



the

SPINAL COLUMN

clinic news

The clinic will be closed for Remembrance Day on Monday, November 11th.

home hacks that will amaze you while saving you time and money

- freshen your drains by dumping baking soda and salt into your drain and then pouring vinegar over and letting it bubble up for a few minutes and then run hot water to clear. This will help unclog and freshen your drain!
- use eucalyptus oil to remove sticky residues like labels that you've peeled off. It will rub right off!
- after boiling pasta, avoid spilling pasta water everywhere by placing the colander inside the pot before draining. This will keep things much cleaner and less likely for pasta to miss the colander!
- clean your cutting boards using lemon. Cut a lemon in half and rub the lemon all over the cutting board. For extra boost add baking soda first and then rub the lemon!
- use a lint roller to clean dust and hair off your window screens - it picks everything up and works great!
- if you have any utensils or tools that are rusted, soak them for 24 hours in a salt and vinegar solution. The rust will dissolve and your utensils/tools will look shiny again!
- clean your dishwasher naturally with baking soda and vinegar. Sprinkle one cup of baking soda in the dishwasher and put 1 cup of vinegar in a small bowl on the top rack and run it on hot. Your dishwasher will be clean and smell great! (DO NOT POUR THE VINEGAR INTO THE DISHWASHER)
- remove permanent marker from some surfaces using toothpaste. Choose a non-gel toothpaste with baking soda and rub gently in circular motions and then let it sit for a few minutes and rinse with water. Repeat if needed!

two versatile sauces in Asian cooking

Stop spending copious amounts of money on overpriced sauces that you can easily make on your own! Here are two staple sauces we use weekly that take mere minutes to make, are inexpensive, and are not packed with chemicals and preservatives! **Click on [curry, fish sauce, and rice vinegar](#)** for links to typical products we use that are found right here in Airdrie!

1 can coconut milk 3 Tbsps [fish sauce](#) 1 tsp minced garlic
1 tsp sugar 3 Tbsps [curry paste](#) (whichever colour you want)

Heat 1 Tbsp oil in a pan. Add garlic. Sauté 30 seconds. Add curry paste, sugar, and fish sauce. Heat and mix for 1 minute. Add coconut milk and stir. Simmer for 5 minutes. BOOM. Done! Add this sauce to any stir fry of your choosing!



½ cup soy sauce 2 Tbsps [rice vinegar](#)
1 Tbsp sesame oil ¼ cup brown sugar
1 Tbsp honey ¾ tsp ground ginger

Put all ingredients into a sauce pan/pot over a medium heat and bring to a boil while stirring constantly. Boil for 1 minute and simmer for 10 minutes while sauce thickens. Use in stir fry or marinate meat. This sauce is versatile!

