookie

Try this vegan gluten free oatmeal chocolate chip cookie. Use oat flour by blending up gluten free oats! By doing so it gives it a different texture than traditional oatmeal cookies. Use 'flax' eggs instead of eggs, or use eggs if you want!



### Dry Ingredients

- 1 ½ cups gluten free oat flour (bought or homemade)
- ½ cup gluten free rolled oats
- ½ tsp baking soda and baking powder (each)
- ¼ tsp salt
- 1 cup chocolate chips

### Wet Ingredients

- ¼ cup + 2 Tbsps melted coconut oil
- ¼ cup sugar
- ¼ cup maple syrup
- 2 flax eggs (2 Tbsps ground flax + 6 Tbsps water, sit 15 mins)
- 1 tsp pure vanilla extract

Preheat oven to 350 degrees F. Mix dry ingredients together in one bowl. Mix wet ingredients in another bowl. Add dry ingredients to wet. **FOLD IN 1 CUP CHOCOLATE CHIPS.** Let mixture sit for 10-15 minutes to become more sticky. Use a medium cookie or ice cream scoop (makes it easy) to put on cookie sheet. Flatten cookies with a fork. Bake for 10-14 minutes. LET COOKIES COOL FOR 10 MINUTES and *then* transfer to cooling rack, otherwise they will crumble.

## gratitude

We all have those times in life, don't we? Where we feel sorry for ourselves. The refrigerator breaks down. You're too busy at work. You have to drive your kids from one activity to the next. Sometimes it becomes so overwhelming that it becomes hard to see the trees through the forest. When that happens you need to step back for a moment and look at what you have to be grateful for. Start with the basics. The fact you woke up this morning. That you can take a deep breath in. That you have a roof over your head. That your kids *can* go to activities. That you *have* a job. I'm not saying all of this is perfect, but you have far more than many others do. Sometimes you just need to reflect on what you have to realize that your life really isn't all that bad. Just breathe.

Thank you

The last three years have been tough across the board for everyone and as we are still moving back to the *old* normal, we would like to express our own gratitude for the kindness and dedication you have all shown to us. Your support, referrals, and kind words have not gone unnoticed and we are thankful to each and every one of you. We think 2023 will be the best year yet!

A woman is sitting in her hotel room and hears a knock at the door. She opens the door to see a man whom she's never met before. He says, "I'm sorry, I have made a mistake, I thought this was my room." He then goes down the corridor and into the elevator. The woman goes back into her room and calls security. What made the woman so suspicious of the man?

*If he really thought it was his room he would have tried to open the door not knock.*