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# SPINAL COLUMN

## clinic news

We are currently accepting NEW SOCKS donations for the Chiropractic Association of Alberta "Toasty Toes" sock drive. Socks collected will be donated to the United Way and dispensed to those in need. Thank you for your support!

## why visualization increases your chance of success - scientifically proven!

The concept that visualizations of success can lead to actual success is often associated with the fields of psychology and neuroscience. While the relationship between mental imagery and success is complex and not fully understood, science does show that there are some solid links. Here are some scientific reasons:

1. **Activation of the Brain's Reward System:** Positive visualization triggers the brain's reward system, which includes the release of feel-good neurotransmitters like dopamine. This creates a positive association with the envisioned success, reinforcing the motivation to work towards it.
2. **Neuromuscular Training:** Research suggests that mental imagery can have a neuromuscular effect. When you visualize yourself performing a physical task, the motor areas of your brain are activated, and this mental rehearsal can contribute to improved physical performance.
3. **Build self-confidence:** Many studies have shown that the brain doesn't differentiate between a real memory and an imagined one. This means that when you imagine something vividly and with emotion, your brain chemistry changes as though the experience was real thus recording it as a real memory.
4. **Neuroplasticity:** The brain's ability to rewire itself and create new neural pathways is known as neuroplasticity. Visualization can be a form of mental practice that enhances neuroplasticity, helping individuals acquire new skills or improve existing ones.

## instant pot Italian sausage (or ground turkey) soup with orzo

This is the PERFECT soup for the fall. Made with a lot of pantry staples and minimal ingredients. Use decased sausage or for a healthier version use one package of ground turkey. Either way you cannot go wrong! Enjoy!



½ pound Italian sausage	1 28oz. can of diced tomatoes
<u>or</u> 1 package ground turkey	½ tsp parsley
½ medium onion diced	½ tsp oregano
3 cloves garlic minced	½ tsp basil
2 ribs celery diced	½ tsp paprika
½ cup orzo pasta (uncooked)	½ tsp kosher salt
9 cups chicken broth	½ tsp black pepper

On sauté add SAUSAGE/TURKEY, ONION, CELERY, and GARLIC until sausage/turkey is cooked. Turn off sauté, add REMAINING ingredients, and turn on HIGH PRESSURE for 0 minutes (yes, ZERO!). Let the instant pot sit for 10 minutes on natural release and then open valve for release. Enjoy!