

AC Chiropractic Life Center • 770-513-8922

The Spinal Column

December 2008



Things to Help Improve Health in the New Year



Reduce or eliminate hydrogenated oils found in many processed foods.

Reduce or eliminate cured meats such as bacon, hot dogs, luncheon meats

Reduce or eliminate cow's milk and products cow's milk is meant for cows. Use soy, rice or goats milk.

Reduce or eliminate saturated fat found in all animal products—especially red meat.

Reduce or eliminate fried foods high heat cooking produces free radicals—bad news!

Reduce or eliminate white/refined flour products not nutritious, no fiber.

Reduce or eliminate white/refined sugar products robs the body of nutrients, use raw/turbinado sugar.

Consume less salt—reduce consumption of processed foods use sea salt.

Consume only required calories eat only when you are hungry and don't overeat.

Reduce or eliminate alcohol and caffeine they are drugs and are hard on the body.



Recipe of the Month

Apple Crisp with Flax-Granola Topping

5 cups sliced apples (preferably Cortland, Empire, Braeburn, or Stayman-Winesap varieties)

1/2 cup turbinado sugar

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

Topping:

1/4 cup unbleached all-purpose flour

1/4 cup whole-wheat pastry flour

1/4 cup quick-cooking rolled oats

1/4 cup ground flaxseed

1/4 cup dark brown sugar, packed

1/2 teaspoon cinnamon

2 tablespoons canola oil

Peel, core, and slice apples into a mixing bowl.

Mix sugar with spices to blend, and add to apples, tossing to coat every slice.

Place into a 9– by 9– inch pan, sprayed or rubbed lightly with oil.

Make topping by combining all dry ingredients in a bowl with a fork, then adding oil and mixing thoroughly.

Sprinkle toppings over apples, and bake at 350 degrees until the apples are done and topping has browned, about 45 minutes.



Holiday hours

Christmas hours—Monday 12/22 and Tuesday 12/23 all day 10-1 and 4-7 both days.

New Years—Monday 12/29 and Tuesday 12/30 all day 10-1 and 4-7 both days.

Have a Safe, Happy & Healthy Holiday!!