

# Dr. Elaine Screatton DC

## Contact Me:



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## Office Hours:

Monday: 12pm-7pm

Tuesday: Off

Wednesday: 11am-7pm

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Friday: 9am-5pm

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## Thank You!

I would like to thank you for your continued confidence and trust for choosing me for your chiropractic and Injury needs! The greatest compliment is you referring your family and friends!

@drelninescreatton



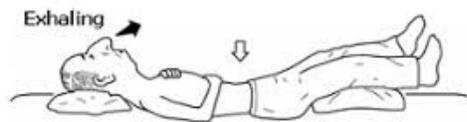
## Take a Deep Breath!

Breathing. We all do it. Every single day. Most of us have forgotten how to use our diaphragm (main breathing muscle) to breath, and opt to use our chest and neck muscles instead. Proper breathing plays a huge role in core stability, back pain, and neck pain. Here is a quick way to check how you breathe:



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Lay on your back in the position above, with one hand on your belly, the other over your heart. Breathe in through the mouth, and exhale through the mouth. Take note which hand rises more. The hand over your belly *should* move more than the hand on your chest. If your belly doesn't, check out the image below to train it!



To re-learn diaphragmatic breathing, lay on your back with knees supported. One hand over belly the other over your chest. Breathe in through your nose, as you bring your belly toward the ceiling. Then, breathe out through your mouth pulling your belly toward the floor. Try this for 10 repetitions 2x/day, and try to notice the difference being able to breathe properly has on your strength and low back stability!

## Pork Masala with Polenta



Serves: 4 servings      Time: 35 Minutes

Recipe courtesy of [foodnetwork.com](http://foodnetwork.com)

### Ingredients:

- 1 14oz tube of polenta, cut into 12 rounds
- 1/4 cup extra virgin olive oil
- Kosher salt and ground pepper
- 1 pork tenderloin (1 1/4lbs) cut on an angle into 1/2 inch slices
- 1 lb brown mushrooms sliced
- 3 cloves garlic (2 cloves sliced, 1 minced)
- 1 shallot, sliced
- 1 Tbsp all purpose flour
- 1 cup chicken broth
- 2/3 cup marsala wine
- 1/2 tsp grated orange zest + 1 Tsp

### Directions:

1. 1. Preheat the broiler. Lay the polenta slices on a baking sheet and brush the tops with olive oil. Season generously with salt and pepper. Broil until browned around the edges, about 12-14 minutes
2. Meanwhile, season the pork with salt and pepper. Heat a large, non-stick skillet over medium-high heat and add 1 Tbsp olive oil. Add the pork and cook until browned, about 2 minutes/side. Remove to a plate.
3. Add the remaining 2 Tbsp olive oil, the mushrooms, sliced garlic, shallot, and 1/2 tsp salt to the pan. Cook, stirring occasionally until the mushrooms brown in spots (6-8 minutes).
4. Sprinkle with flour and cook, stirring about 30 seconds. Add the chicken broth and wine; bring to a simmer and cook until the sauce thickens (about 5 minutes).
5. Return the pork and any juices to the skillet. Cook over low heat until the pork is cooked through (1-2 minutes). Stir in the orange juice and season with salt and pepper.
6. Combine the orange zest, parsley, and minced garlic in a small bowl. Divide the polenta amongst the plates. Top with the pork, mushroom sauce, and parsley mixture.