

Today's Chiropractic Weekly Handout

Dr. Charles M. Laycock



Everyday Pollution Solutions

Simple Steps For Going Green

1. Use cast iron pans instead of nonstick. If you must use non-stick, take caution to not overheat it which releases chemicals into your food.
2. To **avoid chemicals leaching into food**, go easy on processed, canned or fast foods and never microwave plastic.
3. Buy organic, or eat vegetables and fruit from the "Clean 15" list. Check out **Issue 10** on our web site for the **Dirty Dozen/Clean 15 List**.
4. Use iodized salt to combat chemical interference from the thyroid.
5. Seal outdoor wooden structures to minimize exposure to arsenic and other **chemicals in the wood**.
6. Leave your shoes at the door. This cuts down on dust-bound pollutants in the home.
7. Avoid perfume, cologne and products with added fragrance. Search <http://www.ewg.org/skindeep/> to find safe cosmetics.
8. Buy products with **natural fibers**, like cotton and wool, that are naturally fire resistant rather than those that have added chemicals to make them fire resistant.
9. **Filter your water** for drinking and cooking.

May 2011

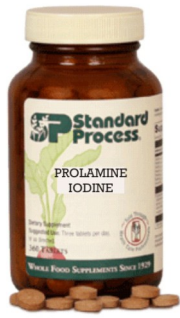
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy May Day!!	2	3	4	5 CINCO de MAYO	6 Fun Friday!!	7
8 Mother's Day!!	9	10	11	12	13 Fun Friday!!	14
15	16 <i>Be sure to schedule your appointments!</i>	17	18	19	20 Fun Friday!!	21
22	23	24	25 Fun Wednesday!!	26	27 <i>Office Closed...</i>	28
29	30  <i>For Memorial Day</i>	31	J U N E →	2	3 SPECIAL OFFICE HOURS: 8:30am-12pm 2:30pm-5pm	4



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Miss an issue of The Weekly Handout? Visit our web site to catch up on all of the past issues!

FEATURED PRODUCT:
 Prolamine Iodine contains 3 mg of Iodine and 20mg of Calcium for healthy serum Iodine levels. Healthy iodine levels helps support thyroid hormone production and function and helps protect the thyroid from exposure to radiation.



Today's Chiropractic Clinic
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Office Hours:
 Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm
 Tues: 8:30am-12pm & 2:30pm-5pm

~ Serving Our Community Since 1990 ~