



the SPINAL COLUMN

clinic news

The clinic will be closed for Thanksgiving from 12pm Friday, October 11th, through Monday, October 14th. Massage, acupuncture, naturopathic, and PFT lab appointments may be ongoing. Happy Thanksgiving!

it's Thanksgiving: why is the practice of gratitude so important?

Gratitude is a powerful emotion that fosters happiness, strengthens relationships, and enhances well-being. When we express appreciation, we focus on the positive aspects of life, which can shift our mindset away from negativity and stress. Research has shown that practicing gratitude can reduce anxiety and depression, improve sleep, and boost self-esteem. It also helps build stronger connections with others, as expressing thanks deepens bonds, fosters trust, and encourages kindness in return. In a world often focused on what's missing or what could be better, gratitude serves as a reminder of the abundance we already have. We often forget just how lucky we are. Our lives may not be perfect and we may not have everything just as we want it, however we are better off than the vast majority of the world. It is easy to forget how fortunate we are.

Practicing gratitude can be simple and easily integrated into daily life. One of the most effective ways is through journaling—taking time each day to write down a few things you're grateful for. This can help solidify a habit of looking for positives. Another approach is to express appreciation directly to others, whether through verbal acknowledgment, a thoughtful message, or a small act of kindness. Even moments of mindful reflection, where you silently acknowledge the good in your life, can help shift your perspective. Regularly practicing gratitude rewires the brain to focus on the positives, leading to more fulfillment and contentment in daily life.

blueberry crumble dessert

This is another super delicious but very easy and time saving recipe sure to please everyone! Make it gluten free by using gluten free flour! This can easily be whipped up in no more than 10 minutes (minus baking time). Give it a try!

ingredients

crust and crumble

- 1 ½ cups almond flour, regular flour (each)
- 2 Tbsps tapioca starch
- ½ cup melted coconut oil, maple syrup (each)
- ½ tsp sea salt

blueberry filling

- 4 cups frozen blueberries
- 2 Tbsps tapioca starch
- ½ tsp cinnamon
- ¼ cup maple syrup
- 1 tsp vanilla

instructions

Preheat oven to 350°F. Mix crust and crumble ingredients. Take ⅔ of it and spread and press down evenly in 8x8 baking dish. Bake for 15 mins and remove. In saucepan mix filling ingredients and cook for 5-7 minutes until it thickens. Pour blueberry mixture in parbaked crust and sprinkle remaining crumble on top. Bake for 25 minutes. Enjoy!

