



The Chiropractic Voice

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Five Foods to Eat after Exercise

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Affirmation

**Self Confidence is the
Foundation of all great
success and achievement!**

1. Greek Yogurt with Fruit
2. Milk
3. Banana with Nut Butter
4. Hummus with Veggies
5. Protein Shake

Exercise can put stress on the body but it is actually a good type of stress. One that helps your muscles become stronger. It is important to refuel properly after a workout to replenish lost nutrients and energy stores. Most typically you will use glycogen, lipids, electrolytes, and water. With strenuous exercise, it is possible for injuries to muscles to occur. Most of the suggestions are high in protein which is great for muscle repair and including fruits or vegetables will provide you with healthy carbohydrates. I also recommend drinking at least 1 cup of coconut water daily to replenish electrolytes and water.

My son Jase went to his cousin's birthday party and had a great time eating a cupcake as you can see from the pictures. I am very blessed because Jase loves to eat a variety of different kinds of healthy foods most of the time and a few not so healthy ones. He gets that from his mom since his dad does not like eating sweets. It is a lot of fun! A few of the things Jase loves to eat is cereal, sweet potatoes, meat sauce, peas, cucumbers, pears, and most of all blueberries.



Meaghan's Table:

Well it's official, April will be my last month here at Absolute Chiropractic as I am about to trade in washing sheets for diapers and having my hands covered in massage lotion for hands covered in...well let's just say "not unscented lotion" :)

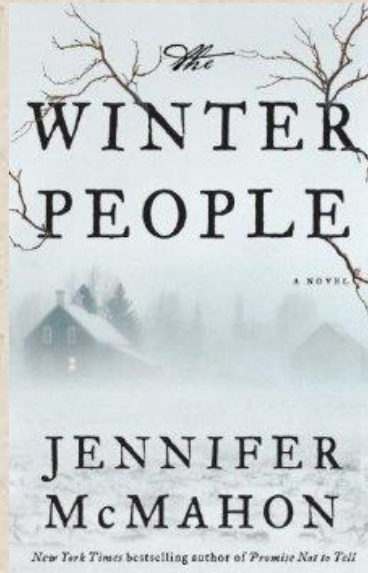
I joined Absolute in August 2004, 8 months after Dr. Ramos opened the original clinic on Howard Ave. A lot has changed over the last 10 years, we have seen a change in both staff and practitioners, we moved to our new building and we have expanded our services. What hasn't changed is our desire to provide you with the best care and service we have to offer.

Thank you to my clients for having made the last 9 $\frac{3}{4}$ years so special. It's hard to put into words how much you have meant to me. I will miss all the laughter that came from my room. Thank you for your years of loyalty.

Meaghan

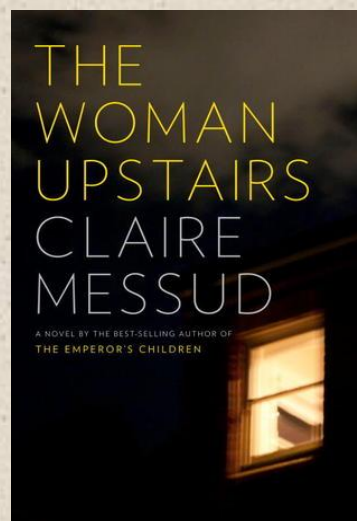
March Book of the Month:

The Winter People
By: Jennifer McMahon



April Book of the Month:

Woman Upstairs
By: Claire Messud



Recipe of the Month:

Spring Salmon with Minty Vegetables

Ingredients:

750g small new potatoes, thickly sliced

750g frozen peas and beans

3 tbsp olive oil

Zest and juice of 1 lemon

Small pack mint leaves only

4 salmon fillets about 140g/50z each

Instructions:

Boil the potatoes in a large pan for 4 minutes. Tip in the peas and beans, bring back to a boil for 3 minutes. Blend olive oil, mint, lemon zest and juice for the dressing.

Put the salmon in a microwave proof dish, season, and pour dressing over. Cover with clear wrap, poke holes. Place in microwave on high for 4-5 minutes until cooked thru. Drain the vegetables then mix with the hot dressing and cooking juices from the fish. Serve the fish on top of the vegetables.

Supplement Sale

15% OFF

Did you know that not all multivitamins are not made the same? Many vitamins need certain co-factors to be absorbed and used properly within the body. Also, multivitamins with green food extracts and minerals have been shown to improve memory and cognitive function. The multivitamins on sale this month contain all of these factors to ensure they are properly being used by the body and may help improve brain function.

Ultra Preventive X:

Sale: \$37.80

Regular: \$44.50

Vita Kids:

Sale \$20.35

Regular: \$23.95

Sale Valid April 1st - 30th, 2014

We would like to invite you and a guest to attend one of our Chiropractic Dinner Talks.

This talk will give you the opportunity to share with someone you know about the benefits of chiropractic care. Please review the following date and let us know if you and a guest would be able to attend.

Wednesday, April 9th at 6:15pm

Please Join us for our Easter
Let us know how many children
519-967-8592 or email

Family Fun Day!
will be attending by R.S.V.P at

EASTER FAMILY FUN DAY

Lots of fun for kids 12 & under
RSVP by April 4th
Free

APRIL 13TH
1-3PM

Egg Hunt at 1:30pm!



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Please call 519-967-8592 or email info@absolutechiropracticwindsor.ca

Let us know how many children will be attending!

info@absolutechiropracticwindsor.ca