



the

SPINAL COLUMN

clinic news

The clinic will be closed for chiropractic care for the May long weekend on Friday, May 17th, through Monday, May 20th. We will be back in the office on Tuesday, May 21st, at 10am. Have a great long weekend!

powerball ENERGY bites

Are you looking for a snack that packs a solid kick of deliciousness but is a healthy source of good things? Look no further! These little energy bites are packed with goodness and are sure to fill you up when you need something healthy to snack on!

ingredients

1 cup oatmeal
1/3 cup ground flax
1/3 cup honey
1/2 nut butter
mini chocolate chipits (as many as you want but 1/3-1/4 cup will work!)

instructions

This is seriously so easy to make. Take all the ingredients and mix in a bowl. You can use your hands to roll into the size of a ball you would like or use a mini ice cream scoop. If you prefer you can flatten mixture out and cut into the form of bars. You can eat them right away, you can refrigerate them to make them cool, or put in the freezer and they're a harder (but not too hard) dessert type bite! No matter which way you serve them up you will enjoy this snack. I personally do not care for peanut butter so we use a nut butter mix. Choose your own adventure! **MAKE THIS RECIPE. YOU WON'T REGRET IT.**



collagen supplementation - what's the deal and why should I?

Collagen, the most abundant protein in the human body, plays a crucial role in maintaining the structure, integrity, and elasticity of various tissues, including skin, bones, joints, and muscles.

As we age, our body's natural collagen production declines, leading to signs of aging such as wrinkles, sagging skin, and joint stiffness. Supplementing with collagen can offer numerous benefits, including improved skin elasticity and hydration, enhanced joint health and mobility, and support for bone density and muscle strength. Additionally, collagen supplements may aid in wound healing, promote gut health, and support overall vitality and well-being.

However, it's essential to choose a high-quality collagen supplement from reputable sources to ensure efficacy and safety. Look for collagen peptides derived from grass-fed, pasture-raised animals, as well as products that undergo rigorous testing for purity, potency, and bioavailability. Furthermore, consider factors such as the type of collagen (e.g., type I, II, or III) and additional ingredients such as vitamins, minerals, or antioxidants that may complement collagen's benefits for optimal results. By selecting the right collagen supplement, you can harness its potential to support your health and vitality at any stage of life.

We use the Organika brand of collagen which can be purchased from Costco and is very highly rated. The time frame where you can experience the benefits of collagen supplementation can range from weeks for skin elasticity and wrinkle reduction to months for reduction in joint pain and improvements in mobility. You can only improve!