



Today's Chiropractic Clinic, P.S.

"Gentle effective back and neck care for the active family"

614 South 225th, Des Moines, WA 98198 Telephone: 206-878-BACK (2225)

www.todayschiropractic.net

Newsletter



Fall/Winter 2012

Dr. Charles M. Laycock

You Can Beat The Flu!!

Boost Your Immune System Naturally

1. **Get regular adjustments!** The best way to boost your immune system and keep everything functioning as it should!
2. **Get enough vitamin D** – Lack of vitamin D is the likely cause of seasonal cold and flu viruses. A recent large-scale study showed that people with low vitamin D levels were more prone to colds and bouts of the FLU.
3. **Take a probiotic** supplement and eat plenty of probiotic-rich, fermented foods – Protect your gastrointestinal system because eighty percent of your immune system, your body's natural defense against disease, is located in your gut!
4. Eliminate or drastically **reduce your sugar** intake – Sugar is a natural enemy of your immune system.
5. Get enough **sleep and rest** – Listen to your body. Take a break when you need to because your body will easily succumb to the flu or other viruses if you're always fatigued.
6. **Manage your stress** levels – A stressful lifestyle rarely leads to a healthy body. You can't separate wellness from emotions. How you deal with stress directly affects your state of health.
7. **Wash your hands!!** Singing "Happy Birthday" is the length of time you should take to wash your hands in warm, soapy water.

We have Vitamin D and Probiotics for sale in the Clinic



Find us on
Facebook

Come by the office to enter your name into
a drawing for a free Massage with Janis!!

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Fun Friday!!	3
4 Fall Back	5	6 VOTE YOUR VOTE COUNTS	7	8	9 Fun Friday!!	10
11	12	13	14	15	16 Fun Friday!!	17
18	19	20	21	22	23 Office Closed for Thanksgiving	24
25	26	27	28	29	30 Fun Friday!!	

**Be sure to call us at (206) 878-BACK (2225)
to schedule your appointments!!**

**HAPPY THANKSGIVING!! WE WISH
YOU ALL MUCH HEALTH & HAPPINESS!!**

Harvest Pumpkin Soup

INGREDIENTS:

- | | |
|------------------------------|--------------------------|
| 2 small pumpkins | 1/2 teaspoon ground sage |
| 3 cups chicken stock | 1 1/2 teaspoons salt |
| 3/4 cup heavy whipping cream | 4 tablespoons sour cream |
| 1/4 teaspoon ground nutmeg | |

1. Preheat oven to 400 degrees. Cut pumpkins in half and scoop out seeds. Spray a cookie sheet with non-stick cooking spray. Place pumpkins, flesh side down on the cookie sheet and roast until soft to the touch, about 45 minutes. Remove pumpkins from oven and let cool. Once pumpkins are cool scrape flesh from skins into a food processor. Discard skins.

2. Add chicken stock to the pumpkin and puree. Pour soup into a large saucepan and bring to a simmer over medium heat. Stir in cream, nutmeg, sage and salt. Mix well and remove from heat. Serve garnished with a dollop of sour cream.

