



# FRIDGE FACTS



## Ask the Health Professional



### What is Lyme disease?

Lyme disease is a bacterial infection called *Borrelia burgdorferi*, that is spread through the bite of the blacklegged tick. The tick will become infected by the bacteria after biting mice or deer that are infected with Lyme disease. The tick can then transmit the disease to a human or a pet by biting them.

In most cases, a tick must be attached to your body for 24-36 hours to spread the bacteria to your blood. Unfortunately, the blacklegged ticks can be very small making it difficult, if not impossible to see. Many people with Lyme disease did not even know they had been bitten. Thankfully, most people who are bitten do not get Lyme disease. Those that do, will often note a “bulls-eye” rash. Left untreated, Lyme disease can cause devastating neurologic deficits.

## Mother's Day

Mother's day is fast approaching. For those mother's with “everything”, treat your mother to a massage from one of our registered massage therapists.

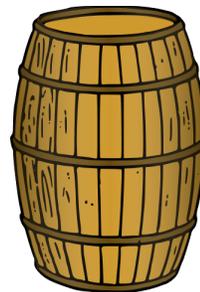


Happy Mother's Day!!!  
From Duffins Creek Health  
Centre

## Did you know???

A quarter inch of rainfall on a 1,000 square-foot roof generates 150 gallons (over 500 litres) of runoff

In the summer, 40% of a typical household's water use goes to watering gardens and lawns



By utilizing a rain barrel, you can keep your water bill down, and be environmentally friendly.



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## Clinic News

### Allergies and Health Consultations

Dr. Katrina Cox, ND, will be hosting some talks regarding a natural approach to those pesky seasonal allergies. If you miss her talks she is able to provide complementary 15 min consultations regarding the Naturopathic approach to allergies or any other health care issues.

### Clinic Closures

Duffins Creek HC will be closed Monday May 21<sup>st</sup> for the Victoria Day holiday.

### Clinic Renovations

The clinic is undergoing a facelift this Spring and Summer. We apologize for any inconvenience during this time – the clinic will remain open throughout the process.

### Drain Bamage

Make as many words as you can in 3 minutes. Each of the letters must connect and you cannot use the same letter twice in a word (unless it is on the board twice!!) Go to: [www.dchealthcentre.com](http://www.dchealthcentre.com) to compare your words to ours.

L	R	A	D
O	O	U	I
T	S	T	T
P	A	N	N

## Glazed Salmon

Makes 4 servings

### Ingredients:

¼ cup honey

2 tablespoons low-sodium soy sauce

2 tablespoons lime juice

1 tablespoon Dijon mustard

4 6-ounce salmon fillets



### Directions: (from lakesimcoeliving.com)

1. In a small bowl, whisk together honey, soy sauce, lime juice and mustard. Marinate salmon in sauce in refrigerator for several hours or until ready to cook.
2. In a nonstick skillet coated with a nonstick cooking spray, cook salmon on each side, 3-5 minutes, until golden brown, crispy and just cooked through. Transfer salmon to platter.
3. Add remaining honey glaze to skillet and simmer, stirring until mixture comes to a boil. Return the salmon to the pan, heat thoroughly and serve immediately.

