



the

SPINAL COLUMN

clinic news

The clinic will be closed for chiropractic for May Long Weekend beginning **NOON, Friday, May 19 through Monday May 22**. Massage, acupuncture, and naturopathic appointments may be ongoing. Please check with your practitioner!

setting yourself up for good sleep

A good night's sleep is vital for our overall well-being. It rejuvenates our body and mind by allowing us to wake up refreshed and ready to tackle the day ahead. Unfortunately, many people struggle with sleep related issues. If you find yourself tossing and turning at night, fret not. Here are three simple yet effective tips to help you improve your sleep and enjoy a restful slumber!

1. Establish a consistent sleep schedule: Try to go to bed and wake up at the same time every day, even on weekends. This practice helps regulate your body's internal clock, promoting better sleep quality over time.
2. Create a soothing sleep environment: ensure your bedroom is cool, quiet, and dark. Block out excess light with curtains and blinds, or even use an eye mask. Consider using earplugs or white noise to mask disruptive sounds.
3. Unwind with a relaxing bedtime routine: engaging in a calming bedtime routine signals your body that it's time to wind down and prepare for sleep. Avoid stimulating activities and bright screens at least an hour before bed. Opt for reading a book, taking a warm bath, practicing relaxation exercises, or listen to soothing music.

Three doctors all say Robert is their brother. Robert says that he has no brothers. Who is lying? (answer below)

3 ingredient no boil bagels - you cannot go wrong



These will 100% change your life and I guarantee you will love them. And they are easy to make. Only requiring 3 ingredients, how can you go wrong? Plus they're packed with protein. These are better than any store bought bagel and better for you as well!

3 cups flour
3 cups greek yogurt
4 ½ Tbsps baking powder

Mix these ingredients together. The dough will clump in the bowl but empty it onto counter top and with additional flour knead it until it's a large dough ball. At this point you can add any

flavouring (like cinnamon and raisins and brown sugar and continue kneading) or make them plain. Divide into 16 balls and gently spread them into 'onion ring looking' rings (yes, the holes should be ridiculously big because they will close in while baking. Bake at 400 degrees F for 25 minutes. Let them cool. You will love them!