

# Dr. Elaine Screatton DC

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## Contact Me:



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## Office Hours



Monday: 12pm-7pm  
Tuesday: Off  
Wednesday: 11am-7pm  
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Friday: 9am-5pm  
Saturday: 9am-12pm

## Thank You!

I would like to thank you for your continued confidence, and trust in choosing me for your chiropractic and injury needs! As a token of thanks for your referral, you'll receive 10% off your next treatment if a new patient mentions you!

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## Common Sports Injuries

Did you know? The 7 most common sports injuries are the following (in order of frequency): Ankle Sprain, Groin Pull, Hamstring Strain, Shin Splints, ACL tear, Patellofemoral Pain Syndrome, Tennis/Golfer's Elbow.

### Ways to PREVENT Sports Injuries:

1. Condition yourself for the activity (ie train yourself for the sport-specific activity, try to gradually introduce yourself to the activity again!)
2. Warm up! Getting your blood flowing increases blood flow to your muscles and helps increase your flexibility, reducing injuries!
3. Wear activity appropriate clothing. If it's cold, make sure to dress warmly to keep the body and muscles warm!
4. Stop before you're too tired. Muscle fatigue increases your risk of injury.

<https://www.webmd.com/men/features/seven-most-common-sports-injuries#1>

## Chili Spiced Cod with Roasted Cabbage Slaw



### Ingredients:

- ½ head green cabbage, halved and thinly sliced (about 7 cups)
- 1 small red onion, thinly sliced
- 2 Tbsp vegetable oil
- Kosher salt
- 1 orange bell pepper, thinly sliced
- 2 Tbsp fresh lime juice
- 1/3 cup mayonnaise
- 2 Tbsp fresh cilantro, plus ¼ cup whole leaves
- 8 pickled jalapeno slices finely chopped, plus 2 Tbsp brine
- 1 Tsp ancho chile powder
- 4, 6oz center cut cod fillets (Halibut would work nicely also)

### Directions: 30 Minute Prep Time.

1. Preheat broiler and line a rimmed baking sheet with foil
2. Toss the cabbage, red onion, 1 TBSP + 1 Tsp vegetable oil and ½ tsp salt on the prepared baking sheet. Broil, turning occasionally until vegetables are crisp-tender and lightly charred (6-8 minutes)
3. Transfer cabbage mixture to a large bowl and stir in the bell pepper and 1 TBSP lime juice, season with salt. Reserve the baking sheet.
4. Meanwhile, combine the mayonnaise, 1tbsp lime juice, chopped cilantro, jalapenos and brine, and ¾ tsp chile powder in a small bowl; set aside.
5. Rub the fish with 2 Tsp vegetable oil and ¼ tsp chile powder. Season with salt and arrange on baking sheet. Broil the fish until just cooked through, approximately 5-7 minutes
6. Serve the fish with the mayonnaise sauce, slaw and with lime wedges.

Recipe courtesy of FoodNetwork.com