



the

SPINAL COLUMN

clinic news

The clinic will be closed for chiropractic for July Long Weekend **Friday, June 30 through Monday, July 3**. Massage, acupuncture, and naturopathic appointments may be ongoing. Please check with your practitioner!

do you 'chunk'? If not then you should!

Chunking is a cognitive strategy that involves organizing information or tasks into smaller, meaningful units. When it comes down to exercise, it's an important way to split your workout into more manageable fragments that make it more easy to process mentally. Running is an exercise that lends itself very well to chunking. Here are some examples:

1. Reward yourself at certain distances. If you're new to running then you could run two minutes and walk one minute. If you're trying to push distance then you could run 10 minutes, walk one minute. Knowing that you have a break coming up is a way to help you get through the hard times.
2. Reward yourself with food! I like using gummy bears for energy. On a run over 10k then I reward myself with gummy bears after two or three km's. The sugar gives me energy and it is something to look forward to!
3. Make a new musical playlist or listen to a podcast. I like to download new songs and insert them into every second or third slot. That way I know that a new song is coming up. If I'm using podcasts, I'll play ones that are short, five minutes and put a few together. That way I know if I can get through five podcasts my 5K run is virtually done!

It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it? (answer below)

Thai peanut dressing (or sauce)



This is such a versatile recipe. You can use this as a salad dressing (just add more oil), dip for vegetables or salad rolls wraps, marinade for meat, or a sauce in a stir fry. It is so easy to make and will save you a TON of money. Only thing is you need to like peanut butter!

- ¼ cup peanut butter (smooth is better)
- 2 Tbsps rice vinegar
- 2 Tbsps lime juice
- 3 Tbsps vegetable oil (we use avocado)
- 1 Tbsp soy sauce
- 2 Tbsps honey (or a bit more if you like it sweeter)
- 2 garlic cloves roughly chopped
- 1 tsp salt
- 1 inch square ginger (or 1 tsp jarred ginger)
- ¼ tsp hot chilli sauce or red pepper flakes
- 2 Tbsps fresh cilantro leaves (can be omitted)

It's as easy as taking all the ingredients and blending them together with a hand blender or mini food processor. As a salad dressing you will definitely want to add more oil to be the consistency you want it to be. Enjoy!

Don't have a medical doctor or time to get in to see yours? Need a prescription for custom foot orthotics or compression socks? Try virtual services fully covered by Alberta Health Care **Rocket Doctor** or **Telus My Health** for quick access!