

Dr. Elaine Screamton DC

7 Winter Travel Tips

Contact Me:



Synergea Family Health Centre
9 Arbour Lake Drive NW
Calgary AB T3G 5G8
403-247-2947
drscreaton@gmail.com
www.drscreaton.ca

Office Hours:



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

Holiday Hours:

December 24-26 2018 **Closed**
Regular Hours December 27-29 2018
December 31 2018 10am-3pm
January 1 2019 **Closed**
Return to regular hours January 2 2019

@drelainescreaton



With the holiday season upon us, this could mean travel by airplane. And while this is exciting, it can often be stressful and impact your body in many ways. Here are a few tips to make your Christmas travel more enjoyable!



1. Create a packing list for the clothes etc you will require.
2. Start packing a few days prior to travel to help reduce stress. If you have them, pack a travel neck pillow and a travel lumbar pillow to help keep your spine aligned during your flight. Pack an empty water bottle that you can fill once you have cleared security.
3. On the day before travel, confirm your departure time and check with your airline to find out when to arrive at the airport.
4. On the day of travel, give yourself plenty of time to get to the airport, get through check in, customs (if required), and security to get you to your gate in plenty of time.
5. Fill your water bottle once through security. Flying can be very dehydrating, so try to drink about 500mL of water for every 2 hours of flying to stay hydrated. Staying hydrated is important for ensuring your body feels good once you land in your destination!
6. Once seated, place your lumbar roll (or a small pillow or small rolled up jacket) in the small of your back to support your spine. If planning on sleeping, use a neck pillow. If you plan on watching a movie or working on your laptop, use the tray table to ensure best posture.
7. Get up and walk about the cabin! This will help keep your spine limber!

Land of Nod Cinnamon Buns



Ingredients:

- 20 frozen dough balls
- 3/4 cup brown sugar
- 1/4 cup vanilla instant pudding powder
- 1.5 Tbsp Cinnamon
- 1/2 cup sliced almonds OR 1/2 cup pecan pieces
- 1/2 cup melted butter

Serves: 8.

Time: 25 Minutes

Recipe adapted from the Best of Bridge 'Aces' Cookbook

This Land of Nod Cinnamon Bun recipe has been a family tradition for Dr. Elaine for many years to prepare on Christmas Eve before bed, then bake Christmas morning and enjoy while opening the stocking. They are called 'Land of Nod' because they rise while you are asleep- how clever!

Directions:

1. Grease a 10" bundt pan (or, if you don't have a bundt pan a 13x9 will do).
2. In the bottom of the pan evenly distribute your sliced almonds or pecan pieces.
3. Evenly distribute the dough balls in the pan.
4. Sprinkle with brown sugar, vanilla pudding powder, and cinnamon. Pour melted butter all over.
5. Cover with a clean damp cloth, in a warm draft free location to rise overnight in the kitchen. If your kitchen tends to the cooler side, you can put your buns in the oven with just the oven light turned on, this will create a nice warm environment for them to rise!
6. In the morning, preheat the oven to 350 Fahrenheit. Bake for 25 minutes (until top is lightly golden brown- you should be able to smell the buns by this point!)
7. Let sit for 5 minutes, then turn out to a serving plate

Wishing you & your family a wonderful holiday season! - Dr. Elaine