



the

SPINAL COLUMN

clinic news

The Dr. B's will be away **Monday, August 28th, through Monday, September 4th**. Regular office hours will resume on Tuesday, September 5th. Please check for massage, acupuncture, and naturopathic appointments that are ongoing!

some things to think about with SMART watches

While smart watches like the Apple Watch offer a wide range of health tracking features and benefits, it's important to consider potential drawbacks or limitations before fully committing to using it for your health monitoring. Here are some cons to using the Apple Watch for health tracking:

Accuracy Concerns: While the Apple Watch provides valuable health data, its accuracy may not be on par with medical-grade devices. Factors such as motion artifacts, skin tone, and fit can affect the accuracy of measurements like heart rate and sleep patterns.

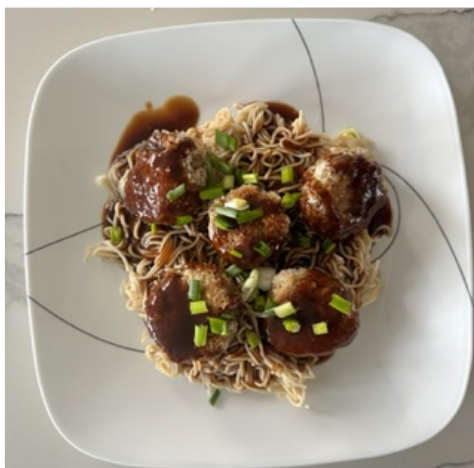
Dependency on Technology: Relying heavily on the Apple Watch for health tracking may lead to a sense of dependency on technology. Users might become overly focused on meeting activity goals or become anxious about fluctuations in data. I can't go for a run without my watch because I always feel I need to track my stats. Why? I just want to 'know' which isn't always necessarily the best. Rather than run for the 'fun of it' I'm compelled to run faster.

Data Overload: The abundance of health data collected by the Apple Watch might lead to information overload. Without proper understanding or interpretation, users may struggle to derive meaningful insights from the data.

Inaccurate Assessments: The watch's health tracking features might not account for certain individual factors or conditions that impact health. Users with unique health needs or medical conditions may receive inaccurate or irrelevant recommendations. Even simple things like the step counter are not necessarily a true representation.

Asian style turkey meatballs/burgers

This is such a great recipe and a staple in our house. Ground turkey is lean and healthy for you. You can make these into burgers or use an ice cream scoop to make meatballs (our favourite!). They're great whichever way you go!



- 1 package of ground turkey
- 2 celery ribs diced finely
- 1 carrot chopped in chunks
- 2 baby bok choy chopped in chunks
- 1 green onion chopped in chunks
- 1 tsp chopped garlic
- 1 Tbsp mayonaise
- ¼ cup oyster sauce
- ¼ cup breadcrumbs
- ½ tsp each salt and pepper

Take the carrot, bok choy, garlic, and onion and put in a food processor. Take this mixture and mix remainder of ingredients together. Make patties or use an ice cream scoop for balls. Makes about 18 meatballs.

We like to roll them in panko breadcrumbs and then brown in frying pan first to make them crunchy. Place in oven for 20 minutes at 350 degrees F. Serve on rice or noodles. We dilute hoisin sauce in water at 3:1 ratio and pour over meatballs and noodles while in the frying pan. Enjoy!