



the

# SPINAL COLUMN

## clinic news

**EXCITING NEWS!** 2024 is a big milestone for Access Chiropractic and Wellness! We'll be celebrating **TWENTY YEARS in Airdrie** and **TEN YEARS at our current location** (we started off in the Airdrie CO-OP for those of you who did not know that!) We are planning some fun things for next year such as contests, cake, and celebrations! It's hard to believe that we are also in our 23rd year in practice! It seems like just yesterday that we graduated! We wish we were as young!

## vitamin D is important to your immune system

Vitamin D, often referred to as the "sunshine vitamin," has been the subject of numerous studies that have consistently highlighted its significant role in bolstering the immune system. Research shows that vitamin D is crucial for the activation of immune cells, particularly T-cells and macrophages, which are essential for recognizing and combating infections. Studies published in the Journal of Investigative Medicine in 2011 found that vitamin D helps regulate the adaptive and innate immune responses, contributing to a more efficient defense mechanism against pathogens.

Furthermore, vitamin D supports the immune system by promoting the production of antimicrobial peptides (AMPs) which are natural substances that can inhibit the growth of harmful microorganisms, such as bacteria and viruses. They are critical in the first line of defense against infections. By enhancing the body's ability to produce these peptides, vitamin D helps maintain a healthy balance within the immune system, reducing susceptibility to various illnesses and contributing to overall immune health.

How much to take? Ask the Dr. B's because there are too many different recommendations! Dr. Bajor struggled with an undiagnosed deficiency. [Watch his video on his experience here.](#) We sell high quality Vitamin D in liquid format.

## super easy cinnamon rolls

This is 100% one of the best, easiest, and quickest cinnamon roll recipes around. And it tastes great without any glaze! Just MAKE IT!



### dough

2 $\frac{3}{4}$ cups all purpose flour	$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tsp salt
2 $\frac{1}{4}$ tsps instant rise yeast	$\frac{3}{4}$ cup milk	1 egg
3 Tbsps butter		

### filling

$\frac{1}{3}$ cup brown sugar	3 Tbsps butter	1 Tbsp cinnamon
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### make the magic happen

Whisk the flour, sugar, and salt together in a large bowl. In another bowl mix milk and melted butter. Mix in yeast and egg and pour over dry ingredients. Mix until it forms a ball and transfer to floured counter and knead for 3-5 minutes. Cover and let it rest for 10 minutes. Roll dough into 14x8 inch rectangle. Spread filling mixture evenly. Roll and cut into 10-12 even rolls. Put them in muffin tins. Let them rise in warm environment for about one hour. Bake in oven at 350 degrees F for 24-27 minutes. Remove from pan and EAT! Enjoy!