



the

# SPINAL COLUMN

## clinic news

The Dr. B's will be away for the Labour Day long weekend Friday, August 30, through Monday, September 2nd, returning to the clinic on Tuesday, September 3rd. Please check for massage, acupuncture, and naturopathic appointments!

## simple alfredo 'cream' sauce (healthier version!)

This is a staple in our household. It's easy to make, it doesn't use heavy cream, and it's very versatile. You need this in your collection!

### ingredients

4 Tbsps corn starch	2 cups chicken broth	1 cup skim milk
1 tsp salt	3 tpsps garlic powder	½ tsp black pepper
1 cup parmesan cheese	1 cup non fat plain greek yogurt	

### instructions

Heat 4 tbsps olive oil in a small pot. Sprinkle in cornstarch and mix making a *roux* (base for thickening, takes maybe 30s). While whisking slowly add broth and milk until smooth. Bring mixture to a simmer for 2 minutes while thickens. Remove from heat and little by little whisk in the yogurt. Once combined put back on heat and add cheese, salt, pepper, and garlic powder. Bring to simmer for 2 minutes while **CONSTANTLY** whisking. You do not want this to burn! Serve immediately or set aside for later or the next day. Very easy and tasty that you can serve over pasta with your choice of vegetables and protein!



## two hikes that you should do before winter comes; one easy, one tough

There's still plenty of time to hike. Here are two hikes that are within 1hr 20m of Airdrie that are well worth it. Enjoy life! Do them!



**Jura Creek** is an awesome EASY hike. This is best done on a HOT day because you are immersed in a really cool canyon. Bring water shoes because you will have the opportunity to wade in the water. All ages will enjoy this hike and it is very safe. Once out of the canyon you go how far you want. *6.8km return, 293m elevation gain, 2hrs 20 minutes.*



**Ha Ling Peak** is a hard grind. It's not technical but it is an unrelenting uphill. It is extremely popular and you can say you literally climbed a mountain. The view from the cliff edge at the top is breathtaking. You'll see all of Canmore and more! You need be somewhat in shape! *7.4km return, 755m elevation gain, time: it all depends on your pace!*