

Today's Chiropractic Weekly Handout

Dr. Charles M. Laycock



Going Bananas

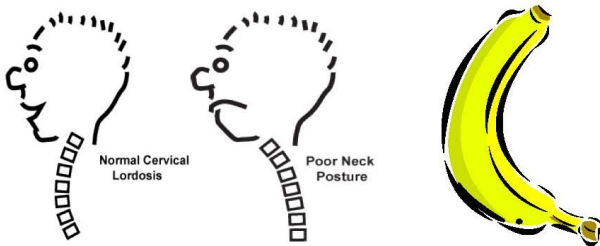

Just like a banana, every person's neck should have a smooth curve. Have you ever seen a banana without a curve?? Me either! As a matter of fact,

**What happens when you straighten out a banana?
It squishes it!**

The same thing happens when your neck straightens out...it squishes your spinal cord and prevents proper communication between the brain and body!

Sometimes this can cause some serious symptoms like headaches and neck pain. *Sometimes, however, it causes absolutely no outward symptoms at all and this is the most dangerous.* The work we do in our clinic is aimed at working with this curve, among others.

The next time you see a banana, I hope you think about Chiropractic and our office and that you share this information with others. We really are bananas about Chiropractic and we are bananas about helping people live happier, healthier lives!

Asparagus Frittata

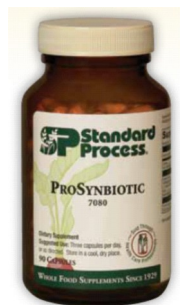
INGREDIENTS:

- 2 teaspoons olive oil
- 1 small onion, thinly sliced
- 1/2 teaspoon salt
- 1 pound asparagus, tough ends snapped off, spears cut diagonally into 1-inch lengths
- 4 large eggs, lightly beaten
- 1 cup shredded Gruyere or Swiss cheese

STEPS:

1. Heat olive oil into a 10-inch oven-proof frying pan over medium high heat. Add onions and salt and cook, stirring occasionally, until onions are softened, about 3 minutes. Add asparagus, reduce heat to medium-low, and cook, covered, until the asparagus are barely tender, 6 to 8 minutes. Pour in eggs and cook until almost set, but still runny on top, about 2 minutes. While cooking, pre-heat oven broiler.
2. Sprinkle cheese over eggs and put in oven to broil until cheese is melted and browned, about 3 to 4 minutes. Remove from oven with oven mitts and slide frittata onto a serving plate. Cut into wedges.

FEATURED PRODUCT:
ProSynbiotic is a synergistic blend of 4 research-supported probiotic strains and 2 prebiotic fibers to support gut flora and overall intestinal health. Among the many benefits, it supports the body's natural immune response and improves nutrient digestion/absorption.



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