



the

SPINAL COLUMN

Doctors are away: The Dr. B's will be away during the family week break, February 20 through February 25, returning to the clinic on Monday, February 27. Massage, naturopath, and acupuncture appointments will be ongoing and phone calls and emails will be returned. Email is the best for of communication: help@accesschiropractic.net

Due to an abundance of short notice cancellations and missed appointments, we will be enforcing our cancellation policy. **12 hours' notice before your scheduled appointment is required.** Failure to do so may result in a \$20 charge. We are always accommodating to move your appointment earlier or later on the same day (as long as our schedule allows us to). We simply ask that you are mindful of our and other patients' time .

get the most out of produce

The most important reason we choose to eat fresh food is because it is healthy. Especially now, where produce is at a premium, you want to make sure you get the most health benefit for your dollar. Vegetables eaten raw or cooked can determine nutritional content. Cruciferous vegetables, for example (broccoli, kale, bok choy, cauliflower, cabbage), contain glycosinolates which convert to cancer fighting isothiocyanate (ITCs) when they are chopped or chewed. This reaction is carried out by the enzyme myrosinase. This enzyme is deactivated by heat so if you cook them first then they will lose the nutritional value. SOLUTION: chop or blend up these vegetables before cooking them. If you do this first you will have activated the enzyme before the heat stops it and you will get the proper nutrition, even after cooking them!



overnight oats



This is a staple in our house because it's so easy to make, it's filling, and you make it up the night before to minimize your work in the morning. There are so many variations but here are two most common ones we use.

Find a medium mason jar and add the following ingredients *the night before* you're going to eat this:

½ cup each oats and milk (or non-dairy substitute)
1 Tbsp each chia seeds and maple syrup
MIX. Add ½ cup fruit of your choice on top. Place in refrigerator overnight. Mix fruit and eat!

Instead of fruit, add 1 Tbsp each peanut butter and jam. Refrigerate. Mix up in the AM and eat!

If you paint a brown house white it becomes a white house. If a light turns from red to green it becomes a green light. If you throw a white shirt into the Red Sea, what will it become?

WET - the shirt won't
change colour because the
Red Sea isn't actually red