

The Wellness Family

SUPERIOR CHIROPRACTIC NEWSLETTER

Autumn 2010

10 Tips to Boost Your Immune System NATURALLY!

1. Load up on Vit D through supplements
 - *There is a spray form available at Mercola.com*
2. Might as well take Vit C & E while you're at it
3. Drink more H2O
4. Reduce white sugar consumption
 - interferes with the ability to remove toxins
5. Rest, Rest, and more Rest
6. Introduce healthy bacteria with probiotics or natural yogurts.
7. Start a regular exercise program.
8. Do not take OTC medications to treat symptoms. Those symptoms are your immune system at work so let it do its job.
9. Reduce Stress levels
10. Boost nerve and immune function by getting adjusted regularly!!!

***Remember that you are going to be exposed to various toxins, what you can control is how well prepared your body is to fight them off.

National Chiropractic Health Month

October is National Chiropractic Health Care Month! Throughout the month we will be promoting the importance of regular chiropractic care. Many people are misinformed about chiropractic, so help to do your part by sharing your positive experience. Take this opportunity to tell your friends and family of how much your care here has helped improve the quality of your life and invite them to join us at one of our upcoming workshops. We will be holding in office workshops regarding spinal health, which will be open to the public. Seating will be limited, so be sure to reserve your spot with Emily today!

Maximize Your Health Workshop
Tues October 12th & 26th
7:00 PM @ Superior Chiropractic

Websites worth a browse

- www.superiorfamilychiropractic.com
- www.icpa4kids.org Chiropractic (kids and pregnancy)
- www.mercola.com Great website on Natural Health
- www.909shot.com National Vaccine Info Center

** Be sure to add Superior Family Chiropractic on Facebook

This a great quote on chiropractic from Hall of Famer Jerry Rice. Nearly all professional sports teams utilize chiropractic care. Chiropractic can be tremendously beneficial to athletes of all ages.

"Professional football is a very rough and vigorous sport, and I attribute my longevity and durability to a vigorous exercise program and Chiropractic Adjustments. Chiropractic gave me the edge to succeed not only on the gridiron but also on the dance floor." -Jerry Rice

Testimonials

"I have way more energy and am feeling much better." - *Debbie*

"Since coming here I have been virtually migraine free!! I cannot thank you enough." - *Carole*

"I love my chiropractor! She has changed my whole outlook on health and wellness!" - *Andrea*

A peek into Dr. Jinny's Recipe Box

Banana Oatmeal Muffins

Yield: 12 large muffins (1 loaf bread)

Bake: in 400°F oven for 17-20 min.

1-1/4 cup rolled oats

1/2 cup plain yogurt

1/2 cup milk (regular or almond)

1/2 cup brown sugar

1/3 cup oil

2 bananas, large, ripe, mashed

1 egg, large, lightly beaten

1-1/2 cup oat flour (grind in blender or magic bullet to flour consistency)

1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp salt

2 tsp baking powder

1 tsp baking soda

Instructions

In a bowl mix together rolled oats, yogurt and milk. Let soak for 10 minutes.

Mix oat flour, salt, spices, baking powder and baking soda in a bowl. Add brown sugar, mashed banana, egg and oil to rolled oats mixture. Mix well.

Add dry ingredients to the rolled oats mixture. Mix well. Fill greased or paper lined muffin cups 2/3 full.

Healthier Pots and Pans

The next generation of stove ware will happily wean us from the recent misguided era of no-stick coatings that contain carcinogens. Research shows that heating Teflon and other coated products just 2 to 5 minutes is enough to leach out the chemical PFOA, linked to birth defects in animals, and emit gases toxic enough to kill canaries. No wonder coated pans scratch so easily.

A panhandlers' best bet? Cast-iron skillets like grandma used and stainless steel-lined pots, pans and casserole baking dishes. Chances are these will outlast even granny's children. They're a once-in-a-lifetime purchase.

Recommended stove ware is also superior to earlier unlined copper, and aluminum, which, like iron, can dissolve into food. But no one seems to mind a bit more iron in their diet. And its weightiness strengthens biceps.

For details visit Amazon.com Home & Garden menu and search for All-Clad Set and Cast-Iron Cooking for Dummies. Also search Cooking.com for Nonstick Brushed Stainless Cookware Set.

Case in Review ___ Joshua

We brought our son, Joshua to our chiropractor when he was 9 months old. Joshua had very poor health before starting care. He got his 1st cold when he was 3 weeks old and spent more time sick than well. He had numerous episodes of bronchiolitis – one resulted in a 4 night stay in the hospital.

After Joshua's very 1st visit he started crawling and we noticed an improvement in his breathing. As regular care continued his health improved significantly. Essentially the visits to our chiropractor replaced his medical doctor visits. Joshua became a much happier little boy with not just better health but also better eating and sleeping.

We confirmed the direct impact of chiropractic care on his health when we were unable to take him to our chiropractor for an extended period of time due to us relocating. His health began deteriorating again with a prolonged cold and another episode bronchiolitis (his first since starting care). This reinforced the importance of a wellness program.

We really appreciate the care and concern for Joshua while seeing our chiropractor and now are firm believers in the benefits of chiropractic care.

--Sarah & Chris (Joshua's parents)

Gluten Free Recipe Exchange

Monday Oct 18th

6:30 PM

Portage Lake District Library

Theme: Bread

For more info call 281-5216

Dear Practice Member,

Superior Chiropractic is dedicated to providing you with the absolute best in family wellness care. Take a moment today to ask your Family Wellness Chiropractor any questions you may have regarding a friend or family members overall health and wellness.

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