



the

# SPINAL COLUMN

## clinic news

The clinic will be closed for chiropractic for Thanksgiving on Friday, October 6, through Monday, October 9. Massage, naturopath, and acupuncture appointments may be ongoing. Please check! Happy Thanksgiving!

## basil pesto made with CASHEWS!

It's harvest time and if you grow basil like we do, you probably like pesto. However pine nuts, a main ingredient in pesto, are extremely expensive. This recipe uses cashews instead and, trust me, you won't notice a difference!



- ½ cup raw cashews (I use salted)
- ½ cup parmesan cheese grated
- 2 medium garlic gloves
- 2 cups loosely packed fresh basil
- 1 Tbsp fresh lemon juice
- ¼ teaspoon kosher salt
- ½ cup olive oil (add more if you need!)

In a food processor combine the cashews, cheese, and peeled garlic. Process until finely ground, around 20-30 seconds. Add basil, lemon juice, and kosher salt. Turn on food processor and gradually add olive oil. For looser texture you can add more. Eat fresh or put in silicone cube trays to freeze for later!

*Answer: Door number three—the house has no power, which means it doesn't have electricity. Therefore, the electric chair won't work.*

## the dumbest safety warnings on different products

Since we're all a little numb with getting back into the swing of things with school and extra curricular activities and schedules, let's talk about something lighter in health: safety warnings. In this world of technological innovation and advancement, we still put some of the most ridiculous safety warnings on things.

- 1. Tide Pods - Not for Human Consumption:** Always a favourite this warning stemmed from 2018 when a social media challenge of teenagers eating tide pods took off. Yes folks, this is our future! Since then this warning has been a staple on these packages.
- 2. Nuts - Contain nuts:** Products labeled with "Contains Nuts" are typically items like peanut butter or bags of mixed nuts. The absurdity lies in the obviousness of the statement. One can only hope that nobody buys peanut butter expecting it to be nut-free.
- 3. Hair dryers - Do not Operate While Sleeping:** Yes, you read that right. Some hair dryers come with a warning label that advises against using them while sleeping. It's hard to imagine why anyone would want to dry their hair while catching some Z's, but evidently, someone, somewhere, thought it was a good idea to caution against it.
- 4. Sleeping pills - May Cause Drowsiness:** It's not uncommon to find this warning on over-the-counter sleeping pills. The irony is undeniable: you take a sleeping pill to help you sleep, and yet it comes with a warning that it might cause drowsiness. It's a bit like warning that water might be wet!

You walk into an old horror house. It has no power or plumbing. Once inside, you see three doors. Each door has a number on it. Behind each door is a way for you to die. Behind door number one, you die by getting eaten by a lion. Behind door number two, you die by getting murdered. Behind door number three, you die by electric chair. You can't turn back, so you have to go through a door. Which door do you go through?