



the SPINAL COLUMN

clinic news

The Dr. B's will be away Thursday August 3rd, through Monday, August 7th, and Monday, August 28th, through Monday, September 4th. Please check for massage, acupuncture, and naturopathic appointments that are ongoing!

Asian style marinade - applicable to any meat!

This is a very versatile marinade and can be used across any meat. Just remember the lime juice is an acid and will break down the meat. Beef and pork overnight, chicken day of, and seafood maximum one hour. Enjoy!



- 2 garlic cloves minced
- 2 Tbsps lime juice
- 2 Tbsps fish sauce
- 1 Tbsp soy sauce
- 1 Tbsp oil
- 2 Tbsps brown sugar
- 1 stalk lemongrass (bruised whole) **optional but awesome!*

Mix ingredients together and pour over meat. Marinate as above and enjoy! I like to serve with chopped green onions!

the juicing fad - more cons than pros

In recent years, juicing has gained immense popularity as a quick fix for weight loss, detoxification, and overall health enhancement. Proponents claim that juicing floods your body with essential nutrients while cleansing it of toxins. However, it's crucial to take a closer look at the practice and understand why juicing may not be as beneficial as it seems. Below are a few of the negative impacts surrounding juicing and some of the potential risks associated with this trend.

- 1. Loss of Fibre:** One of the most significant drawbacks of juicing is the loss of fibre. When fruits and vegetables are juiced, the process eliminates the fibrous components found in their skin and pulp. Fibre is vital for maintaining digestive health, regulating blood sugar levels, and promoting a feeling of fullness.
- 2. High Sugar Content:** Juices often contain high amounts of natural sugars, particularly when made from fruits. Consuming whole fruits allows for slower sugar absorption due to the presence of fibre, reducing the risk of blood sugar imbalances. Extracting the fibre can cause a sugar spike.
- 3. Lack of Essential Nutrients:** While juicing can provide a concentrated source of vitamins and minerals, it often falls short in supplying the full range of essential nutrients our bodies need. Whole fruits and vegetables offer a broader spectrum of nutrients, including antioxidants and phytochemicals found in the skin and pulp. Juicing tends to discard these valuable components, leading to an incomplete nutritional profile.
- 4. Calorie Overload and Weight Gain:** Juices can be deceptively high in calories. When you juice multiple fruits and vegetables together, the resulting beverage may contain a substantial number of calories. Without the fibre content to promote satiety, it's easy to consume more calories than you realize.