



The Chiropractic Voice

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Affirmation

**I love myself first &
everything else falls into
line.**

Alternative Medicine Increasing Popularity

In a recent USA Today article, a story featured how chiropractic care along with other alternative medicine therapies have been increasing in popularity among professional athletes. Much of the increase has been due to the fact that athletes will do anything they can to get back on the field of play. What many of these athletes have found is that seeking care outside of the “traditional” practices has helped them get back on to playing quicker than what was originally expected. One NFL cornerback found that a hamstring injury during this past summer’s training camp that should have kept him on the sidelines for 4 weeks was healed in 1 week after seeing his chiropractor.

Many professional teams now employ Chiropractors, Acupuncturist, Nutritionist, and other specialists as a part of their everyday staff to help keep their players functioning at their optimal level. Seeking help from these types of specialist is not just reserved for professional athletes as many

of you have experienced. Many of our patients who have continued receiving chiropractic care after their initial injury have experienced the added benefits of having their nervous system monitored and corrected.

One of the biggest benefits is that when an injury occurs the healing time is reduced if you have been coming in for regular checkups. When the nervous system is corrected on a regular basis, the body will have less stress to deal with on a daily basis so when a major stressful event occurs (i.e. increased workload, a slip and fall, sleeping incorrectly) it takes less time to help the body digest that stressor and get back to functioning normally. Another benefit to regular checkups is a better functioning immune system. We hear it all the time from patients who have been coming in regularly that they found they have suffered from less colds and flu's than in the years before they started seeing a chiropractor. Again, because the nervous system is constantly monitored it is better able to handle the stress of a virus or bacteria entering our body.

If it has been awhile since you've been in maybe it is time to consider calling the office for a checkup. Most New Year's Resolutions involve taking better care of ourselves and what better place to start than at a Wellness Centre! We hope you had a wonderful holiday season and the start of 2015 has been just as joyous!

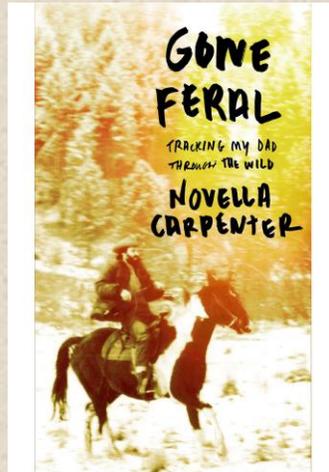
From our family to yours, Happy New Year!

(USA Today article:

<http://www.usatoday.com/story/sports/nfl/2014/12/09/medical-doctors-athletic-trainers/20176167/>)

December Book of the Month:

Gone Feral
By: Novella Carpenter



January Book of the Month:

This is where we live
By: Janelle Brown



Recipe of the Month:

Roasted Brussels Sprouts with Balsamic Vinegar & Honey

Ingredients

- 1-1/2 pounds brussels sprouts, halved, stems and ragged outer leaves removed*
- 3 tablespoons extra virgin olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey



Instructions:

1. Preheat oven to 425 degrees.
2. Line a baking sheet with aluminum foil. In a large bowl, toss brussels sprouts with 2 tablespoons olive oil, kosher salt and pepper. Transfer the brussels sprouts to baking sheet and roast, stirring occasionally to ensure even browning, until tender and caramelized, about 20 minutes.
3. Place brussels sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and adjust seasoning if necessary, then serve.
4. *If you have some brussels sprouts that are very large, cut them into quarters. They should all be cut about the same size to ensure even cooking.

Supplement Sale

15% OFF

Did you know that Vitamin D is a vital factor for activating your immune system? Having insufficient amounts of Vitamin D can lead to the immune system not being able to react and fight off bacteria and viruses.

Vitamin D3

Reg: \$28.95

Sale: **\$24.60**

Sale Valid January 1st - 31st, 2015