



# RECIPE FOR Wellness NEWSLETTER

## HOME REMEDIES

Issues with digestion are extremely common: nausea, vomiting, diarrhea, constipation or simply upset stomachs are, for the most part, routine. The problem arises when an over-the-counter is the go-to response. Any antacid or bismuth product (brand name: Pepto-Bismol) will begin to affect the acid production in the stomach. Just as too much acid can create digestive issues, too little may also have a detrimental effect. Consider reaching for fresh herbs before an over-the-counter product.

Digestive bitters have been recommended to pique the appetite and spark digestive juices. An “aperitif” or pre-dinner drink will typically include herbs such as gentian, cascarrilla, orange peel, cardamom, coriander or juniper. A salad of bitter greens before a meal will have the same effect. For instance, endive, arugula, dandelion leaves and radicchio will prepare the body for digestion, naturally. As well as artichoke leaves.

Artichoke, or its botanical cousin, milk thistle, support liver health and artichoke extract reduces both digestive issues and the symptoms of irritable bowel syndrome.

Fennel, can help expel gas and is an antispasmodic, so it helps with cramping.

Peppermint has soothing properties and so will also work as an antispasmodic and has anti-nausea and analgesic properties. Meaning it can relieve stress induced headaches and upset stomachs. Peppermint oil capsules have been shown safe and effective in children and adults.

Chamomile is traditionally available as a tea when combined with other herbs such as milk thistle or peppermint it may successfully manage most symptoms of irritable bowel syndrome or other digestive disorders.

The best researched herb for nausea, that also happens to have analgesic and anti-inflammatory properties, is ginger. Studies show it counters motion sickness, post-operative nausea and vomiting as well as morning sickness. Please note that pregnant women should take no more than 1 gram a day.

The anti-inflammatory properties of Slipper Elm Bark and Marshmallow Root will help relieve intestinal tract distress and tea can be made from either of these plants. Slipper Elm Bark is also available in a capsule.

Finally, tea made from the leaves and/or roots of red or black raspberries is a traditional diarrhea remedy.



Source: modified from [motherearthliving.com](http://motherearthliving.com)

## DID YOU KNOW?

Modern medical science is now confirming the use of coconut in treating many conditions. Published studies in medical journals show that coconut may provide a wide range of health benefits including:

- Kills viruses that cause influenza
- Kills bacteria that cause ulcers, urinary tract infections, gum disease and more
- Kills fungi and yeast that contribute to ringworm, athlete’s foot, thrush and more
- Boosts energy and endurance
- Improves digestion and absorption of other nutrients including vitamins, minerals and amino acids
- Helps relieve symptoms and reduce health risks associated with diabetes
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth
- Supports tissue healing repair
- Supports and aids immune system function and works as an antioxidant

As always, discuss any sudden changes in your diet or medical care with a health care professional. This information is not meant to imply that coconut can treat or cure diseases.

Source: [modified from motherearthliving.com](http://motherearthliving.com)

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A decorative header with a warm, golden glow. On the left, there is a small, soft-focus image of a family (a man, a woman, and a child) embracing. The text "FAMILY TIME" is centered in a white, sans-serif font against the golden background.

# FAMILY TIME

Your kids won't be young forever so enjoy spending time with them while they're young and enthusiastic about "Family Time". To help you get motivated, here are some fun and affordable family activities.

**Make a Time Capsule** – This will get younger children's imaginations flowing as they imagine being grown up with their own little ones and opening up a box they packed when they were little – just don't bury the box. If it's buried then it will typically be a mess when it's unearthed. So pack your box with big stuff: artwork or school reports, a recent family picture and letters to your future selves. You can also pack the little stuff: movie stubs, a printout of a Facebook page and a toy with its batteries removed so they don't corrode. Things that won't stand the test of time include: delicate clothing, food or CDs/DVDs that won't keep up with technology. Don't forget to toss in a silica-gel pack from your most recent shoe purchase to absorb moisture and set a date for the big reveal in 25 years or so.

**Put on a "No-Talent Show"** – Encourage the silliness and give out awards for the worst jokes and goofiest face or sounds. Make sure that you score extra points for originality and heartiest laughter.

**Start a Family Book Club** – Most school-age children are required to read in their own time but making it a family affair may remove some of the stigma. Choose stories that will appeal to all members of the family – no matter their age. Choose book titles that have humor for both children and adults. Let one person read aloud, or take turns so that you can experience the story unfolding together. For book recommendations that will be enjoyed by the entire family visit [realsimple.com/familybooks](http://realsimple.com/familybooks).

**Go on a Scavenger Hunt** – This is a fun activity for every age. Be sure to limit the territory to the backyard or inside the house. For those who live in colder climes consider the basement or a large room in the house. The benefit is to encourage them to look for (and notice) objects that they usually overlook. Set a time limit (30 minutes for 20 clues should do it) and supply each child with a bag to hold his booty and a list of clues. Spark their imagination with things that are open for interpretation, like "something that smells really bad" or "an object that starts with the letter K". This also keeps siblings from clobbering each other racing for the one blue spatula. When time is up, tally who found the most items. Aside from bragging rights the winner gets a fun prize, such as a gift certificate to the movies or other treat for the whole family.



Source: modified from Real Simple Family 2012

A decorative header with a warm, golden glow. On the left, there is a small, soft-focus image of a family (a man, a woman, and a child) embracing. The text "HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR" is centered in a white, sans-serif font against the golden background.

# HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As your Doctor of Chiropractic, I am committed to your family's overall health and wellness. This is why I provide educational information to help you better understand and care for your spine.

## What is Subluxation?

Our spine protects our spinal cord, which is the message highway from our brain to all of our other muscles, tissues, organs and glands via the nerves that exit between each vertebra. Commonly known as the "central nervous system", it's the master controller of all of your body's systems. If just one vertebra is even slightly out of alignment, it can cause nerve interference. This nerve interference is the result of a subluxated vertebra or vertebral subluxation.

In its simplest terms, vertebral subluxation is the result of a vertebra becoming misaligned or fixed out of position. Since the nerves travel between the vertebrae, this can result in nerve interference. This is similar to pinching a straw and less liquid being able to get through. Similarly, nerve interference can cause the messages from the brain to the muscles, tissues, organs and glands to be inhibited.

If the messages from the brain are not getting through it can manifest in symptoms completely unrelated to back and neck pain. Every system of the body is controlled by the central nervous system: immune system, digestion and elimination, respiratory system, etc.

The brain's signals being received without interference can ensure that the body is functioning at its best.





## Feature Article: Wellness Snacking

It's not uncommon to make a choice to eat healthier and succeed with the three major meals of the day but struggle when it comes to snacking. The western diet of convenience has created options that are detrimental to our health. With a few minor changes in your habits, you can snack healthy.

**Suggestion #1** – Note the nutrition factor. The best snack will not be full of sugar and empty calories but instead will be the perfect balance of fiber, protein, vitamins, minerals, antioxidants and healthy carbohydrates. Also, remember not to get stuck in a rut. Don't eat the same snack every day, no matter how healthy it is, mix it up.

**Suggestion #2** – Preparation is key. If the snacks are already prepared and easy to grab, your family will be more likely to choose that option over a bag of chips or crackers. Peel, cut, chop and prep any of the following for your family's on-the-go snacking needs. These items can include: sliced red peppers; grapes; celery sticks; peanut, almond and cashew butter; hummus; almonds or cashews. It doesn't seem like there would be a significant difference between a sliced apple and a whole one but there is: your family will be quicker to eat a sliced apple, especially when there are dipping options.

**Suggestion #3** – A delivered plate is a clean plate. If you're concerned about the snacking choices your family is making then prepare a snack for them. If you know that your kids are going to raid the fridge while doing homework then plan a preemptive strike and deliver a snack plate to them that contains what you want them to be eating.

**Suggestion #4** – Similarly, if the plate looks appetizing your family is more likely to eat what's on it, even if it's not their favorite snack. Consider providing snack choices on BPA-free plastic plates shaped like animals. These can be found at [thefind.com](http://thefind.com), [amazon.com](http://amazon.com) and other online stores. For older children, instead of cutting off a chunk of cheese consider slicing the cheese and placing it on a plate with a little handful of almonds, a small mound of pickled beets and some gluten-free crackers.

**Suggestion #5** – Read the labels. It's important to try new foods but the quality of those foods is vital. Avoid foods that list sugar in any form (high fructose corn syrup, corn syrup or brown rice syrup) in the first four ingredients and any that contain partially hydrogenated oils.

Always make sure that your snacks are healthy for you and your family.



Source: [motherearthliving.com](http://motherearthliving.com)

### Healthy Snack Ingredients

If a snack is going to be the compliment to a healthy diet then it needs to provide a wide range of vitamins and nutrients within a specific number of calories. Empty calories are just that: a waste.

The number of calories you allot to a snack should be based on the number of calories you should be eating in a day. For a quick and easy calorie calculator go to the Mayo Clinic's website at: [Mayoclinic.com/health/calorie-calculator/nu00598](http://Mayoclinic.com/health/calorie-calculator/nu00598)

For a healthy snack consider that 45-65% of your calories should be protein and lean meats, 20-35% should be healthy green vegetables and 10-15% should be limited to fruits, grains and healthy carbohydrates.

The best ingredients for your snacks should include:

- 4 small carrots
- 1 oz cheddar cheese
- ½ cup quinoa
- 2 gluten-free crackers
- Medium apple
- 1 oz almonds
- Large zucchini
- 3 tbsp black bean dip
- 2 ½ tbsp. hummus
- 1 tbsp raw uncooked honey
- 1 oz unsalted cashews
- 3 ounces baked sweet potato chips

Source: [motherearthliving.com](http://motherearthliving.com)

### Light and Lively Lima Bean Dip

Healthy dips are a great way to change up the typical snack of carrot or celery sticks.

#### Ingredients

- Two 10-ounce packages frozen baby lima beans
- 1 medium onion, chopped (optional)
- 1 vegetable bouillon cube
- 1 teaspoon grated lemon peel
- 2 cups water
- 1 tsp dried cumin
- 1 tsp dried oregano
- 2 tbsp minced fresh dill or 1 tsp dried
- 1 tsp ground black pepper
- 3 cloves minced garlic
- 3 tbsp plus 1 tsp extra-virgin olive oil or coconut oil
- ¼ cup sour cream
- Juice of 1 lemon
- Salt to taste
- ¼ cup minced red bell pepper, for garnish
- 1 lemon, cut into wedges, for garnish

**TO PREPARE:** In a saucepan, simmer beans, onion bouillon and lemon peel in water until beans are soft, about 8 minutes. Drain; return to pot and mash. Add herbs, pepper, garlic, 3 tbsp oil and sour cream, stirring to combine. Stir in lemon juice. Add salt to taste. Put in serving bowl and cool to room temperature. To serve, drizzle with remaining oil, sprinkle with bell pepper and place lemon alongside. Good for 3 days if kept covered and chilled.

Source: [motherearthliving.com](http://motherearthliving.com)



# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## BREAKFAST – Huevos Rancheros with Roasted Tomato Sauce

Delicious breakfast options with protein and a ton of flavor.

### Ingredients

2 tbs coconut or olive oil, plus more as needed  
¼ cup chopped yellow onion  
½ tsp dried oregano  
1 can black beans, drained and rinsed  
½ cup water

4 eggs  
½ cup roasted tomato sauce  
¼ cup shredded Monterey Jack cheese  
Pico de gallo and crumbled queso Cotija or feta cheese

**TO PREPARE:** Preheat oven to 400°F. In small saucepan over medium-high heat, warm 1 tbs oil. Add onion; cook, stirring occasionally, 4-6 mins. Add oregano and beans; cook for 1 minute. Add water; bring to a boil. Reduce heat; simmer 5-7 mins. Place two 6 ½" cast -iron skillets over medium heat. In each pan, warm ½ tbs oil; cook 1 tortilla about 30 seconds per side. Repeat with remaining tortillas, adding more oil as needed. Remove from heat. Arrange 3 tortillas in each pan, overlapping them to cover entire surface with 1" of overhang around edge of pans. Spoon ½ cup beans in each pan; make a small well in center. Crack 2 eggs into each well; top with tomato sauce. Bake 6 mins. Sprinkle Monterey Jack on top; tent with foil. Bake until cheese is melted, 5-6 mins. Top with pico de gallo and queso Cotija or feta cheese.

Source: [Williams-sonoma.com](http://Williams-sonoma.com)

## LUNCH – Mighty Minestrone

A nutritionally dense but lower calorie soup. Serves 8 to 10.

### Ingredients

6 baby red potatoes, scrubbed, unpeeled and diced  
(Or Substitute: 1 yam or sweet potato)  
2 carrots, peeled and chopped  
2 ribs celery, sliced  
1 zucchini, coarsely chopped  
½ sweet onion, chopped  
15 oz chickpeas, drained and rinsed  
15 oz kidney beans, drained and rinsed  
4 cups vegetable broth  
(Or Replace: ½ with organic beef broth)

¼ cup red wine  
30 oz diced tomatoes, undrained  
1 tsp dried basil  
1 bay leaf  
¾ tsp dried oregano  
1 tsp salt  
½ tsp freshly ground pepper or to taste  
10 oz frozen chopped spinach  
1 tbs red wine vinegar  
¼ cup grated Parmesan cheese (for garnish and optional)

**TO PREPARE:** Place fresh vegetables, beans, broth, red wine, tomatoes, basil, bay leaf, oregano, salt and pepper in the slow cooker, stir gently to mix, cover and cook on low for 4 to 5 hours, or until all veggies are tender. Remove bay leaf. Stir in spinach and cook for 30 mins., or until spinach is hot. Add vinegar and stir to incorporate, then garnish with the parmesan, if using, and serve.

Source: [motherearthliving.com](http://motherearthliving.com)

## DINNER – Spaghetti with Turkey Meatballs

This is a wonderfully healthy option to a family favorite. For speedier prep time consider making the sauce and prepping the meatballs in advance.

### Ingredients

2 tbs olive or coconut oil  
3 large carrots, grated  
1 medium onion, chopped  
1 red bell pepper, chopped  
Kosher salt and black pepper

60 oz diced tomatoes  
5 oz herbed cheese (such as Boursin)  
3 oz grated Parmesan (¾ cup), plus more for serving  
2 large eggs, lightly beaten  
¾ pound spaghetti or a gluten-free pasta  
1 pound Ground Turkey

**TO PREPARE:** Heat the oil in a large pot over medium heat. Add the carrots, onion bell pepper and ¼ tsp each salt and black pepper. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 mins. Add the tomatoes, with their juices, and cook, stirring frequently, until thickened, 12 to 15 mins. Meanwhile, heat broiler. Gently mix together the turkey, herbed cheese, Parmesan, eggs, and ¼ tsp each salt and pepper with your hands in a large bowl until just combined (do not overmix). Form the mixture into 12 ¼-cup meatballs and place on a foil-lined baking sheet. Broil, turning once, until golden brown, 8 to 10 mins. Add to the sauce and simmer until cooked through, 5 to 7 mins. Cook the pasta according to the package directions. Serve topped with sauces and meatballs. Sprinkle with additional Parmesan.

Source: [realsimple.com](http://realsimple.com)