

# The Spinal Column May 2008



## **TIPS FOR THE MONTH**

### **TRY THESE EASY TIPS TO A SAVE SOME CALORIES**

***If you drink coffee, skip the cream and sugar you will save about 30 calories.***

***Using mustard instead of mayonnaise will save you about 67 calories.***

***Use plain low-fat yogurt and add 1/2 cup fresh blueberries and 1 oz. almonds instead of buying blueberry flavored yogurt and you save about 46 calories.***

***Use brown rice instead of white rice in meals and skip any cheese and you save 62 calories.***

***When you add this up you saved about 205 calories in the day, can make a difference when you're watching.***

## **BASIC FACTS**

- 1. The greatest healer is your own wisdom-filled body. Your body has the potential to heal any disease and keep you in perfect health your entire life.***
- 2. Scientists have discovered that vertebral subluxations can interfere with your body's natural healing ability, lower resistance to disease and alter physical and mental health.***
- 3. With subluxations present you are less able to adapt to physical and mental stress. The body and mind thus weakened by subluxations are more susceptible to physical and mental diseases and disorders.***
- 4. Subluxations are often painless; most people have long standing subluxations that are silently eroding their health and well-being.***
- 5. The weight of a dime on the nerve where it exits the spine will decrease the function in the nerve 65-75%.***
- 6. Your adjustment permits the body to function without subluxations or with less intense subluxations for a period of time allowing the body to better adapt to its environment.***
- 6. 80% of children have subluxations at C1 where the brainstem is and these subluxations are usually caused by the birth process.***
- 7. Chiropractic patients were found to have 200% greater immune competence than people who had not received chiropractic care.***

***Sick or healthy, get your spine checked. Do it for greater health, for greater strength and for greater freedom from life-destroying vertebral subluxations!***



## **Recipe of the Month**

### **SZECHWAN ORANGE**

**1/4 CUP FROZEN ORANGE JUICE THAWED**

**1/4 CUP RICE WINE VINEGAR**

**2 TBS. CANOLA OIL**

**2 TBS. LIGHT SOY SAUCE**

**1 R**

**TBS. ASIAN CHILE PASTE,**

**ZEST OF 1 ORANGE, COARSELY GRATED**

**3 LBS. CHICKEN**

**In a small bowl mix orange juice, vinegar, oil, soy sauce, chile paste & orange zest than place in a plastic bag with chicken and coat well. Refrigerate for 2 hours. Grill chicken 35– 45 minutes depending on size of pieces; make sure the internal temperature is at a minimum of 160 degrees before eating. While chicken is grilling boil remaining marinade in a small saucepan and drizzle over chicken when done. Serve with your favorite veggies.**



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## **VITAHERBS AND THINGS**

**We have a new room for you to explore, there is information on herbs, vitamins, exercise balls, tempurpedic pillows and products, as well as other stuff. Hopefully this will make it easier for you to find the items you need. We will be adding other products as well to help you live a cleaner, healthier life so look for new stuff in the future. If there is something you need but don t see, ask and we will try to get it for you.**

**HAVE A SPINE TINGLING MOTHER'S DAY**



