



the

SPINAL COLUMN

clinic news

Can you believe another year has passed? We cannot! When we were younger patients told us that as you age time goes by more quickly. Hmmm. Enough said? THANK YOU so much for your support this past year. When we say we are blessed to have you as patients we mean it. You are a part of our lives. As we approach our 24th year in practice in 2025, we are appreciative of you giving us the opportunity to keep you healthy. All the best to you in 2025!

The clinic will be closed for Christmas holidays December 23rd through 27th. We will open again on Monday, December 30th and then closed December 31st and January 1st. Regular hours resume January 2nd. Merry Christmas!

Christmas facts you definitely do not know

- Christmas was not always celebrated on December 25th. Although Christmas celebrates the birth of Christ, it doesn't actually mention December 25th anywhere in the bible. In fact, some historians think Jesus was born in the spring, not the winter at all! Christmas on December 25th wasn't celebrated until about 336 AD.
- Coca-Cola played a big part in Santa's image. Santa wasn't always the jolly man in red. Older depictions of Santa from the early 1900s depicted him more sternly and there wasn't a standardized "look" for his appearance. The classic image of a happy and plump Santa that we all know today came in part from Coca-Cola ads drawn in 1931 by illustrator Haddon Sundblom.
- Hanging stockings was by accident! The historic St. Nicholas heard about the plight of a local man who did not have enough dowry money to marry off his three daughters. The generous St. Nick tossed some money down the chimney that landed in the ladies' stockings that were drying by the fire and so the tradition began!

easy delicious high protein apple cinnamon bread

How can you go wrong with this? It tastes like a dessert but has the substance to keep you going with protein! Do yourself a favour and make this bread because you will not regret it! You can make your own oat flour by blending oatmeal until it's a fine powder!

2 cups oat flour	1 cup unsweetened apple sauce
½ cup vanilla protein powder	2 eggs
1 tsp baking soda	¼ cup maple syrup
2 tsps cinnamon	⅓ cup milk
½ tsp baking powder	2 tsps vanilla extract
½ tsp salt	2 cups chopped apples

Preheat oven to 375°C and line 8x8 pan with parchment paper. Mix dry ingredients in one bowl. Mix wet ingredients in another bowl (save half the apples). Add wet to dry and mix. Pour mixture into pan. Add remaining apples on top. Bake for 35-40 minutes until cooked through and golden brown on top. ENJOY!

