



the

# SPINAL COLUMN

## clinic news

We are fortunate to have a great team working under one roof for all your health needs! Along with Drs. Boyd and Bajor, Alyssa Knuff RMT, and Dr. Christine Lund acupuncture, Stephanie Couturier RMT has joined our team! Booking with the RMTs and Dr. Lund can all be done with links under each practitioner. Please scroll down the page [here](#).

## change and stress in the new year

The new year always comes with messages of 'resolutions' and people using the hashtag "#newyearnewme". If this is your jam then that's great! Keep rolling with that. But I want you to frame this year in a different perspective. You should look to improve yourself by embracing change or stress. "But I really hate change." I'm listening and I hear you. When I eat cereal it's the same Vector that I've eaten for the last 15 years. When I run I like to warm up on my run for 5 minutes at 5 mph and then alternate between 6.5 mph and 7 mph every two minutes for however long I workout. When I walk the dog I like to take the same exact route every single morning. I also hate change!

BUT I realize that we need change and we need stress in our lives to not only survive but to thrive. Without these two components we cannot adapt. We cannot become resilient. We won't be able to survive. These are integral parts in our lives that challenge us whether we like it or not and from these changes and stresses we develop and grow. When you are exposed to large stresses you are forced to deal with them and adapt. In doing so you will **ALWAYS** come out stronger, no matter how you feel at the time. From personal experience, after enduring a major stress in my life, subsequent smaller stresses are easier to handle and recover from. And with each stress or change in my life that comes I always say, "well, this is nothing compared to <episode of stress> and I made it through that so this too shall pass." Change in small increments makes you stronger. Don't fear change.

## berry and oatmeal crumble bake



This recipe is a staple in our house for two main reasons: it's tasty and it's EASY to make. I make it before I go to sleep and put it in the oven and pre-set it so that it's ready for when we wake up!

Preheat your oven to 350 degrees F. Use an oven safe baking dish (I use an 8x8" pyrex dish about 2" deep). Add 4-6 cups of frozen mixed berries. Sprinkle with 1 Tbsp flour and 1 Tbsp lemon juice. Mix.

In a separate bowl mix:  
1 cup each flour and oatmeal  
¼ cup each maple syrup and melted coconut oil  
Spread evenly over berries. Bake for 45 minutes! Enjoy!

*ALTERNATIVE: you can use apples instead of berries. Use 4-5 apples, peeled and sliced. Do the same as above except ALSO sprinkle 1-2 Tbsps of brown sugar over them and cook for 1 hour instead of 45 minutes. I actually prefer the apples over the berries!*