



the

SPINAL COLUMN

clinic news

It's almost Easter time! The clinic will be closed for the Easter long weekend starting Good Friday, March 29th, through Monday, April 1st. We will be back in the office on Tuesday, April 2nd. Happy Easter!

egg free crepes (option for gluten and dairy free too!)

Years ago when we needed gluten-dairy-egg free options, we missed our crepes, however we came up with this amazing recipe and have never looked back! Enjoy!

ingredients

2 cups flour (**or** 1 ½ cups GF flour and ½ cup almond flour)
1 tsp ground flax
1 Tbsp corn starch
2 Tbsps oil
1 tsp vanilla extract
1 cup milk (or almond milk)
1 cup water (or sparkling water)

instructions

Take all the ingredients and put them into a blender. Blend for about 1 minute. Pour onto a hot pan just so it coats it. Wait until you see it bubbling. We don't flip them, just slide onto a plate, add your choice of fruit, roll them up, top with more fruit or maple syrup or whipped cream and enjoy!



facts that sound fake but are not!

- TV commercials emit a tone inaudible to the human ear that your smartphone picks up, letting advertisers know that both devices might belong to you. This is one way in which advertisers work to deliver targeted ads to you
- adding salt to pineapple makes it taste sweeter. This works because it suppresses the bitterness in the pineapple
- peaches and nectarines are the same fruit. A recessive gene can prevent them from being fuzzy and that's what makes the difference
- Mosquitoes can smell which blood type you are. They're twice as likely to bite someone who is Type O as opposed to Type A

be careful when using natural sweeteners

While natural sweeteners like Stevia are often marketed as healthier alternatives to refined sugars due to their low calorie content and minimal impact on blood sugar levels, it's important to use them cautiously and in moderation. Stevia, derived from the leaves of the Stevia rebaudiana plant, contains compounds called steviol glycosides, primarily stevioside and rebaudioside, which provide the sweet taste. However, research suggests that consuming high amounts of steviol glycosides may have potential adverse effects on health. Studies have indicated that excessive intake of stevia may disrupt gut microbiota composition, potentially leading to gastrointestinal symptoms such as bloating and diarrhea (Ruiz-Ojeda et al., 2019). Additionally, some animal studies have raised concerns about potential genotoxic and mutagenic effects of steviol glycosides, although further research is needed to fully understand their implications for human health (Boonkaewwan et al., 2008).

Furthermore, while Stevia is generally recognized as safe (GRAS) by regulatory authorities when used in moderation, certain individuals may be sensitive or allergic to it, experiencing adverse reactions such as headaches, dizziness, or allergic skin reactions (Magee et al., 2008). Therefore, it's essential to be mindful of your consumption and consult with a healthcare professional if you have any concerns or experience adverse effects when using Stevia or other natural sweeteners. In addition, we also have to keep in mind that just because it's 'natural', doesn't mean that you should still be eating copious amounts of sweets. Calories are calories and natural or not, eating too much will add weight!