

SPRING 2023

LNPLC HEALTH MATTERS QUARTERLY

A Newsletter by the Lakehead Nurse Practitioner Led Clinic

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Lakehead
Nurse Practitioner-Led Clinic

Happy Spring!

BY MARGO AYOUB, MSW

Well it may not always look or feel like it, but Spring is finally here! The LNPLC staff are ready to put away their skates, toboggans and skis, and are looking forward to some fun Springtime activities!

In this issue of Health Matters Quarterly, you'll find a list of our upcoming events and programs, including something we are very excited to announce: The grand opening of our brand new wellness space! We have expanded our clinic and are inviting our patients to check it out on May 5th! See the invitation on page 2 of this newsletter. Also in this issue: An article written by our Registered Dietitian, Alixis, as well as a delicious new recipe to try, and more!

Ditching the Diet

BY ALIXIS DAVIDSON, RD CDE

Ever tell yourself you can't have any more of a certain type of food, only to come back to it later in the day and then feel completely out of control with the food you put restrictions around?

Telling yourself you can't have your favourite foods and they are highly "forbidden" or "bad" sends the message to your brain to initiate last supper mentality with said food, when you finally allow yourself to give in.

So how can you stop yourself from feeling out of control around your favourite foods?

- Include these foods as part of a regular meal or snack (i.e. chocolate chips in your overnight oats) so your brain can pick up on the fact that these foods aren't special or scarce
- Enjoy these foods with others to make the eating environment more positive and to lessen the "in secret" which can further lead to feeling guilty for consuming said restricted foods
- Ditch the "good" vs "bad" food mentality. Your body knows how to break down the nutrients in all foods and eating an apple vs a cookie gives you similar main macronutrients - carbohydrates aka glucose! Eating a cookie doesn't make you a bad person, just like eating a salad doesn't make you a good person!
- Honour your food cravings when you feel them! You are only human after all. Don't try to suppress the craving with other "better" foods or a glass of water.

This can be a lot to unpack on your own. If you're interested in support and guidance as you work through your relationship with food and body image, consider asking for a referral to our Registered Dietitian and Social Worker.

LNPLC HEALTH MATTERS

Upcoming Programs and Events

Dental Hygiene Clinic

APRIL 17
MAY 15
JUNE 12

Hearing Clinic

APRIL 17
JUNE 19

Diabetes in Motion

6 WEEKLY SESSIONS
MAY 17-JUNE 21
6:00-7:00PM

Memory Clinic

APRIL 4
JUNE 13

Expansion Grand Opening!

MAY 5
1:00PM

INTERESTED IN ATTENDING?
ASK YOUR PROVIDER OR
RECEPTION FOR MORE
INFORMATION!

NEWSLETTER PHOTO CONTEST!

Enter our newsletter photo contest! Send us a picture of what connects you to nature, for a chance to have your photo featured in our next newsletter!

Deadline for photos is June 23, 2023, please send your photos by e-mail to info@lnplc.ca, with the subject "Spring Newsletter Photo Contest". Please note that patient names will not be published in the newsletter.



**EASY CHICKEN
TORTILLA SOUP**
AUTHOR: NATALYA
DROZHZHIN
PREP TIME: 15 MINS COOK
TIME: 30 MINS
TOTAL TIME: 45 MINUTES
YIELD: 6 BOWLS

INGREDIENTS

CHICKEN TORTILLA SOUP:

1 TBSP OLIVE OIL
1 MEDIUM ONION, CHOPPED
3 GARLIC CLOVES, MINCED
1 JALAPENO PEPPER, SEEDED AND DICED
1 TSP GROUND CUMIN
1 TSP CHILLI POWDER
14 OZ CAN BLACK BEANS, DRAINED AND RINSED
2 MEDIUM CHICKEN BREASTS, IF VEGAN OR
VEGETARIAN, ADD EXTRA 14 OZ BLACK BEANS
20 OZ CAN CRUSHED TOMATOES
32 OZ CHICKEN BROTH OR VEGETABLE BROTH
14 OZ CAN CORN, DRAINED AND RINSED
1/2 CUP CILANTRO, CHOPPED, DIVIDED (SAVE 1/4 OF IT
FOR GARNISH)
1 LIME, JUICED
1 TSP SALT, OR TO TASTE

HOMEMADE TORTILLA STRIPS:

1/4 CUP OLIVE OIL
8 CORN TORTILLAS, (6" TORTILLAS)

TOPPINGS:

1 LARGE AVOCADO, DICED
1 LIME, CUT INTO WEDGES, TO SERVE

INSTRUCTIONS

Tortilla Strips:

1. Preheat a pan with 1/4 cup oil over medium-high heat. Cut tortillas into thin strips and fry them in batches in the hot oil until crisp. Remove from the pan and allow them to drain on a paper towel. Repeat with remaining tortilla strips, adding more oil as needed then set aside.

Chicken Tortilla Soup:

1. Preheat a pot with oil over medium-high heat. Add chopped onion, garlic and chopped jalapeño and sauté until veggies soften.
2. Add whole chicken breasts, corn, beans, chilli powder, cumin, crushed tomatoes, salt, 1/4 cup of cilantro and broth. Bring to a boil and simmer for 25 minutes.
3. Remove chicken from the pot and shred it using 2 forks. Add shredded chicken back to the soup, simmer another 5 minutes, then add lime juice.
4. Serve the soup with some tortilla strips, pieces of avocado, fresh cilantro and lime wedges. Enjoy!



Please join us in celebrating the expansion of our clinic! Stop by the clinic on Friday, May 5th at 1:00pm, to check out our new space! There will be refreshments and a few speakers to kick off the celebration. We look forward to seeing you there!

Visit us on social media!



LNPLC HEALTH MATTERS

LNPLC Walk-In Clinic Hours

Monday	1:00pm	to	3:30pm
Tuesday	4:30pm	to	7:30pm
Wednesday	4:30pm	to	7:30pm
Thursday	4:30pm	to	7:30pm
Friday	1:00pm	to	3:30pm
Saturday	10:00am	to	2:00pm