



The
**Chiropractic
 Voice**

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Affirmation

I choose to express a confident attitude to others.

November 22, 2014

Portion of the proceeds to  John McGivney CHILDREN'S CENTRE HELPING ABILITIES GROW

Some **AHHH** in your Life!

Leave feeling: Inspired. Refreshed. Enriched.

This wellness event will bring you local, knowledgeable speakers that will bring profound insight.

Jennifer Jones
 International Speaker & Philanthropist

Dr. Roxanna Rivetna
 Medical Doctor & Naturopath

Dr. Gracinda Ramos
 Chiropractor & Inspirational Speaker

Fogolar Furlan Club
 1800 N Service Rd
 9:00 A.M. - 1:30 P.M.
 \$45 (Lunch Included & Free Gift Bag)
 Tickets by phone: 519.967.8592
 or online: <http://someahhh.eventbrite.com>

Closing the event with a relaxing Singing Bowls Meditation

Vendors • Door Prizes • Organic Products • Free Samples

www.someAHHH.com

We would like to Welcome a new member to our Absolute Team.

Natalia Chumak has just relocated to Windsor from Toronto and is excited to get to know this region of southwestern Ontario better. After completing her undergrad at the University of Guelph, she underwent the intensive 4 year program at the Canadian College of Naturopathic Medicine to become a Naturopathic Doctor. She is licensed through the Board of Directors of Drugless Therapy-Naturopathy and is a member of the Ontario Association of Naturopathic Doctors as well as the Canadian Association of Naturopathic Doctors.

Natalia draws on all the naturopathic modalities in formulating treatment plans for her clients though has a special interest in using herbal medicine (particularly local and sustainably harvested herbs), acupuncture as well diet and lifestyle counseling. She firmly believes that health is about balance and bringing about harmony in all spheres of life, including on the physiological, mental, emotional, social, environmental etc. levels.

Naturopathic medicine can treat a wide array of chronic conditions and even some acute illnesses as well as offer complementary support to your health care regimen. If you are wondering if Naturopathic Medicine is right for you, Natalia would like to invite you come in for a **complementary 15 minute consultation** to discuss the naturopathic approach to your health concerns.

Strategies for a Healthy, Happy Fall

One of the great things about living in Ontario is we get to experience the unique beauty of all the seasons. Last week, we said goodbye to the summer and welcomed the season of fall. Many people find it to be a stressful time, whether it's returning to work and a busier schedule after the summer holidays or students returning to school and preparing for upcoming exams, the joys of fall can often be overshadowed by this transition to the many responsibilities in our lives. However, if we take the time to enjoy all that fall has to offer we can reduce that stress and live healthier, more balanced lives.

Fall can be a good opportunity for outdoor exercise. Now is a good time get outside for a hike in the woods or in a park. If you make a habit of going regularly, you will be treated to the stunning array of colours that the trees bring out at this time of year. The benefits of walking are very well known – it improves circulation, improves digestion, boosts the immune system, aids with weight loss, improves mood and cognitive function among many other benefits. Walking in nature seems to enhance many of these effects. In fact, a recent study from the University of Michigan confirms what many of us have probably already experienced – a walk in nature with a group of people leads to a marked improvement in mental health and lowers symptoms of depression. So why not invite your family, friends, co-workers, roommates or neighbours out for a stroll in your local park or conservation area! There are many great places in the Windsor Essex region – check out www.erca.org for more details.

Fall also brings a bountiful harvest in Ontario and this locally available produce tends to be jam-packed full of healthful nutrients. Eating a diet that includes a variety of fruits and vegetables of all the colours of the rainbow will significantly lower your risk for, or complications from, many kinds of disease.

Some of the currently available colourful produce in Windsor include:

Apples – In the Windsor Essex area this year, farmers are reporting a bumper crop of apples. Apples, particularly the skin of apples, contain cholesterol lowering dietary fiber as well as other beneficial compounds (i.e. antioxidants, vitamins and minerals).

Pumpkins and Squash– The orange and yellow flesh of pumpkins and squashes are chock full of the plant form of vitamin A, an important vitamin for skin and eye health. These are excellent in soups and stews along with warming spices such as ginger or cinnamon.

Brussel Sprouts – Brussel sprouts contain vitamin C, calcium, folate, potassium among other nutrients. The bitter taste of cooked brussel sprouts and other dark green leafy vegetables is actually a healthy addition to a well rounded diet through its gentle stimulation of the digestive system.

Beets – Beets are full of folate, a type of B vitamin that is important in building new blood cells, as well as potassium and other trace minerals. A compound found in beets has also been shown to be supportive to liver function.

Visit your local farmers market to stock up on these healthy fruits and vegetables or, better yet, go apple picking or visit a local pumpkin patch. This would have the added benefit of more outdoor exercise!

Stay tuned for the next newsletter where I will explore some natural strategies for the cold and flu season.

Wishing you a healthy, happy fall season,

Natalia Chumak, Naturopathic Doctor

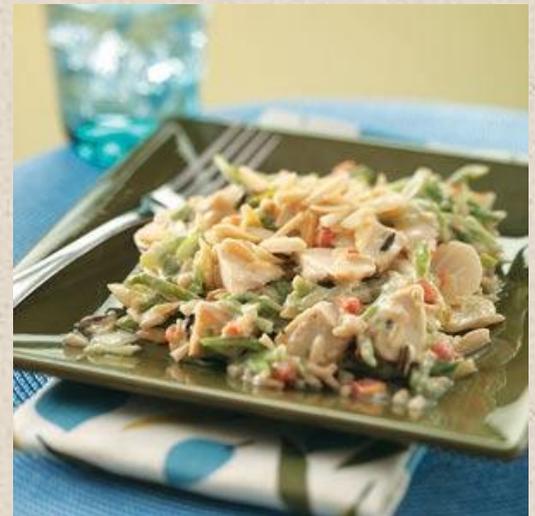


Recipe of the Month:

Wild Rice Chicken Dinner

Ingredients:

- 2 packages ready to serve long grain and wild rice.
- 2 packages frozen French style green beans, thawed.
- 2 cans condensed cream of celery soup, undiluted.
- 2 cans sliced water chestnuts, drained.
- 2/3 cup chopped onion
- 2 jars 4 ounces each sliced pimientos, drained.
- 1 cup of mayonnaise.
- ½ cup 2% milk
- 1 teaspoon pepper
- 6 cups cubed cooked chicken.
- 1 cup slivered almonds, divided.



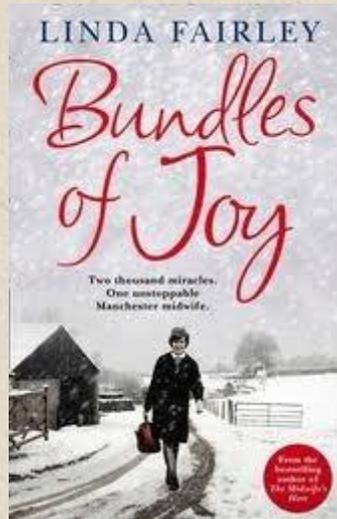
Directions:

Heat rice according to package. Combine the green beans, soup, water, chestnuts, onion, pimientos, mayonnaise, milk and pepper in a pot. Bring to a boil. Reduce heat cover and simmer for 5 minutes. Stir in chicken and rice. Cook for 3-4 minutes longer until chicken is heated through.

Transfer half of the mixture to a serving dish sprinkle with ½ cup almonds. Serve immediately. Pour the remaining mixture into a greased 13 inch x 9 inch baking dish, cool. Sprinkle with remaining almonds. Cover and freeze for up to 3 months.

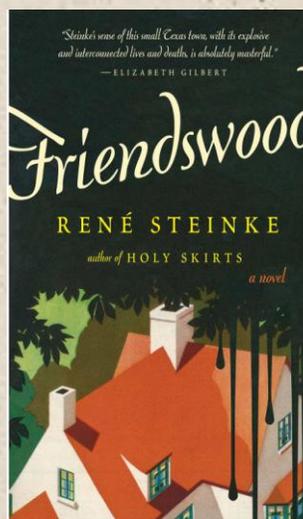
September Book of the Month:

Bundles of Joy
By: Linda Fairley



October Book of the Month:

Friendswood
By: Rene Steinke



Supplement Sale

15% OFF

Magnesium Citrate is known as the relaxation mineral. It is key in over 300 enzyme reaction in the body and is needed for cellular energy. If you feel tight, crampy, irritable or stiff, you may benefit from supplementing with Magnesium Citrate.

Magnesium Citrate

Sale: \$16.95

Regular: \$19.95

Sale Valid until October 1st - 31st, 2014

