



the

SPINAL COLUMN

clinic news

Dr. Boyd will be away April 17th through April 19th and Dr. Bajor will be away April 19th. Massage, acupuncture, and naturopathic appointments will be ongoing!

the ULTIMATE potato soup recipe

I know spring is here but hold on! This is such a delicious and easy soup it's worth your while. You can't go wrong with a one pot meal like this that will feed everyone for a few meals while keeping the costs down! Did I mention it's super tasty???



ingredients

1 medium onion chopped	4 garlic cloves minced
5 large potatoes peeled and cubed	3 celery stalks diced
2 carrots diced	1 tsp ground pepper
4 cups chicken broth	¼ tsp paprika
2 cups skim milk	⅓ cup flour
4 strips bacon or ham chopped up	

instructions

Take bacon or ham and cook it up. Set aside. Heat up 2 Tbsps oil and add onions and garlic and cook. Sprinkle flour over mixture and stir until smooth. Add ALL remaining ingredients to the pot (except the bacon / ham) and stir well. Bring pot to boil and cook until potatoes are tender (approximately 10-12 minutes). Take off heat. Transfer half of soup to blender (approximately 4-5 cups) and puree. Add back to pot and mix. If you want soup to be thicker then blend more. Add bacon / ham. Sprinkle with green onions. ENJOY!

the healing power of fevers - why you should run one

* above any information presented in this article, if you are unsure of what to do when you or a loved one has a fever, please contact Alberta Health Services or Health Link at 811. [Here is AHS official directions on fevers \(esp. with kids\).](#) *

Fever, often viewed as a symptom to be treated, is actually a natural and beneficial response of the body's immune system to infection. While it can be uncomfortable, understanding the role of fever in combating illness sheds light on its therapeutic value. Below we explore a few reasons why running a fever is beneficial for getting over sickness and delve into the science behind its healing effects. For further depth please read [our blog on our website](#).

1. **Body's natural defense mechanism:** Fever is the body's innate defense mechanism against infection. This rise in temperature creates an inhospitable environment for pathogens, as many microorganisms thrive at normal body temperature but struggle to survive in elevated temperatures (Kluger et al., 1996).
2. **Enhanced immune response:** Running a fever stimulates the immune system, triggering a cascade of responses aimed at combating the invading pathogens. Higher body temperatures enhance the production of white blood cells, including T cells and B cells, which play crucial roles in identifying and destroying pathogens (Evans et al., 2015).

Running a fever is a vital component of the body's immune response to infection. Far from being harmful, fever is a natural and beneficial process that aids in the recovery from illness. Always treat the patient not the fever.