



Bulletin Board

- **Gifts of Health**
~ redeemable through
January 15, 2011
- **Wellness
Orientation Workshop**
~ Tues., January 11 & 25
6:15 p.m. in the Education
Center ~ Let us WOW you with
health & wellness tips.
- **Cleanse Workshop**
~ Tues., January 18
6:15 p.m. in the Education
Center; guests welcome
- **Digestive Disorders**
~ Wed., January 19
7:00 p.m. at the Roudenbush
Community Center, Westford
- **New Year, New You**
~ Sat., January 22
9:00-11:00 a.m., Roudenbush
Visit www.westford.com/funfest
for more details on Westford's
6-week Winter FunFest program.

~ Our Mission ~
To help people
get well & teach them how
to stay well through
natural chiropractic care!

A New Year, A New You! Easy strategies to help you stick to your resolutions

It's that time of year again! Time for New Year's resolutions. What will yours be? Eat healthier, lose weight, exercise more, save money? How successful will you be this year? Let's be honest, by February 1st, most of us are back to our same old, same old. Here are some simple strategies to help you stick to and achieve this year's resolutions:



Start Small

The key to keeping your resolutions is to start small. Instead of making a list a mile long, choose three areas you want to improve. It's better to do one thing well than several things poorly (or not at all).

Be Specific

Make realistic, measurable goals. Write them down and be specific. Instead of writing, "Lose weight," write, "lose five pounds by June 1st." Instead of exercise more, try, "Walk the dog for 10 minutes every day."

Treat Yourself Along the Way

Celebrate and reward yourself for small achievements on the way to the big goal to encourage the same successful behavior. Lost two pounds? Reward yourself with a new pair of sneakers!

Tell Everyone

Share your resolutions with friends, family and coworkers and enlist their support when the going gets tough.

Start the New Year Off with a Clean Slate Feel healthier and more energetic

Feeling sluggish? Tired all the time? Get frequent headaches or have achy joints? Can't lose weight no matter what you try? You could be toxic and might benefit from a cleanse!



**Cleanse Workshop
Tuesday,
Jan. 18 ~ 6:15 p.m.**

How Do We Get Toxic?

Our bodies are constantly under three different kinds of stress: physical, emotional and chemical (traumas, thoughts, toxins). Whether it's a car accident, poor posture, negative thoughts, an overwhelming schedule, a diet filled with processed foods or a lot prescription medications, our bodies can only handle so much stress for so long before toxins build up causing our organs to break down and health issues to develop.

Why Cleanse?

A carefully designed cleanse program will detoxify the liver, lymphatic system, kidneys and more allowing your body to rebuild itself.

What's Involved?

Join Dr. Dave and Dr. Carla on Tues., January 18th to learn more about the benefits of a cleanse program and exactly what it entails. Bring a buddy for support. Sign up at the front desk ~ space is limited!

Thank you!

FOR YOUR REFERRALS

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others:

Barbara B. Lauren C. Phil F.
Maureen B. Laura M. Amy S.
Donna F.



New Patients

Charlene C. of Chelmsford
Donna F. of Tyngsboro
Peter H. of Westford
James F. of Maynard
Anita G. of Shirley
Dick E. of Wilmington
Mark S. of Westford

Happy Anniversary

The following patients have signed up for Wellness Chiropractic Care. They realize the benefits of getting regular adjustments to keep their nervous system in tip-top shape.

Sue M. Dianne M. Jack R.

Practice Member of the Month

January's Practice Member of the Month is the **Hanna family**. Drayton, Angela and Nicholas are following their recommended care plans and have achieved great results. They are making great efforts at improving their overall health and we applaud them for that. Congratulations Hannas ~ you deserve it!

High Fructose Corn Syrup

Continued from page 4

-fructose corn syrup may even be worse than other refined sugars because it does not stimulate the hormone leptin, which normally makes us feel full. Therefore, a product with high-fructose corn syrup can contribute to overeating and obesity.

How to Avoid HFCS When It's Everywhere!

Breakfast Cereals ~ Instead of some brand of cereal that advertises numerous health benefits on the front of the box, look for cereals with little or no added sugar and a short list of ingredients you can pronounce. Whole grains should be at the top of the ingredients list.

Breads and Bagels ~ Most commercial breads, bagels, English muffins, etc. are made with enriched wheat, partially hydrogenated vegetable oils and refined sweeteners such as high-fructose corn syrup. Look for bread products made primarily with whole grains and a few other ingredients (water, yeast, honey and perhaps a touch of salt).

Health Food Bars ~ The name suggests that they offer good nutrition, but in many cases, closer examination shows that most of these contain the same non-nutritious ingredients found in breakfast cereals, just in the form of a bar. Again, look for whole-food bars containing natural sources of protein, complex carbohydrates and nutrients: whole grains, nuts and seeds, and fruits and vegetables.

Flavored and Vitamin-Enriched

Water ~ These popular drinks are flavored with a multitude of different types of refined sugars. Substitute with water. Need flavoring? Add a slice of lemon or cucumber. Or if you must, mix three or four parts water to one part 100 percent fruit juice.

Crackers, Pretzels and Popcorn

~ When shopping for these snack foods, think whole grain and all-natural. Or pop your own popcorn (it's less expensive and better for you ~ just use olive oil and salt sparingly). Or look for natural prepackaged options.

Salad Dressings ~ Even the low-fat dressings are often higher in refined sugar. Try an organic or all-natural salad dressing, or better yet, the old standby: oil and vinegar.

Pasta ~ Opt for whole-wheat pasta. It isn't difficult to get used to taste-wise, especially when you're topping it with a rich, natural tomato sauce. The health benefits are far superior to standard durum pasta.

What Have We Learned?

All of these foods could be nutritious if they include whole grains, healthy fats and non-refined sugars, but unfortunately, most don't. Truly superior nutrition requires returning to a diet that excludes prepackaged foods and convenience or fast foods. It requires taking the time to read through a list of ingredients to know what you are eating, and choosing whole foods. Choose wisely ~ your health and your life depend on it.

Power Food

Pomegranates are a “superfruit” containing almost half of your daily quota of vitamin C, vitamins B5, A and E, potassium and antioxidant polyphenols, plant substances which lower blood pressure, strengthen the immune system and help reduce the risk of heart disease. They also contain flavonoids, an antioxidant, which can help fight certain types of cancer, clean out the arteries, and encourage good blood circulation. The pomegranate has been used in natural and holistic medicine to treat sore throats, coughs, urinary infections, digestive disorders, skin disorders and arthritis.

How to Seed and Juice Pomegranates

The juice-containing seeds are the only edible part of a pomegranate. The hard rind, and the membrane which holds the seeds, should be discarded. To remove the seeds, cut the pomegranate in sections and hold a section seed-side down over a bowl. Hit the rind of the pomegranate with something hard, such as the back of a spoon, and the seeds will dislodge from the membrane and drop into the bowl. The seeds can be eaten whole, or passed through a juicer to extract their juice. Flavor with raw honey, lemon juice, or cinnamon.

Healthy Recipe

Pomegranate-Glazed Lamb Chops

Ingredients

- 8 lamb rib chops
- Salt and freshly ground black pepper
- 2 tsp minced rosemary
- Extra-virgin olive oil for drizzling
- 1 cup fresh orange juice
- ½ cup pomegranate juice
- 1 Tbsp pomegranate molasses
- Seeds from 1 pomegranate
- 1 Tbsp honey
- ½ tsp red pepper flakes



Directions

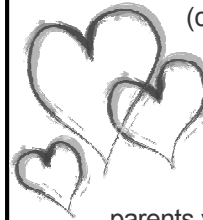
Sprinkle the lamb chops with salt, pepper and rosemary. Drizzle with olive oil and let stand at room temp for 30-60 minutes, or cover and refrigerate for up to 24 hours. (Let stand 30-60 minutes at room temp before grilling.)

In a saucepan over high heat, bring the orange juice, pomegranate juice, molasses, pomegranate seeds, honey and red pepper flakes to a boil. Reduce the heat to medium and cook until thickened to a syrupy consistency, 20-25 minutes to make a glaze. Divide the glaze between 2 bowls.

Grill lamb chops over high heat until well browned, 3-4 minutes. Turn and brush with pomegranate glaze from one of the bowls. Continue cooking until the chops are tender and register 125°F on an instant-read thermometer for medium-rare or until cooked to your liking. Transfer to a platter, drizzle with the glaze from the second bowl and season with pepper. Serve immediately.

Have a Heart

Keep your eyes and ears open for our “Have a Heart” Valentine’s Day fundraiser to benefit the Oklahaven Children’s Chiropractic Center in Oklahoma City. Their mission is to help sick and disabled children back to health through chiropractic care. They specialize in the treatment of neurologically disorganized children



(colic, nursing difficulties, ear aches, failure to thrive, developmental delays, ADHD, autism and cerebral palsy to name a few). Many parents visit the center as a last resort. Visit their website at www.chiropractic4kids.com.

Congratulations to our 12 Days of Wellness Winners!



Rob P., Arllen A., Lea S.,
Sarah W., Kerri M.,
Heidi V., Justin P., Jan M.,
Anthony B. Donna F., Kate S.
and Joyce S.

Gifts of Health

Redeemable through January 15

Your gift entitles the recipient, perhaps a family member, friend, co-worker or neighbor, to a free new patient exam. This includes a thorough consultation, full spinal x-rays, nerve scan and a personalized Report of Findings. There are a limited number of new patient appointments, so remind them to schedule now.





**Corrective
Care
Chiropractic**

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Inside . . .

- How to Stick to Your Resolutions
- Feel Healthier & More Energetic
- Pomegranates



Happy New Year!



from Corrective Care Chiropractic

www.facebook.com/correctivecarechiropractic

~ SAVE THE DATES ~

2011 Workshops/Events

January 18..... Health Benefits of a Cleanse
March 23 Natural Allergy Relief
May 19..... Women's Health Issues &
Ladies Night Out
June 21..... Healthy Kids, Happy Kids
August 18 Oh My Aching Head!
November 1.... Stress Less

*Guests are welcome to attend.
No charge.*

Housekeeping

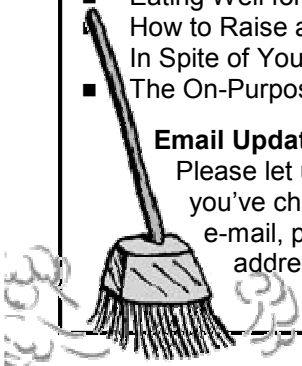
Missing Books

Please have a look around your house and return any of our books you might have (no fines, we promise!). The following books are missing from our lending library:

- The Green Book
- The Paleo Diet
- The Dietary Cure for Acne
- The China Study
- Natural Cures They Don't Want You to Know About
- Internal Cleansing
- Inflammatory Free Diet
- Eating Well for Optimal Health
- How to Raise a Healthy Child In Spite of Your Doctor
- The On-Purpose Person

Email Update

Please let us know if you've changed your e-mail, phone or address.



Danger: When Corn Sugar Becomes High Fructose Corn Syrup

At a time when people are resolving to eat healthier and lose weight, it bears reiterating how dangerous high-fructose corn syrup is. Grab anything with a food label and chances are high-fructose corn syrup (HFCS) will be near the top of the list, even in foods you never imagined could need it.

What is HFCS?

High-fructose corn syrup is made by genetically altering the basic chemical makeup of corn syrup (which is glucose) and measures 70-80 on the "sweetness scale". HFCS is not a natural food, therefore our body doesn't react to it like a natural food. It is cheaper to make and over the last 30 years

has begun to replace sugar in many processed foods and drinks. It is also sweeter, measuring 120-140 on the sweetness scale (sugar is 100).

Why is it So Bad For Us?

Most carbohydrates containing sucrose, glucose and unaltered fructose cause our pancreas to create insulin. This in turn allows these sugars to be broken down into energy and then triggers our brain that we are full. HFCS, on the other hand, does not cause the pancreas to produce insulin. Additionally, while natural carbohydrates are digested normally, HFCS goes straight to the liver, where it is then treated like a chemical and turned to fat. High

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