



The
**Chiropractic
 Voice**

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Affirmation

I am willing to be uncomfortable to have change in my life.

Back to School

Do you hear that? That subtle cheer off in the distance? That is all the joyful parents letting everyone know that summer vacation is over and their kids are back to school! With every September the chaos of the summer ends and the routines of the school year begin. This year, start off on the right foot and introduce some new healthy routines for the whole family.

- 1) Getting a Good Start in the Morning: Having the right breakfast in the morning can be the difference between excelling throughout your day and just getting by. Children who eat breakfast have better attendance records, score better on reading and math evaluations and have better attention spans. A breakfast that incorporates proteins is a much better option than a breakfast that is high in sugary carbohydrates, especially for children going to school. A protein rich breakfast

provides your body and brain with the proper fuel to complete the day's tasks. Also, because protein takes longer to breakdown a protein breakfast can help you stay fuller longer which will help your children transition from eating when they want to eating on a set schedule again. Try incorporating Greek yogurt and fruit with granola into the rotation of breakfast foods for your child.

- 2) Immune Boost: It never fails that within the first few weeks of being back at school someone in your household will develop a small illness. Being around a large group of children exposes your child to many different pathogens that they may not have been around throughout the summer and their body needs to be ready for that. Taking a multivitamin is a good way to help make sure their immune system has the building blocks to help fight off unwanted germs. If someone does get sick, take a little extra Vitamin D to give the immune system that extra boost to get over the illness. The best way to help protect yourself from germs is proper hand washing. Using a gentle soap and singing the "ABC's" while you wash your hands are two keys to follow to keep pathogens at bay.
- 3) Get Adjusted: Going back to school, meeting deadlines on projects and studying for test can be stressful to your little ones. Having regular chiropractic adjustments can help make sure their nervous system is functioning at its optimal level to handle that extra stress. Being able to handle stress will help your child excel at the transition back to school and beyond.

I hope you all had and an excellent summer and have a great first day of school!

Dr. Adam Pye

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

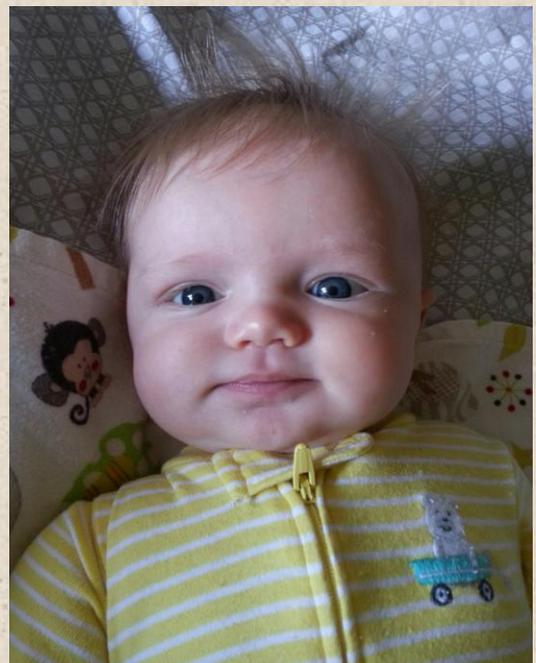
Natalia Chumak has just relocated to Windsor from Toronto and is excited to get to know this region of southwestern Ontario better. After completing her undergrad at the University of Guelph, she underwent the intensive 4 year program at the Canadian College of Naturopathic Medicine to become a Naturopathic 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.

For all of you that have been patiently waiting to see our Massage Therapist Meaghan's bundle of Joy here are a few pictures.

Meaghan would like to introduce Elliott and let everyone know they are both doing Great!



Recipe of the Month:

Baked Parmesan Garlic Chicken

Ingredients:

- ½ cup grated parmesan cheese
- 1 package Good Seasons Italian Dressing Mix
- ½ teaspoon garlic powder
- 6 boneless skinless chicken breast halves

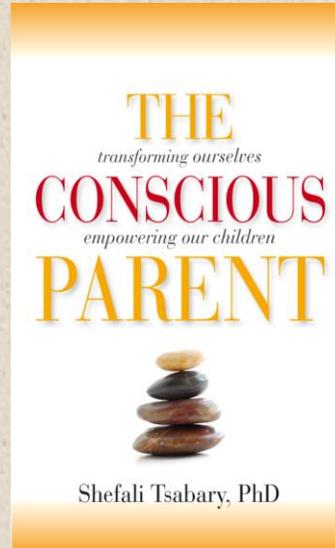


Directions:

1. Preheat oven to 400 degrees F
2. Mix Cheese, dressing mix and garlic powder.
3. Moisten chicken breasts with water; coat with cheese mixture. Place in shallow baking dish.
4. Bake 20 to 25 min. or until chicken is no longer pink in the centre.

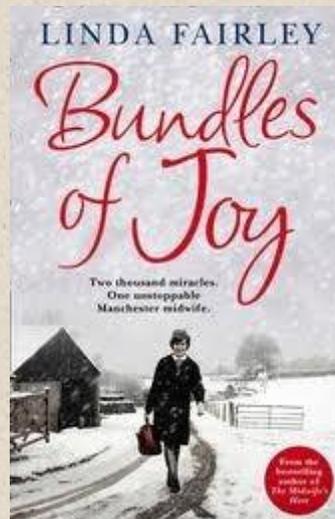
August Book of the Month:

The Conscious Parent
By: Shefali Tsabary



September Book of the Month:

Bundles of Joy
By: Linda Fairley



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 can help improve brain function.

Ultra Preventive X:

Sale: \$37.80

Regular: \$44.50

Vita Kids:

Sale \$20.35

Regular: \$23.95

Sale Valid September 1st - 30th, 2014

