

Poulsbo Village Chiropractic Clinic

Winter Newsletter



Kelly Breen, D.C - 360-779-9032

Mon, Wed, & Fri 8:00 to 5:00 - Closed 12 – 1:30 for lunch
Tues & Thurs. 8:00 to 12:00 - Walk-in's and New Patients Welcome

Dear Chiropractic Patient:

Chiropractic care, the perfect prescription.

Pain relieving drugs are to be taken by a set of rules. For example, 2 tablets every 4 to 6 hours, no matter where the pain is or what the cause. Every drug also comes with a long list of side effects. Chiropractic treatment is tailored to each patient's unique problem, system, overall health, size and age. The extensive education of chiropractors insures training of how to deliver adjustments based on each patient's specific condition and need.

In chiropractic care, one size does not fit all and because no medication or surgery is done, no side effects and overdoses do not happen! Start your 2014 with the perfect prescription.

Get adjusted!
Dr. Breen and Lisa



GAME DAY HEALTHY DIP

Asparagus Guacamole

24 spears fresh asparagus, trimmed and coarsely chopped
1/2 cup salsa

1 tablespoon chopped cilantro

2 cloves garlic

4 green onions, sliced

Directions - Place the asparagus in a pot with enough water to cover. Bring to a boil, and cook 5 minutes, until tender but firm. Drain, and rinse with cold water.

Place the asparagus, salsa, cilantro, garlic, and green onions in a food processor or blender, and process to desired consistency.

Refrigerate 1 hour, or until chilled, before serving.

Nutrition Calories 35 kcal, **Carbohydrates**

7.4 g, **Cholesterol** 0 mg, **Fat** 0.2 g, **Fiber** 2.9 g, **Protein**

3 g, **Sodium** 199 mg

A Recipe For the Common Cold - Follow these simple steps and you're almost bound to catch a cold. Do the opposite and you can make the common cold less common!

1. Eat a poor diet. If you want to catch a cold, make sure your body lacks the vitamins and minerals it needs to keep itself in good repair. Eat lots of processed foods, stripped of their nutritional value.
2. Avoid adequate rest. Deprive yourself of adequate rest. Stay up late and reduce the time you sleep as much as possible. Use tobacco, coffee and other stimulants to fool yourself into thinking you have more than enough energy.
3. Stop exercising. Reduce the effectiveness of your immune and lymphatic systems. Unlike the circulatory system, your lymphatic system depends upon exercise and movement to circulate these germ-fighting fluids, so sit on the couch and stare at the TV.
4. Rarely wash your hands. Increase your chances of catching a cold by compromising your personal hygiene. Remember to use your dirty hands and fingers to rub your eyes, pick your nose or wipe your lips.
5. Think negative thoughts. Look for opportunities to visualize having a cold. Pay attention to news reports about outbreaks of the flu and pay close attention to advertising that sells medications for cold sufferers.
6. Invite stress. Stress yourself physically by experiencing extreme temperature and humidity changes. Stress yourself mentally with constant worry or fear.
7. Become dehydrated. Avoid drinking enough water. Reduce the effectiveness of your natural defense mechanisms and other bodily functions by carefully avoiding fluids.
8. Forget your appointments. Ignore your nervous system, the master controller of your immune system. Avoid these preventative strategies and shun our suggestions of periodic chiropractic checkups to help you stay well.