

The Weekly Handout

Issue 43, 2012

Dr. Charles M. Laycock

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY NEW YEAR					Fun Friday!!	
					Fun Friday!!	
	MLK				Fun Friday!!	
					Fun Friday!!	

Office Hours:

Mon: 8:30am-12pm & 2:30pm-6:30pm

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

Wed: 8:30am-12pm & 2:30pm-6:30pm

Fri: 8:30am-12pm & 2:30pm-6:30pm



Crock Pot Chicken

Ingredients:

- 2 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 1 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 large roasting chicken (with pop-up timer if possible)
- 1 cup chopped onion (optional)

Directions:

1. In a small bowl, combine the spices.
2. Remove any giblets from chicken and clean chicken.
3. Rub spice mixture onto the chicken.
4. Place in resealable plastic bag and refrigerate overnight. (you can skip this step if you are in a hurry).
5. When ready to cook, put chopped onion in bottom of crock pot.
6. Add chicken. No liquid is needed, the chicken will make it's own juices.
7. Cook on low 4-8 hours (depends on the slow cookers and the size of the chicken etc.).

BLOW OUT



Blow outs don't just HAPPEN!

They are the final "blow" in the deterioration of a tire.

I heard a story recently about a person who said they were perfectly healthy until they turned 50. They then had 6 stints put in their heart and had to have a triple bypass heart surgery not to mention a cancer diagnosis.

Do YOU think this person was healthy until they hit 50? Heck NO!!!! He just hadn't reached the crisis point but the damage had been done.

Think of it just like you would your tires, without actually getting out of the car and inspecting the tires you may assume that all is well because the car is still driving. Those that don't do this are the people who are dumbfounded when the tire blows and they are fighting to keep out of oncoming traffic.

DON'T do this with your health! Don't wait for a "blow out" to take your health serious. Maintain your health and your spine and ensure that you aren't "stranded" in the future!

Serving our Community Since 1990



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