

December 2015



# Today's Chiropractic Monthly Newsletter

Dr. Charles M. Laycock



## Do You Need to PURIFY?

### What is the Purification Program?

The purification program is a 21- Day program that helps your body purify and rebuild itself from the inside out. The program includes eating whole, organic and unprocessed foods; taking whole food supplements, including protein; and drinking plenty of water.

### Why is the Purification Program important?

This is important because there are over 80,000 chemicals registered for use in the U.S. and the CDC reports there are hundreds of these chemicals present in our bodies. These chemicals can disrupt our immune, endocrine, nervous, and reproductive systems. These toxins can contribute to many conditions including but not limited to; fatigue or difficulty sleeping, joint pain, reduced mental clarity, and indigestion and other gastrointestinal issues. Everyone can benefit from doing the Purification Program as we are all around these toxins daily and they affect us even if we do not realize it!

What else can you do in addition to the Purification? While doing the 21- Day Program it is important to get consistent chiropractic adjustments! Your body will be going through a process and it will be important to stay aligned and get adjusted!

### Fun & Frosty December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Hanukkah Begins		8	9	10	11	12
13	14 Hanukkah Ends	15	16	17	18	19
20	21	22 Winter Solstice	23	24 Christmas Eve	25 Merry Christmas	26
27	28	29	30	31 NEW YEAR'S EVE		

### Herb Salmon

- 4 salmon fillets, about 6 oz. each
- 4 tablespoons fresh lemon juice (divided)
- Celtic Sea Salt and ground pepper
- 1/2 cup Dijon mustard
- 1 teaspoon olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

You can eat this while on The Purification Program!



### Directions:

Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan and drizzle 2 tablespoons of lemon juice over the top. Season with salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 tablespoons lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

## Today's Chiropractic Clinic

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~Serving Our Community Since 1990~



### Office Hours:

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

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