

The Spinal Column



April 2008



The Ugly Stupid Food Choices

Children do not always understand why they need to choose a piece of fruit over a candy bar, other than the fact that their parent told them so. A new way of trying to help them make better choices is to ask them, do they want the food that makes them smart and pretty ie. the fruit or do they want the food that makes them ugly and stupid ie. the candy. They will usually go with the smart, pretty food. This is a good way for us to even look at it as adults because we don't always make the best choices either. So next time your in the do I eat that bad food dilemma think about it, do I want the food that makes me ugly and stupid or the one that make me smart and pretty? In the long run you will be glad you made the better choice.



THE GOAL

The goal of chiropractic care is not to remove your symptoms, because if you remember a symptom is the last thing to appear when there is a problem and the first thing to disappear as your body heals. Symptoms will disappear when the body is at about 50% of function so what good is that really? 50% of function is not something I want my liver, stomach, heart, immune system etc. working at, especially if I have a choice and a small commitment to make in keeping up with my scheduled adjustments. The goal is to increase the function of your body to as close to 100% as possible, that way you are preventing problems from happening, rebuilding a healthier and stronger new body so that you have a better quality of life. Chiropractic today for a healthier tomorrow!



Recipe of the Month

Fresh Spinach Salad with Walnuts & Pomegranate Seeds

8 cups clean spinach

1/2 cup walnut, broken into coarse pieces & toasted

1/2 cup pomegranate seeds

Dressing:

1 shallot, finely chopped

1 tbs. maple syrup

2 tbs. Balsamic vinegar

2 teasp. Fresh squeezed lemon juice

5 tbs. virgin olive oil

Sea salt & pepper to taste.

Combine above ingredients to make dressing. Coat spinach with dressing and garnish with walnuts and pomegranate seeds. ENJOY!!

