



the

# SPINAL COLUMN

## clinic news

Happy New Year! We would like to thank you for supporting and trusting us with your health in 2023. We look forward to helping you achieve your health goals in this year! 2024 marks a major milestone for our clinic: **TWENTY years** in Airdrie and **TEN years** at our current location (we started off in the Airdrie CO-OP). We look forward to celebrating!

## flax seed banana chocolate chip muffins

Looking for something healthy that hits that sweet tooth? Feel satiated and support your digestive system with this great recipe!

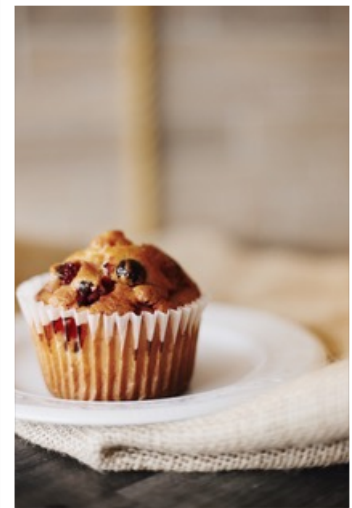
### ingredients

1 cup mashed ripe bananas (2-3 bananas)  
 ¼ cup melted coconut/vegetable oil  
 ¼ cup maple syrup  
 2 large eggs  
 1 tsp vanilla extract  
 ½ cup milk (dairy or non-dairy)  
 1 cup white flour  
 ¾ cup whole wheat flour  
 ½ cup ground flaxseed  
 1 tsp baking soda  
 ½ tsp baking powder  
 ½ tsp cinnamon  
 ¼ tsp salt  
 ½ cup chocolate chips

### directions

Preheat oven to 350 degrees F.  
 In a large bowl mix together mashed bananas, melted coconut oil, maple syrup, eggs, vanilla extract, and milk.  
 In a separate bowl, combine flours, ground flaxseed, baking soda, baking powder, cinnamon, and salt.  
 Add the dry ingredients to the wet ingredients and stir until just combined. Do not over mix. Fold in chocolate chips!  
 Divide the batter evenly among the muffin cups and bake for 18-20 minutes. Enjoy!

**ground flaxseed provides a good source of omega-3 fatty acids, fibre, and lignans.**



## the benefits of cold showers/plunges

Have you ever done a cold shower/plunge? I have and I won't lie, the *process* of exposing to cold was unpleasant and gave me nightmares. However *HOW* I feel afterwards is indescribable. Brave enough? Here are some health benefits!

**Faster muscle recovery:** Cold water helps reduce inflammation and soreness by constricting blood vessels and flushing out metabolic waste products, which can contribute to faster healing of muscle injuries. (Reference: Roberts et al., 2015)

**Improved circulation:** Exposure to cold water causes blood vessels to constrict and then dilate, promoting better blood circulation. This can lead to enhanced cardiovascular health, improved delivery of oxygen and nutrients to cells, and better overall blood flow. (Reference: Stanley et al., 2012)

**Increased Alertness and Energy Levels:** It promotes the release of norepinephrine, a neurotransmitter linked to alertness. The shock of cold water triggers the release of endorphins providing a natural mood boost and potentially reducing feelings of fatigue and stress. (Reference: Mäkinen et al., 2008).

**Stress Reduction and Mental Resilience:** Cold exposure has been associated with increased production of stress hormones, such as cortisol. Studies show repeated exposure to cold can lead to adaptations in the hormonal stress response. (Reference: Castellani and Young, 2016).

**Increased respiratory function:** The shock of cold water may lead to increased respiratory rate and deeper breathing. (Reference: Mäkinen et al., 2008) *(Is that because you're feel like you're going to die at the time? lol)*