



Bulletin Board

CLOSED

Labor Day

Monday, September 5

OPEN Tues., September 6

7:30-11:30 a.m. & 3:00-6:00 p.m.

■ **Wellness**

Orientation Workshop

~ Thursday, Sept. 8 &
Tuesday, Sept. 27

in the Education Center ~
Learn spinal exercises, and
health & wellness tips to help
you get better faster.

■ **Chiropractic's Birthday!**

~ Sunday, Sept. 18

Introduce someone you know
to the benefits of chiropractic.

New Patient Exam

~ \$18.95 ~

September 1 - 18, 2011



~ Our Mission ~

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

Probiotics 101

Do you know that you are made up of more bacteria than cells inside you? To most people, bacteria could just be a dirty word, bringing in its wake dirt and disease. However, most of the bacteria in the human system are good bacteria. They are essential to keep you alive and kicking. Out of the many hundreds of kinds of bacteria that live inside of you, many of them are in your gut. That's because the gut is where most of your immune system is located. Your gut also functions as your second brain, sending signals up to your brain. So when there are enough of good bacteria in there, all's right with your world.

What Probiotics Do

Your body can well tolerate a small percentage of bad bacteria. The good ones keep them in check and don't allow them to get out of hand. However, when you fall ill or you have an infection and even when you have had a course of antibiotics, it could upset this balance and there aren't enough of good bacteria to protect you inside. That's when you need extra fighting power. You need to repopulate your gut with the good so they can bring your body back to a balanced state.

Things that can destroy our good guys include: antibiotic use, too much alcohol, eating foods loaded with pesticides, herbicides, antibiotic residues, eating too much sugar and other refined carbohydrates, stress, a diet defi-

cient in whole foods, especially vegetables and fruits, and chlorinated water.

Do You Need Probiotics?

You may need more friendly bacteria in your system if you experience:

- GI sensitivity (cramps, diarrhea, constipation, bloating, gas, IBS)
- Yeast infections, cold sores, thrush
- Urinary tract infections
- Headaches, migraines, stuffy nose, increased mucus production
- Joint aches
- Rosacea, acne, or other skin problems
- Other inflammatory conditions, like asthma
- Fatigue, irritability
- Increased symptoms of PMS, perimenopause, or menopause
- Poor immune system (frequent colds, infections, etc.)

Where To Get Probiotics

Given a ready supply of vegetables, legumes, and whole grains, good bacteria live long and prosper. Polyphenols, found in foods like garlic, green tea and ginseng, are also helpful in fostering friendly microbes. Fermented foods such as miso, tempeh, and yogurt introduce active probiotic cultures that help wedge out unfriendly bacteria. Unfortunately, thanks to food preservation techniques like pasteurization, freezing and canning, and changes to diet, the intake of probiotic bacteria has dramatically decreased. Therefore, it may be necessary to add a probiotic supplement to your diet. Ask Dr. Dave which probiotic is best for you.

Source: <http://naturalmedicinex.blogspot.com>

Healthy Lunches & Snacks for Kids

(and adults too!)



It's the dawn of another school year! That means packing lunches and activities like band, soccer and homework, glorious homework. With all that's on your child's schedule, he or she will need fuel to perform at his or her best.

Brown Bagging is Better

School lunches offer little in terms of nutrition and can spike blood sugar leaving your child sleepy in the afternoon instead of primed for learning. A healthy lunch will give your child the energy he needs to finish the day strong.

Keep these three basic principles in mind when deciding on what to pack for lunch:

1. **Include more whole foods and less processed foods.** Choose lunch items with higher amounts of fiber and nutrients children need (like calcium, protein, and vitamin C). Eliminate processed foods such as cookies, chips, and snack cakes, which have higher sodium, added sugar, and saturated fat.
2. **Be creative.** Think outside the lunchbox. With a little forethought, a reusable cold pack and a hot thermos, you can add variety and nutrition to lunches.
3. **Keep it fun.** Include items that kids can stack or mix up to their taste when they eat. Remember that kids like to dunk, and include healthy dips with vegetables or other items. Cut foods into fun shapes with cookie cutters.

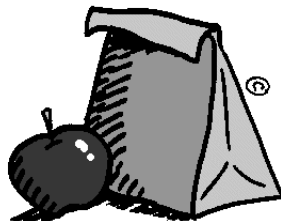
With a little bit of planning, 'brown bag' lunches don't have to be difficult, repetitive or boring. The key is having the right foods on hand.

Foods to Keep on Hand

- Pre-chopped veggies (celery, carrots, peppers, cucumbers, etc.) with fresh hummus or yogurt dip.
- Plain, organic yogurt (avoid the already flavored stuff to cut back on sugar).
- Fresh fruit (grapes, apples, orange slices).
- Nuts like almonds and walnuts.
- Homemade granola – great for adding to yogurt for a snack or almond milk for breakfast. Recipe included!
- Frozen fruit (for smoothies).
- Eggs (hard-boil them ahead of time for a quick snack).

Easy Packing

You're also going to need the right containers to pack your healthy lunch in. Consider freezing juice boxes to keep food cold until lunch (kids love the slushy drink). Buy a thermos to keep soups and stews hot. For container solutions including lunch boxes, carrying bags and lunch jars, visit www.laptoplunches.com. This website also offers a number of healthy lunch tips, has a menu library with 365 lunch ideas and even offers a weekly lunch menu.



Lunch & Snack Alternatives

Instead of, try...

- PB and J on white bread, try almond butter and chopped bananas on Ezekiel bread
- Cheese and crackers, try avocado, cheese and egg stacked on multigrain sesame crisps
- Ham and cheese sandwich, try chicken salad sandwich with walnuts, cranberries and apples
- Leftover pizza, try leftover homemade chili
- Jello or pudding cups, try organic plain Greek yogurt with chopped fresh fruit and honey
- Ranch dressing dip, try hummus, Greek yogurt, salsa or bean dip

Easy Granola

- 3 cups rolled oats
- 1 cup slivered almonds
- 1 cup cashews
- 3/4 cup shredded sweet coconut
- 1/4 cup plus 2 tablespoons maple syrup
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 1 cup raisins

Preheat oven to 250°F. In a large bowl, combine the oats, nuts and coconut. In a separate bowl, combine maple syrup, oil and salt.

Combine both mixtures and pour onto 2 sheet pans.

Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color. Remove from oven and transfer into a large bowl. Add raisins and mix until evenly distributed.

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:

Paula Adam Maureen Jeff



New Patients

Justin of Westford
Lindsey of Chelmsford
Jenna of Lowell
Rich of Westford
Doreen 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.

Justin

Practice Member of the Month

September's Practice Member of the Month is **Natalie**. Natalie is following her care plan and has achieved great results. She is also sharing the benefits of Chiropractic with friends and family. Congratulations Natalie!

America's Health Care Crisis

Featured book of the month:

The Wellness and Prevention Paradigm by James Chestnut, D.C.

Did you know that every 30 seconds in the U.S, someone files for bankruptcy due to a serious health problem? Health care spending in this country is \$1.8 trillion annually! The overall cost of health care doubled from 1993 to 2004! \$15 of every \$100 of our economy goes toward covering the cost of being sick! According to a study done by World Health Organization, the U.S. ranked 15th among 25 industrialized nations. And did you know that each year 199,000 people die from medical care? No wonder our country is in a financial crisis. The statistics are alarming and getting worse.

Dr. Chestnut's main point is that we need more people less sick in this country! That is the only way to get health care costs down.

“It is indisputable that our current system has enormous benefit and value in the treatment of acute medical emergencies...to help repair us when we are injured. When this system is applied to chronic degenerative health conditions that comprise more than 95% of health problems, it becomes a miserable failure.”

– Dr. Joseph Mercola

95% of chronic and degenerative diseases are lifestyle related!

BEING HEALTHY IS A REVOLUTIONARY ACT

Reclaim your well-being Join the Revolution

In case you haven't noticed, we live in a society where the idea of health and fitness is wildly popular, but where actually becoming a truly healthy person can be mighty tough to pull off.

Being strong and healthy in an unhealthy culture makes you part of an empowered minority. It gives you freedoms and opportunities that poor health and fitness prohibit. It endows you with the energy, clarity and resiliency to fully enjoy your life, and to make bigger, more meaningful contributions in anything you do.

Choosing a healthy way of life involves making some revolutionary choices, and it also has revolutionary results.

Take a Deep Breath

Know that there's no one-size-fits-all program for life change. You don't have to do everything all at once, and if something genuinely doesn't work for you, you don't have to do it at all. It starts with trying on a few healthier

choices, and then a few more. It does get easier, more fun and more rewarding every step of the way. So much so that, at a certain point, you can't imagine going back.

Three Tips to Get Started

- 1 Repossess Your Health**
Reclaim responsibility for your well-being; own your daily choices; minimize your reliance on the broken sick-care system.
- 2 Redefine Your Role**
You are not a 'healthcare consumer'. You are a human being. You may be experiencing an illness or other health challenge right now, but remember that good health is your body's natural state.

- 3 Go at Your Own Pace**
A healthy life is more a marathon than a sprint. So start where you are. Choose sensible, sustainable shifts over instant cures and quick fixes.

Source: www.revolutionaryact.com



**Corrective
Care
Chiropractic**

234 Littleton Road, Unit B Suite 1A
Westford, MA 01886
978-692-2900
www.westfordcorrectivechiropractic.com

Inside . . .

- Probiotics 101
- Healthy Lunch & Snack Alternatives
- America's Health Care Crisis
- Being Healthy is a Revolutionary Act



CLOSED Labor Day

Monday, September 5

OPEN Tues., September 6

7:30-11:30 a.m. & 3:00-6:00 p.m.

Celebrating Chiropractic's Birthday!

Chiropractic will celebrate its birthday on September 18th! For those of you who don't know the chiropractic story, the first adjustment was given by D.D. Palmer in 1895 to a deaf man named Harvey Lillard. Dr. Palmer found a "bone out of place" in his spine, gave him an adjustment, allowed function to be restored to his nervous system, and his hearing was restored.

D.D. Palmer's son, B.J., further developed chiropractic and opened the first chiropractic school in Davenport, Iowa, in 1897. In 1909, B.J. Palmer said, "Chiropractors have found in every disease a cause that lies in the spine."

Our spines are not just stacks of building blocks needing to be in perfect alignment, but a functional unit that protects the nervous sys-

tem. Subluxation affects the health of an individual by interfering with communication between the nervous system and the organs, muscles, glands and cells of the body. A chiropractic adjustment provides new, healthy afferent stimulation to the central nervous system, providing it with "brain food" and new data. If the nervous system is functioning properly, the entire body will function at its best.

September 1-18, please refer a friend or family member into the office to get their nervous system checked for just \$18.95. Or if you are reading this and haven't been in for a while for an adjustment, you owe it to yourself (and your brain) to come back in. We want you to be functioning at 100%, 100% of the time.

“Happy Birthday to the Greatest Doctor on the Planet...”



Introduce someone to the benefits of Chiropractic New Patient Exam

~ \$18.95 ~

consultation, posture analysis, nerve scan, x-rays, personalized doctor's report

Offer valid: Sept. 1-18, 2011