

August 2015

Today's Chiropractic Monthly Handout



Best Supplements for Inflammation and Reducing Muscular Tension

Dr. Charles M. Laycock

What is the best supplement for inflammation?

The best one is Boswellia Complex! Boswellia Complex is a mix of 4 powerful herbs, boswellia, celery seed, ginger, and turmeric, these herbs help to quickly reduce inflammation and assist with pain relief. The longer someone takes Boswellia Complex, the less they will need if it. It is important to keep in mind that Boswellia Complex is best absorbed into the body when accompanied with some kind of fatty acid, so taking it with Cod Liver Oil or eating things such as avocados is recommended!

What about for reducing muscular tension?

Kava Forte is a great supplement for reducing muscular tension. Kava Forte is extracted with 100% water, it is the only traditional water-based Kava available in the U.S. Kava Forte provides a full spectrum of compounds including kavalactones to calm the nervous system and soothe muscular tension. In addition to those benefits, Kava Forte also supports quick relief of anxiety and stress while promoting a feeling of general well-being.

HEALTH TIP OF THE MONTH: Mangos have a lot of greatness in them and do a lot of good things for you! They can help lower cholesterol, clear your skin, help with eye health, and they even alkalize your whole body! Add mangos to everything from your salads to smoothies and even adding some to your guacamole! ;)

Mango Guacamole



- 2 Tablespoons if minced onion
- 2 Limes, juiced
- 2 Serrano Chile peppers
- Sea Salt to taste
- 4 Ripe avocados, peeled and pitted
- 1/4 Cup chopped cilantro
- 1 large mango peeled,

Instructions

1. Combine the onion and the juice of 2 limes in a small bowl; allow the onion to soak in the lime juice for at least 1 hour. Strain and discard the excess juice. Set the onion aside.
2. Grind the Serrano Chile peppers, the juice of 2 limes, and salt together in a food processor until no large chunks of pepper remain. Add 1 avocado and process until creamy and smooth; repeat with remaining avocados. Transfer the mixture to a serving bowl; fold the onion, cilantro, and mango into the avocado mixture. Serve at room temperature.

Today's Chiropractic Clinic

614 S. 225th Street

Des Moines, WA 98198

206-878 BACK (2225)

www.todayschiropractic.net

~ Serving Our Community Since 1990 ~

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm