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# SPINAL COLUMN

## clinic news

The clinic will be closed for chiropractic care for the July long weekend on Friday, June 28th, through Monday, July 1st. We will be back in the office on Tuesday, July 2nd at 10am. Have a great long weekend!

## online medical services: [rocketdoctor.ca](https://rocketdoctor.ca) and [telushealth MyCare](https://telushealth.ca)

Access to health care has been difficult for many people across all of Canada. Believe it or not we are lucky in Alberta that we have the above two online medical services that are covered by Alberta Health Care (AHC). Never heard of these? You are not alone. The vast majority of our patients have never heard of these before.

[Rocketdoctor.ca](https://rocketdoctor.ca) is accessed via your web browser whereas [telushealth MyCare](https://telushealth.ca) is accessed via an app on your phone ([iPhone version here](#) and [Android version here](#)). Again, what is this? I'm confused you say. If you do not have a medical doctor or perhaps you have an illness that you know requires immediate attention, these are two options readily available for you. Read our experience below.

On the Friday of the May long weekend our daughter came down feeling like she was hit by a truck in the evening. She went to bed early and woke up in the morning with her head filled with snot and chest heavily congested. We did what we always do with her: she had a hot shower, turned on her humidifier, drank fluids, took her vitamins, got adjusted, and rested in bed all day. By Sunday she had developed a fever of 103.5 and was flushed. It was very clear she had some sort of infection. The likelihood of getting an appointment with our medical doctor the day after the long weekend was low. At 6pm Sunday we filled out the online form on [rocketdoctor.ca](https://rocketdoctor.ca). An hour later a lady called and took a brief history and asked our pharmacy location. She arranged for a phone appointment the next day at 11am. The doctor called at 10am but we missed the call not expecting it. He left a message that he'd call back or we could enter an 'online waiting room' with the link they emailed. We logged into the waiting room and within 10 minutes the doctor came on. After a 10 minute remote visit he prescribed antibiotics. Five minutes later the pharmacy called saying they received the prescription and it would be ready at 1pm. An amazing experience!

Perhaps you may simply need a medical referral for your orthotics for your insurance? This is another simple way to get a prescription all from the comfort of your own home. You cannot go wrong with this service!

## flourless (almond flour) carrot cake

A simple and tasty carrot cake that you will repeat many times. To save some calories top with whipped cream instead of icing!

### ingredients

2 cups almond flour	1 tsp baking soda	1 tsp cinnamon
3 large eggs	½ cup honey or maple syrup	1 tsp vanilla
2 cups grated carrots	¼ tsp each ground nutmeg, ground ginger, and salt	
¼ cup melted coconut oil or vegetable oil		

### instructions

Preheat oven to 350 degrees F. Line a 9" round cake pan with parchment paper. Mix dry ingredients and wet ingredients in separate bowls. Once each is mixed add wet ingredients to dry gradually. Once mixed, fold in grated carrots. Bake for 30-35 minutes or until toothpick inserted comes out clean. Cool in pan for 10 minutes then transfer to wire rack. Once cool add topping. Enjoy!

