



## Bulletin Board

■ **Gifts of Health**

~ Available Dec. 1-23

■ **Wellness Orientation  
Workshop**

~ **Tues., Dec. 13 @ 6:15pm**

Let us WOW you with health & wellness tips.

■ **Holiday Open House**

**Thurs., Dec. 22**

Join us for some holiday spirit and an adjustment!



*Wishing you good  
health, good cheer and  
a happy new year!*

*Dr. Dave, Dr. Carla,  
Sheila & Gayle*

**CLOSED**

**Mon., December 26**

*Merry Christmas!*

**Mon., January 2**

*Happy New Year!*

**OPEN**

**Tues., January 3**

**7:30-11:15 a.m.**

## Beat Cold & Flu Season

### *Tips for Boosting Your Immunity*

It doesn't have to be, "that time of year again." The season of colds and flu viruses...coughing, sneezing, sore throats and runny noses, for you and your family. There's plenty you can do to keep the "bugs" of late autumn from settling in.

### **Skip the Flu Shot**

First, it's only good if "they" guessed right about the strain for this year.

Second, flu vaccines may contain harmful materials including detergent, mercury and formaldehyde. Is this what you want to put in YOUR body?

Third, medical research on flu vaccine effectiveness shows very spotty results even among the two groups most heavily advised to get the shot, the young and the old. The Archives of Pediatrics and Adolescent Medicine didn't find a decrease in hospitalizations in young children receiving the vaccine during either of two studied flu seasons. And The Lancet showed that flu shots didn't reduce the risk for the most common flu-related cause of death, pneumonia.

### **Healthy Immune System Key**

There's a lot you can do to keep your own natural immune response in great fighting form.

**1. Eliminate sugar, dairy and grains from your diet.**

They compromise the immune

system the most by causing mucus formation and promoting inflammation. When you eat zero-grain and low carb, your immune system can easily handle almost everything. It's when you eat sugar and grain (especially in conjunction with high stress from work or exhaustive exercise routines) that your immune system can't handle simple everyday viruses. Increase your intake of natural immune boosting foods like garlic, blueberries, ginger and lemon.

**2. Take your supplements.**

Supplement with vitamin D every day during the winter months. And everyone should be taking fish oil every day to reduce inflammation and boost the immune system.

**3. Practice healthy living.**

Eat a nutrient-rich diet, exercise regularly, get enough sleep, and practice stress management.

**4. Wash your hands.**

Use plain old regular soap instead of anti-bacterial soaps which contain triclosan, an aggressive anti-bacterial agent that can promote the growth of drug-resistant bacteria. The EPA is currently reviewing the safety of triclosan. It is a probable carcinogen and may also disrupt endocrine (hormonal) function.

Finally, if you do get a cold or the flu, call in every support, use every trick in the book, but figure out a way to give your body the break it needs.

Source: [marksdailyapple.com/flu-shots](http://marksdailyapple.com/flu-shots)

# Gluten-Free Holiday Baking

by Dr. Carla

In the July newsletter, we featured a great article about the dangers of eating bread, and particularly the protein in bread, gluten. To recap: gluten = glue. Our intestines are unable to effectively digest gluten, and it also interferes with breakdown and absorption of nutrients. If you have been trying to follow a gluten-free diet, good for you! Our family is relatively gluten free. We try to eat mostly a Paleo-type diet of fruits, vegetables and protein.

If you're like me, this type of diet makes sense, but sometimes you can't resist baked goods – especially at this time of year! Fortunately, there are ways to have your

cake and eat it too! By experimenting with different types of gluten-free flours, you can still enjoy the occasional slice of cake and the odd cookie. You'll also impress your friends when you make them because they are free of lots of sugar and artificial stuff...and they're good for you! Here are two recipes to try when doing your holiday baking this Christmas.

For more yummy healthy baking, visit [elanaspantry.com](http://elanaspantry.com), [bonfire-health.com](http://bonfire-health.com) and check out the Eating Clean cookbook, available in our office. You will be pleasantly surprised by just how good healthy cooking (and baking!) can be!

## Healthy Recipe

### Gingerbread Men Cookies

Makes 36 gingerbread cookies

#### Ingredients

5 cups blanched almond flour	½ cup grape seed oil
1 tablespoon cinnamon	½ cup agave nectar
1 tablespoon ginger powder	1 tablespoon vanilla extract
¼ teaspoon cloves, ground	½ cup yacon or pure maple syrup
½ teaspoon Celtic sea salt	2 eggs
1 teaspoon baking soda	1 teaspoon lemon zest

#### Directions

In a large bowl, combine almond flour, cinnamon, ginger powder, cloves, salt and baking soda.

In a smaller bowl, mix together grape seed oil, agave, vanilla, yacon, eggs and lemon zest

Stir wet ingredients into dry

Chill dough in freezer for 1-2 hours

Roll out dough between two pieces of parchment paper to ¼ inch thick

Remove top sheet of parchment paper, cut out cookies using a medium gingerbread man cookie cutter

Decorate with nuts and dried fruit (lemon rind for the mouth, cranberries for the nose, almonds for the eyes)

Transfer with a spatula to a parchment lined baking sheet

Cook at 350° for 15 minutes. Cool and serve.



### No-Bake Chocolate Coconut Macaroons

These macaroons always create a buzz because they are so rich, delicious and healthy. Skip the nuts and substitute coconut flour for almond flour if nut allergies are a concern.

3 cups shredded coconut  
1¼ cup chopped walnuts  
(skip with nut allergies)  
½ cup almond flour (1 cup if adding walnuts – skip with nut allergies)  
1 cup unsweetened cocoa powder  
(1¼ if adding walnuts)  
½ cup pure maple syrup  
(¾ if adding walnuts)  
½ cup coconut oil (warmed to liquid – ¾ cup if adding walnuts)  
½ tablespoon real vanilla extract  
¼ teaspoon sea salt

Combine coconut, cocoa powder, salt and optional almond flour, and walnuts in a large bowl and mix thoroughly.

Warm the coconut oil to liquid.

Mix maple syrup, coconut oil, and vanilla extract.

Combine the wet and dry ingredients and mix completely using wooden spoon.

Let sit at room temperature for 5-10 minutes to let the allow the oil and liquids to soak into mix.

Using a small spoon or hand form into 1-2" balls onto a cookie sheet lined with parchment paper; cover with plastic wrap.

Place into the refrigerator or freezer to "set" (solidify) 10-20 minutes.

Keep refrigerated or frozen; coconut oil is a solid at room temperatures, it will melt at about 76°F.

Serve cold or put out a few minutes early to let them warm up to just below room temp (still slightly cool) which helps the flavor.

## Practice Member of the Month

December's Practice Member of the Month is **Justin**. Justin follows his recommended care plan and is committed to achieving wellness. He also shares the benefits of chiropractic with family and friends. Congratulations Justin ~ 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:

Andrea	Nick	Doreen
Deb & Jack	Justin	Randy



### New Patients

Rosemary of Hermon  
Ben of Littleton  
Patricia of Westford  
Molly of Manchester  
Suzanne 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.

Debbie	Gina	Justin
Jennifer	Rob	Donna
Greg		

## Busting Cold and Flu Myths

### Do cold weather & wet hair lead to colds?

While they don't actually give you a virus, the physical stress of cold weather can predispose you to catching a virus. Stress dampens the immune system's ability to respond to invaders.

### Should I take medication to lower my fever?

A low-grade fever (below 102°F) is the body's normal response to the flu. The body's immune system works optimally at a slightly higher than normal temperature. A low-grade fever ensures a quicker resolution to the flu. Suppressing a fever with over the counter medications weakens the immune system.

### Is chicken soup really effective?

Yes! Chicken has feel good amino acids. And if your soup has veggies, you're increasing its nutritional value. The warm broth slows the movement of white blood cells that cause congestion helping clear clogged nasal passages.

### Should I exercise when I have a cold?

Exercise gets the blood circulating, boosts the lymphatic system and gets the viral 'junk' out of the body. It also elevates your core body temperature which can help fight viruses and shorten their length and severity. However, if you are exhausted, you need to let your body rest and heal.

Source: Alive magazine, November 2011, page 39

## Disconnected Kids

ADHD, autism, sensory processing disorders and learning disabilities in children have increased at epidemic proportions over the past two decades. The diagnosis and treatment of these disorders has changed very little over the past 50 years despite the increase in incidence. The present system is obviously failing and a new approach is needed to understand and correct these problems.

Dr. Carla is currently pursuing her neurology certification in Childhood Developmental Disorders through the Carrick Institute. She is now able to identify and help correct these disorders in kids. If you are a concerned parent because you think your child might, or your child does, have one of these disorders, Dr. Carla can help.

A must-read book for parents, caregivers, teachers or anyone who works with kids is Disconnected Kids, by chiropractic neurologist, Dr. Robert Melillo. In our next newsletter, Dr. Carla will share more details about neurodevelopmental disorders in kids, and how they can be corrected.



## New Fish Oil!

We are now selling a new brand of fish oil called Bonfire. Like our other fish oil, this is of the highest purity, is molecularly distilled, contains the natural Triglycerides EPA and DHA and is IFOS (International Fish Oil Standard) 5 star certified.



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## Inside . . .

- Tips for Beating Cold & Flu Season
- Gluten-Free Holiday Baking
- Busting Cold & Flu Myths
- Disconnected Kids



## CLOSED

**Mon., Dec. 26 & Mon., Jan. 2**

**OPEN Tues., Jan. 3**

**7:30-11:15 a.m. & 3:00-6:00 p.m.**

## Save the Date!

### Upcoming Workshops

Roudenbush Community Center  
65 Main St., Westford

#### **Eat Well ~ Cook Well Demonstration Class**

Tuesday, January 17 ~ 7 p.m.

#### **15 Pounds Healthier**

Tuesday, January 24 ~ 7 p.m.



## Holiday Open House

**Thurs., Dec. 22**

*To show our appreciation to you, our awesome patients, we are celebrating the season with a holiday open house. Please join us for some baked goods, warm cider, tea, an adjustment, relaxation and holiday spirit.*

## Health Never Takes a Holiday

Stay off Santa's naughty list this year by keeping up with your regular adjustment. Now is not the time to skip an adjustment because you're too busy. You eat more sugar, drink more alcohol, get less exercise, are exposed to less sunshine and have more stress in your life. All the stressors in your life can cause tense muscles and pull your spine out of alignment leading to all kinds of health problems. Keep your immune system healthy so you can enjoy the wonder of the holidays. **Get adjusted regularly!**

## Give the Gift of Health!



'Tis the season for giving! And what could be better than giving the gift of health? Do you have a friend or loved one suffering with an unwanted health issue and could use some help? Beginning December 1, we will have "Gifts of Health" available on our tree! This gift is for a \$12 new patient visit and includes a complete health consultation, nerve scan, posture screening, full spinal x-rays and personalized doctor's report. This is usually over \$200! Ask Gayle or Sheila for details!