

# Today's Chiropractic Weekly Handout



## The Story Of Colonel Sanders

Colonel Sander's story involved more than just fried chicken. Not many people know the details of his life story. Let me tell you a little more about him.

At the age of 66, after "retiring," Colonel Sanders decided he wanted to go into the "chicken business." He had what he firmly believed was the best fried chicken recipe in the world. He started out by going to local restaurants and offering the owners his recipe if they would give him just 5% of their increased fried chicken sales. He got no takers, so he went "on the road." From town to town, all across the country, he traveled in his old car, pitching his recipe. At times he was so broke that he actually lived in his car. He did this for *two years* and he still had no takers.

Despite being turned down over 2,000 times, he never gave up. Soon after all those rejections, someone did buy his recipe and it caught on. Well, most of you know the rest of the story. Colonel Sanders became the multimillionaire of Kentucky Fried Chicken and a businessman famous for his wisdom and tenacity. And this was all after he "retired." He lived to be 90 years old. When asked how he remained so active in his later years, Colonel Sanders said that he had a "secret." He told the reporter that he had been seeing his Chiropractor once a week for 56 years."

### FEATURED PRODUCT:

- Supplies multiple vitamins and minerals for complete, complex nutritional supplementation.
- Designed to bridge nutritional gaps in the diet.
- Encourages healthy cell functioning.
- Supports overall well-being



Dr. Charles M. Laycock

*Just in case you now have fried chicken on your mind, try this instead:*

### Quick & Easy Chicken Bake With Black Beans & Salsa

- 4 chicken breast halves
- salt and pepper or a spicy seasoning blend
- 1 can (16 oz.) black beans, drained and rinsed
- 1 can (12-15 oz.) whole kernel corn, drained
- 2 cups chunky salsa, divided
- 1 can (4 oz.) chopped mild green chile peppers, optional
- 1/4 cup chopped fresh cilantro, divided
- 6 ounces (1 1/2 cups) shredded Mexican cheese blend or mixture of Cheddar, Monterey Jack, and Colby cheeses

Heat oven to 350°. Lightly grease a 2-quart casserole or spray with nonstick cooking spray.

Wash chicken and pat dry. Sprinkle the chicken all over with salt and pepper or a spicy chicken seasoning blend.

Combine the drained beans, corn, 1 cup of the salsa, green chile peppers, and half of the cilantro. Put the mixture into the prepared baking dish. Arrange chicken over the bean and corn mixture, then spoon the remaining salsa over the chicken. Sprinkle with the remaining cilantro and top evenly with the cheese.

Cover tightly with foil and bake for 25 minutes. Remove the foil and continue baking for 10 minutes, or until chicken is tender and juices run clear.

Serves 4.

## 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