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Colostrum for a Healthy Gut



In the wellness community, colostrum has been crowned 'liquid gold'

Colostrum is the very first type of milk that mothers make for their infants after they give birth, and it's full of immunoglobulins, antimicrobial peptides, and growth factors.

Some supplement companies say colostrum can help adults too and have produced powdered bovine colostrum supplements touted by celebrities like Kourtney Kardashian.

An **early study** by multidisciplinary journal *Frontiers in Nutrition* in 2021 demonstrated that colostrum shows promise for improving GI issues and helping reduce inflammation thanks to naturally occurring prebiotics

Colostrum has been shown to improve not only gut health but can aid in **muscle recovery**. The high concentration of bioactive compounds contributes to its anti-inflammatory and antimicrobial properties.

The Perfect Backpack



Backpacks have come a long way! Once reserved for hikers and students, they are now a staple in daily life — from commuters and travelers to fashion lovers and digital nomads. What makes the backpack so universally loved? Its perfect balance of form, function, and freedom.

At its core, a good backpack offers hands-free convenience. Whether you're biking to work, rushing through an airport, or hiking a trail, having your essentials securely strapped to your back makes life simpler. With smart compartmentalization, modern backpacks often include padded laptop sleeves, water bottle holders, anti-theft zippers, and ergonomic support for comfort during long use.

Choose Carefully

Start by considering purpose. Do you need it for work, school, travel, or outdoor use? For daily use, prioritize comfort — look for padded straps and breathable back panels. For travel, choose something durable with multiple compartments and a TSA-friendly laptop sleeve. Size matters, too: it should fit your torso and carry what you need without being bulky. Style, of course, plays a role — go for something that fits your personality but doesn't compromise functionality.

Pack it Right

Place heavier items like laptops and books close to your back to maintain balance. Use compartments to separate and organize items like gloves, pens, snacks, etc. Roll clothing to save space and keep frequently used items in easy-to-reach pockets. A well-packed backpack reduces strain and helps you stay efficient on the go

Ultimately, the right backpack is more than a bag — it's a mobile base, a trusted companion, and a personal statement rolled into one



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Harvest Chicken Skillet

This delicious recipe is perfect for a fall dinner, and is super easy- it's all done in one pot!



Ingredients

- 3-4 slices bacon
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 ½ lbs. boneless, skinless chicken breasts, cut into ½-inch pieces
- 2 small sweet potatoes, cut into ¼-inch pieces
- 1 lb. Brussels sprouts, trimmed and halved (quartered if they are large)
- 1 teaspoon ground cinnamon
- ¾ teaspoon kosher salt, divided
- ½ teaspoon black pepper, divided
- ¼ teaspoon nutmeg
- 1 small red apple (Fuji or Gala), diced
- ½ cup low-sodium chicken broth
- ½ cup walnuts, roughly chopped
- ⅓ cup dried cranberries
- 1 tablespoon chopped fresh thyme

Instructions

1. Heat a large skillet over medium heat. Add bacon and cook, flipping as needed. Remove, leaving the bacon grease in the pan. Crumble and reserve the cooked bacon for later.
2. Add onion to the pan with the bacon grease and sauté until tender. Add garlic to the pan
3. Add chicken pieces and season with half of the salt and pepper
4. Cook chicken until browned and cooked through. Remove to a plate, cover and keep warm.
5. Add sweet potatoes, Brussels sprouts, cinnamon, nutmeg and remaining salt and pepper. Stir to combine and cook until vegetables brown
6. Add apples and chicken broth then cover. Once vegetables are tender, stir in cooked chicken, walnuts, dried cranberries and thyme and mix until everything is warmed through
7. Season to taste with additional salt and pepper and serve with reserved, crumbled bacon



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