



the SPINAL COLUMN

clinic news

The Dr. B's will be away for summer holidays **July 29th through August 5th**, and back in the office on **Tuesday, August 6th**. Massage, acupuncture, and naturopathic appointments will be ongoing. Please check with your practitioner!

positive affirmations: do they have any merit?

Positive affirmations, simple yet powerful statements designed to challenge and overcome negative thoughts, have a substantial scientific basis rooted in psychology and neuroscience. The practice of positive affirmations is anchored in the theory of self-affirmation, which dictates that individuals can maintain their self-integrity by reminding themselves of their core values and strengths. According to research published in the journal *Psychological Science*, affirmations activate the brain's reward centres, particularly the ventromedial prefrontal cortex, enhancing self-processing and emotional regulation. This neural activity underscores the capacity of affirmations to bolster self-esteem and resilience, allowing individuals to cope more effectively with stress and adversity.

Moreover, positive affirmations can significantly influence cognitive and behavioural patterns. Studies have demonstrated that regular use of affirmations can lead to improved problem-solving abilities and increased perseverance in the face of challenges. For instance, a study in the *Journal of Social Cognitive and Affective Neuroscience* found that affirmations could reduce stress responses and improve performance under pressure by enhancing one's sense of self-worth and competence. By fostering a more optimistic and proactive mindset, affirmations help rewire the brain to focus on possibilities rather than limitations, thereby promoting a healthier and more positive outlook on life. This scientific foundation highlights the efficacy of positive affirmations as a tool for mental and emotional well-being.

Affirmations are more than the good old Saturday Night Live affirmation of "I'm good enough. I'm smart enough. And doggone it, people like me!" Start simple: "I will have a good day today." "I make smart choices in life." "I am calm and relaxed and can handle anything that comes my way." Your mindset dictates your life.

super easy and tasty bean salad recipe

It's summer. You're invited to a BBQ. What should you bring that takes no time and tastes awesome? This salad right here. Amazing!

ingredients

2 cans of your choice of beans (I use chick peas and black eyed peas)
1 green onion chopped finely 1 cucumber finely chopped
2 celery stalks finely chopped 1 tomato chopped
¾ tsp dried oregano

dressing

¼ cup red wine vinegar and olive oil (each) 1 tsp dijon mustard
1 Tbsp honey or maple syrup ¾ tsp sea salt (or to taste)
¼ tsp ground black pepper

instructions

Mix dressing ingredients together. Drain beans and rinse well. Add to bowl with rest of vegetables. Add dressing to bowl. Mix. You can either eat right away or let it sit for one hour for flavours to penetrate. Simple! ENJOY!

