



## Bulletin Board

- **Gifts of Health**  
~ Redeemable through Jan. 13
- **Eat Well ~ Cook Well**  
Tuesday, January 17 ~ 7 p.m.  
Roudenbush Community Center,  
Westford
- **15 Pounds Healthier**  
Tuesday, January 24 ~ 7 p.m.  
Roudenbush Community Center,  
Westford
- **Wellness Orientation  
Workshop**  
~ **Tues., Jan. 10 @ 6:15pm**  
~ **Thurs., Jan. 26 @ 6:30pm**  
Let us WOW you with health  
& wellness tips.



**CLOSED**  
**Mon., Jan. 2**

**OPEN Tues., Jan. 3**  
**7:30-11:15 a.m.**  
**& 3:00-6:00 p.m.**



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

## Changing for the Better

Taken from [www.experiencelife.com](http://www.experiencelife.com) ~ *The Stages of Change*, Nov. 2011

At one time or another, most of us have tried to change some part of ourselves – losing weight, stop biting our nails or drinking water instead of soda. As we all know, change isn't easy! It takes time and effort – more time than you may think! According to the Transtheoretical Model of change (TTM), there are six stages of change, from not being ready to change, to fully changing your behavior and sticking with it for at least two years. If you've made some resolutions for 2012, read on to find out which stage of change you are in and how you can get to the next one to ultimately reach your goal!

move forward, you have to get excited about the possibility of a positive shift in your life (buying new clothes to fit the thinner you). You need to be inspired by success stories or role models. There may also be an incentive or change in your environment and you may acquire a new perspective.



### 3. Preparation

You are in this stage if you are motivated, gathering information and getting ready to take your first steps. In this step you don't have the skills, knowledge or confidence you need to make the change. You may not know where to turn or who to ask for support. To move forward do research, take a class, hire a coach or mentor, tell people about your plans to change, and put a start date on the calendar.

### Six Stages of Change



#### 1. Precontemplation

You're in this stage if you've heard you *should* make the change (lose weight), but you're not considering doing anything about it anytime soon. You feel it requires too much effort and you may be discouraged from previous failed attempts. In order to move forward you must become aware of the negative consequences of not changing (getting Type 2 diabetes), and you must recognize the benefits of changing, challenge old beliefs and develop confidence.

#### 2. Contemplation

You're thinking about making a change, but lack motivation or feel that now isn't the right time to make the change. You are no longer opposed to the change however, to



#### 4. Action

If you are implementing your action plan (did your first workout, ate your first healthy meal), you are in this stage of change. You may expect immediate success and dramatic results, or perhaps you fear failure. It's so easy to slip into old behaviors out of stress or habit. You might lack social and emotional support, or insist on perfection rather than progress. To move forward you need a good support system (a workout buddy) and you must focus on action, not outcomes. Celebrate small successes (losing two pounds, eating one healthy meal per day), and treat setbacks as opportunities for comebacks (ate a bag of cookies; do one extra workout). Just keep going!



*Continued on page 2*

## Stages of Change

Continued from page 1

### 5. Maintenance

You are in this stage if you have committed yourself to the action steps necessary to achieve change for at least six months. Relapses can occur in this stage – you hit a plateau, get bored or distracted. You may also lose track of your original motivation or have a setback or injury. To move forward you need continuous support and good stress management skills. Avoid situations that could trigger a relapse and spend time with people who engage in the same positive behaviors and attitudes as you.

### 6. Termination

The change you embarked upon is fully integrated into your life and you have continued your behavior for at least two years. There's no going back ~ the change is who you are now. Congratulations!



### Be Inspired! Stay Motivated!

Change is difficult and we are all motivated by different people/ things. Here are some of our favorite inspirational resources:

#### Books

*The Compound Effect*  
by Darren Hardy

*Where Will You Be  
Five Years From Today?*  
by Dan Zadra

*Discover Wellness*  
by Bob Hoffman & Jason Deitch

*The Primal Blueprint*  
by Mark Sisson

#### Websites

[www.experiencelife.com](http://www.experiencelife.com)  
[www.revolutionaryact.com](http://www.revolutionaryact.com)  
[www.bonfire.com](http://www.bonfire.com)

## Cooking With Heavy Metal

What's so Great About Cast Iron?

We cook with healthy organic ingredients whenever we can, but what about our cookware? If you're using non-stick cookware you need to switch to stainless steel or Dr. Dave's favorite, cast iron.

For searing, browning, sautéing, baking and roasting, it's hard to beat cast iron. Vegetables caramelize perfectly, pancakes turn out a wonderful golden brown, baked goods stay moist on the inside with a delicious crisp crust, and meats sear and brown perfectly.

### A Pan of Many Talents

Able to go from stovetop to oven to grill, a cast iron skillet can cook everything from pies to pizza to paella, making it ideal for one-pan cooking. Turned upside down, the jack-of-all-trades can even stand in for a baking stone.

### No Stick, No Chemicals

Chemicals used to make non-stick coatings have been shown to adversely affect the liver, and the immune and reproductive systems in animal studies. Recently, they have also been linked to attention deficit hyperactivity disorder (ADHD) in children.

Seasoned right, cast iron is the original no-stick material without the need for chemicals such as polytetrafluoroethylene, a likely carcinogen.

### It Can Take the Heat

Most cookware comes with heat warnings whereas cast iron can be placed directly on red hot coals without a worry. Moreover, a cast iron skillet holds heat for a long



time and heats evenly so your food cooks evenly. Because you can safely get cast iron crazy hot, it's an excellent tool for searing meats such as steak, whole chicken, and pork tenderloin before finishing in the oven. Take note, the handles get very hot, so keep the oven mitts nearby.

### It's Economical

A cast iron skillet is one case where cheap is not tantamount to poor quality. In stores the skillets are often much cheaper than other fanciful cookware such as stainless steel. Not to mention that perfectly good cast iron skillets pop up at many yard sales and flea markets for a few bucks. (JC Penny has a reasonably priced set of three skillets while Wal-Mart has the best prices on individual pieces.)

The versatility of cast iron is unrivalled making it the ultimate workhorse of the kitchen. So rescue yours from the garage or grandma's attic and enjoy the versatility, flavors, and history it brings to mealtime.

For tips on caring for your cast iron and recipes, go to [http://alive.com/articles/view/23306/heavy\\_metal](http://alive.com/articles/view/23306/heavy_metal).

Source: *Heavy Metal*, pg. 97. Alive magazine, November 2011.

## Practice Member of the Month

January's Practice Member of the Month is **Dianne**. Dianne is committed to achieving wellness and shares the benefits of chiropractic with family and friends. Congratulations Dianne ~ you deserve it!

## 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:

Heather	Brianne	Lisa
Paul	Dick	Donna



## New Patients

Molly of Hudson  
 Joe of Westford  
 June of Westford  
 Dave of Westford  
 Kim of Chelmsford  
 Len of Littleton  
 Zoe 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.

Kim	Mark	Megan
Barbara	Margaret	

## Hardy, Healthy Winter Veggies

During winter, the body needs more vitamins and minerals to withstand the cold, and fresh vegetables offer a great option for staying healthy. Vegetables are rich in vitamin C and other useful minerals that the body needs to fight off illnesses and maintain good health. Here are some healthy winter vegetables:

**1. Artichoke** is a vegetable that is commonly consumed during winter. It's a great source of vitamin C and folate, which is essential for producing new cells.



**2. Kale** is a kind of cabbage that is rich in beta carotene, vitamins C and K, and calcium. The nutrients in kale can help fight cancer and control inflammatory illnesses, as well as strengthen the immune system.

**3. Beets** are a unique source of phytonutrients called betalains shown to provide antioxidant, anti-inflammatory, and detoxification support. Beets are also an excellent source of heart-healthy folate and a very good source of the antioxidants manganese and vitamin C as well as heart-healthy potassium. Beets are a good source of digestive-supportive dietary fiber, free radical scavenging copper, bone-healthy magnesium, and energy-producing iron and phosphorus.



**4. Brussel Sprouts** are an excellent source of vitamin C and vitamin K. They are a very good source of numerous nutrients including folate, vitamin A, manganese, dietary fiber and potassium. Brussels sprouts also contain numerous disease-fighting phytochemicals.

**5. Cabbage** is an excellent source of vitamin B, vitamin C, calcium, magnesium, phosphorus, protein and zinc. It has high anti-inflammatory properties, and it can help prevent or reduce swelling. It's also a good remedy for headaches, ulcers and skin illnesses.



**6. Arugula** is a green leafy vegetable that belongs to the same family of vegetables as broccoli, cabbage and cauliflower. It contains high amounts of vitamin A, vitamin C, vitamin K, calcium and iron, and it can help prevent diseases such as macular degeneration and cancer.

**7. Winter Squash** refers to a group of richly colored vegetables that have high levels of carotenes, vitamin B1, vitamin C, pantothenic acid, folic acid, potassium and fiber. Some of the vegetables that are included in the winter squash group are pumpkin, butternut, spaghetti and acorn squash. This vegetable can help protect the body from heart disease, cancer and diabetes.

**8. Parsnips** are high in fiber, vitamins C and K, and folate.

**9. Sweet Potatoes** are an excellent source of vitamin A and vitamin C, and a good source of vitamin B-6, fiber, copper and potassium.

**10. Leeks** are an excellent source of vitamin A and vitamin K. They are also a very good source of manganese, vitamin C, folate and vitamin B6.



Learn how to use these hardy winter vegetables in yummy, healthy meals at our upcoming **Eat Well-Cook Well Workshop, January 17** at the Roudenbush Community Center.



**Corrective  
Care  
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[www.facebook.com/correctivecarechiropractic](http://www.facebook.com/correctivecarechiropractic)

## Inside . . .

- Stages of Change ~ Get Motivated
- Cooking with Heavy Metal
- Winter Vegetables



**HAPPY  
NEW  
YEAR**

**CLOSED**

**Mon., Jan. 2**

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## Upcoming Workshops

Roudenbush Community Center  
65 Main St., Westford

### **Eat Well ~ Cook Well**

Tuesday, January 17 ~ 7 p.m.

### **15 Pounds Healthier**

Tuesday, January 24 ~ 7 p.m.

Make it a New Year's Resolution to attend at least one educational workshop this year to help further improve your health.

## *Back by popular demand!* **Eat Well, Cook Well Workshop**

Our popular Eat Well, Cook Well demonstration workshop returns to the Roudenbush Community Center on January 17<sup>th</sup>!

Chiropractor by day, chef by night, Dr. Dave, and his assistant Dr. Carla, will dazzle you with their cooking and nutrition expertise. The theme is "Winter Comfort Food" and will include tips and recipes for cooking healthy soups, stews and the food we all crave in the cold winter months. Come join us for this fun and delicious evening!

Space is very limited so please sign up at the front desk.



### **Eat Well-Cook Well**

**Tuesday, January 17 ~ 7:00 p.m.**

Roudenbush, Westford



Featuring...winter vegetables and comfort food. Dr. Dave will show you how easy healthy cooking is (and you can taste how good healthy eating is)

## *Time's Running Out!* **Redeem Your Gifts of Health**

Don't forget...Gifts of Health are redeemable through January 13<sup>th</sup>! If you gave a Gift of Health, please remind the recipient to take advantage of this great offer! We won't know if chiropractic can help them until we see them.

This gift is for a \$12 new patient visit and includes a complete health consultation, nerve scan, posture study, full spinal x-rays and

personalized doctor's report. This is usually over \$200!



New patient appointments are limited ~ call today!