

AC Chiropractic Life Center • 770-513-8922

The Spinal Column November 2008



HEALTH BULLETIN

When you feel a cold or sore throat coming on, or are bothered by an ache or a pain, do you rely on medication for comfort? Be careful.

All medicines, even over-the-counter drugs and herbal preparations, are potentially dangerous. This is true especially when you combine medications, or even take them with certain foods.

Your quick-relief pain killer may cause liver problems. Your cholesterol drug can react poorly with your morning grapefruit juice. Your antihistamine and herbal supplement can combine to cause heart problems, so be careful of what you are taking together.

Your body is a highly complex organism, with millions of individual and sensitive components. When you take a drug designed to change one of those components, or to block symptoms of another, you may be adversely affecting another part of your body. And you may not see the damage until it's too late.

Your best prescription for health is a varied diet of plenty of nutritious foods, fresh air and proper exercise. We also recommend regular chiropractic care.

Your body is designed to be healthy. Chiropractic can help eliminate the obstacles to vibrant health. Chiropractic adjustments work with the body to align the spine and optimize the central nervous system, allowing your body to work at peak efficiency—and peak health.

Yours for better health, naturally.



THE PRESENT

Three ways to use your present moments today!

Be in the present: When you want to be happier and more successful. Focus on what is right now. Respond to what is important now.

Learn from the past: When you want to make the present better than the past. Look at what happened in the past. Learn something valuable from it. Do things differently in the present.

Plan for the future: When you want to make the future better than the present. See what a wonderful future would look like. Make plans to help it happen. Put your plan into action in the present.



Holiday Menu Makeover

This time of year, high-calorie foods abound. A typical meal has about 3,000 calories, but a few simple swaps drop the count, says registered dietician Melanie Polk, of the American Institute for Cancer Research. Here's how to "fix" your favorites.

Pumpkin Pie: use evaporated skim milk (not whole), egg whites (not eggs) and fat-free whipped topping. Savings per servings: 76 calories, 10 g fat.

Candied yams: Ditch the butter, sugar and marshmallows. Whip baked sweet potatoes with apple juice; sprinkle cinnamon on top. Saving per 1 cup serving: 138 calories, 8 g fat.

Green Bean Casserole: Instead, prepare plain green beans cooked with olive oil and fresh herbs. Saving per 1 cup serving: 125 calories, 8.5 g fat.

Gravy: Cool turkey drippings and skim the fat before making the gravy, or substitute low-fat chicken broth. Savings per 1/4 cup serving: 35 calories, 3 g fat.

Stuffing: Use whole-wheat bread, and substitute chicken broth for butter. Replace high calorie high-fat add ons, like sausage, with heart-healthy apples, water chestnuts and cranberries. Savings per 1/2 cup serving: 223 calories, 25 g fat

Mashed potatoes: Lose the butter and whole milk. Instead, use nonfat sour cream and Yukon Gold spuds, which have a naturally buttery taste. Savings per 1 cup serving: 110 calories, 12 g fat.

Turkey: Rub turkey with a tablespoon of olive oil instead of butter, and eat the skinless light meat to save fat and calories. Savings per 3 oz serving: 5 calories, 7 g fat.

