



# Happy Holidays!



May your holidays be filled with warm moments, cherished memories, and as many loved ones as possible. Thank you for your incredible support and kindness throughout this past year. From our family to yours, we wish you all Happy Holidays and a very Happy New Year!

## Holiday Chocolate Almond Biscotti

V/GF

### Ingredients

- 1/2 cup cane sugar
- 1/2 cup melted coconut oil
- 1/2 cup applesauce
- 1 tsp almond extract
- 1 1/4 cup brown rice flour
- 1 cup tapioca starch (tapioca flour)
- 2/3 cup almond flour
- 2 tsp baking powder
- 1/2 tsp sea salt
- 2/3 cup finely chopped semi-sweet chocolate chips or chunks



### Directions

1. Preheat the oven to 350 degrees F (176 C) and line a baking sheet with parchment paper.
2. In a medium mixing bowl, whisk together the sugar and melted coconut oil until thoroughly combined. Add the applesauce and almond extract. Whisk until well incorporated.
3. Add the brown rice flour, tapioca starch, almond flour, baking powder, and salt. Stir until no flour pockets remain. Add in the chopped chocolate and give it a good stir. The dough should be thick and moist.
4. Let the dough rest in the refrigerator for 5 minutes. It's okay if it seems a little oily — this makes it less fragile when cutting.
5. When ready to bake, divide the dough into two equal amounts. Place each amount onto the parchment-lined baking sheet and shape into long skinny logs (~3 inches wide and 1 inch tall).
6. Bake for 30 minutes, then remove from the oven and let cool slightly.
7. Once slightly cooled, use a very sharp serrated knife to cut the biscotti so they are about 1-inch thick. Be very gentle at this point. Place the biscotti back onto the baking sheet and bake again for 8-10 minutes on each side, until golden brown.
8. While the biscotti is baking, you can toast the optional sliced almonds (for topping). Heat a small skillet over medium heat. Add the sliced almonds to the pan and toast until they are golden and fragrant. Move the almonds around the pan frequently to prevent burning. They toast quickly.
9. Meanwhile, if drizzling the biscotti with chocolate, melt the chocolate in a heat-proof bowl in the microwave in 30-second increments until melted.
10. Once cooled, drizzle the melted chocolate across the top and sprinkle with toasted almonds. Place on a parchment-lined baking sheet or plate so the chocolate can set. Place in fridge/freezer to set even faster.

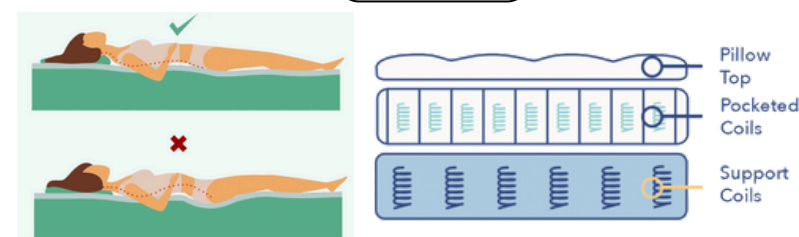
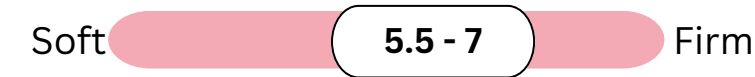
# Top Mattress Advice from Our Chiropractors

Most chiropractors agree that traditional mattresses should be replaced every 5-10 years. However, choosing an expensive new bed that you'll be sleeping on for the next several years can be stressful, especially if you have no idea where to start.

## Individualized Advice

### Back Sleepers

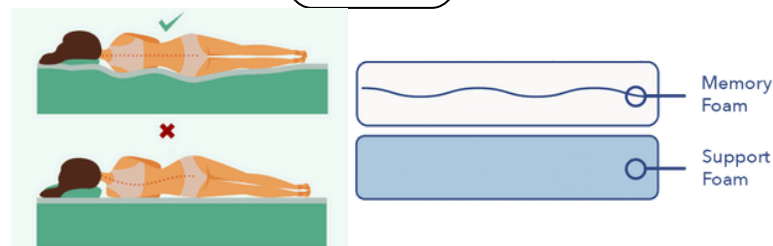
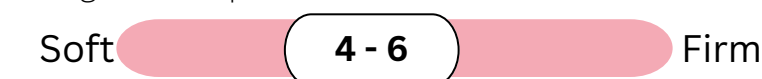
You will want to look for a medium firm feel that will help lift and set the spine in neutral alignment. This will help to alleviate tension across the back and prevent aches and pains.



**Hybrid mattresses**, which combine foam and coil layers, are generally recommended for back sleepers as they have a more "balanced" feel.

### Side Sleepers

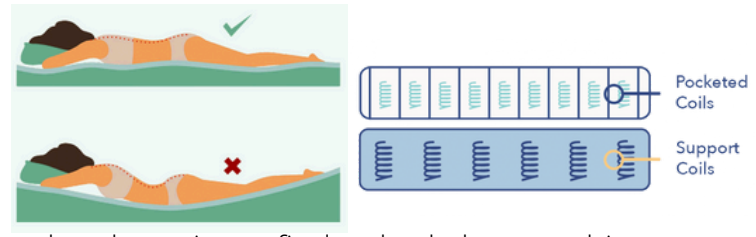
You will want to look for a soft-medium feel that will provide deep pressure relief at the shoulders and hips. Side sleepers exert so much force on their joints at night that it is crucial they land on a gentle bed designed with pressure relief in mind.



**Memory foam mattresses**, which are known for their deep body contouring, sinkage, and pressure relief. Often times, memory foam can become an issue for folks who naturally sleep hot. Nowadays, most brands luckily circumvent this by infusing their materials with cooling agents.

### Stomach Sleepers

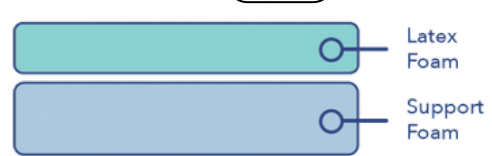
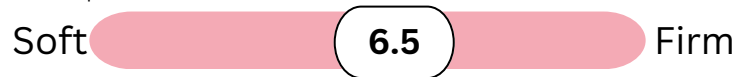
You will want to look for an ultra-firm feel that will lift your hips in line with your shoulders. The biggest issue stomach sleepers will face is a soft mattress that causes the hips to sink out of alignment with the rest of the spine.



The key here is to find a bed that combines super supportive foundations with thin comfort layers to provide just a touch of cushion to the overall firmness. You will likely do best on an **innerspring mattress** that marries tall coil sections with a quilted cover layer.

### Combo Sleepers

You will want to look for a dynamic mattress with a medium-firm feel able to provide comfort across the back, side, and stomach. One that is soft enough to provide pressure relief but firm enough to support your hips.



More than anything, combo sleepers will want to consider the bounce and mobility of the mattress. It's vital that you are able to move around and adjust positions with ease. You will likely do best with a **latex or hybrid mattress**. Latex foam has a quick response to pressure, so it is bouncy and lively. Plus, it is naturally cooling and eco-friendly!

Merry Christmas and Happy Holidays!

May the New Year be full of new experiences, achievements, and success!



@OttawaHealthGroup



@ottawa.health.group

81 Metcalfe Street • Ste 1100  
Ottawa, ON K1P 6K7

613.564.9000

471 Hazeldean Road, Unit 6  
Kanata, ON K2L 4B8

613.831.5554

