



the SPINAL COLUMN

clinic news

As 2023 comes to a close, we would like to thank you for the overwhelming dedication and support you have shown to us! We are truly blessed to be able to care for you, your family, and your friends, and make a difference in your health.

We wish each and every one of you a Merry Christmas and a Happy New Year! Bring on 2024!

The clinic will be closed December 25th through January 1st. See you Tuesday, January 2nd!

If you have an emergency please use our [contact form](#) and we will do our best to accommodate you!

sheet pan eggs with ham and spinach

It really doesn't get easier than this. Perfect for a Christmas morning because the prep work is so minimal and quick. Enjoy!

ingredients

18 large eggs	¼ cup reduced fat milk	1 tsp salt
1 tsp onion powder	1 ½ tps smoked paprika	1 tsp pepper
1 cup shredded cheddar cheese		
1 (10oz) package frozen chopped spinach, thawed and squeezed dry		
½ cup diced ham		

directions

Preheat oven to 300 degrees F. Generously coat a large rimmed baking pan sheet with cooking spray. Whisk eggs, milk, paprika, salt, pepper, and onion powder in a large bowl. Pour onto prepared baking sheet and sprinkle with spinach, cheese, and ham. Bake until set, 20-25 minutes, and rotate pan front to back halfway through to ensure even baking. Cut into 12 squares and serve!



cultivating gratitude for enhanced well-being

In the hustle and bustle of our daily lives, it's easy to overlook the profound impact that gratitude can have on our overall well-being. Gratitude is more than just a polite gesture; it's a powerful practice that can transform the way we perceive and navigate the world around us. Numerous studies have highlighted the connection between gratitude and improved mental health, stress reduction, and increased life satisfaction. When we take a moment each day to reflect on the positive aspects of our lives, whether big or small, we invite a shift in perspective that can lead to profound changes in our mental and emotional states.

Research suggests that practicing gratitude not only enhances psychological well-being but also contributes to better physical health. The act of acknowledging and appreciating the positive elements in our lives has been linked to improved sleep, reduced symptoms of depression, and lower levels of stress hormones. Gratitude acts as a grounding force, reminding us to focus on what we have rather than what we lack. As we approach the holiday season, incorporating a daily gratitude practice can be a meaningful gift to ourselves. It serves as a simple yet potent tool to foster resilience, build stronger connections with others, and pave the way for a more fulfilling and balanced life. Every day think of three things that you are grateful for. You'll soon realize that you won't run out of things to be grateful for!