

The Weekly Handout

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Dr. Charles M. Laycock

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Fun Friday!!	
					Fun Friday!!	
 Daylight Savings					Fun Friday!!	Happy St. Patrick's Day!
					Fun Friday!!	
					Fun Friday!!	

The Wellness Approach



The wellness approach is to look for underlying causes of any disturbance or disruption and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function.

Inside Out vs. Outside In

Let's look at one example of the difference between standard medical care and the wellness approach. If a patient has high blood pressure, a standard medical approach would be to ask the patient to take a drug that lowers blood pressure. This may serve to lower the blood pressure, but it not only **ignores the underlying cause that is making the blood pressure high, but also runs the risk of side effects.** Whether it's a nutritional issue, faulty control by the nerve system or a manifestation of stress, the medication could decrease the blood pressure, leaving the problem causing the symptom of high blood pressure unaddressed.

The main difference between wellness care and standard medical care is that **wellness care seeks to turn on the natural healing ability of the body.** Wellness care does not add something to the system, instead it removes anything that might interfere with normal function. **Wellness care trusts that the body would know what to do if nothing were interfering with it. This is what Chiropractic is all about!** Spinal adjustments remove the subluxations that prevent the proper nerve flow and normal functioning of the body.

When the body is working properly, it tends to heal effectively, no matter what the condition. **When the body heals and maintains itself well, then there is another level of health that goes beyond simply being "asymptomatic" or "pain-free" which reveals an open-ended opportunity for vitality, vibrant health, and an enhanced experience of life!!**



**Today's
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Wed: 8:30am-12pm & 2:30pm-6:30pm

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



Hurry-Up Black Bean Soup

Ingredients:

- 3 tablespoons olive oil
- 1 onion, finely diced
- 3 cloves garlic, peeled and finely chopped
- 1 teaspoon each paprika and chili powder
- 1 8-ounce can tomato sauce
- Juice of half an orange
- 4 15-ounce cans black beans, drained
- 3 cups chicken/veggie broth or water
- Salt
- For garnish: sour cream, diced avocado, chopped white onion, lime wedges, and toasted pepitas

Directions:

1. Heat the oil in a soup pot and sauté the onion over medium heat until it's translucent, around 5 minutes.
2. Add the garlic and the spices and sauté another half a minute, then add the tomato sauce and orange juice and bring to a simmer.
3. Add the beans and broth/water, along with salt to taste, and bring back to a boil, then turn the heat to low and simmer 15 minutes.
4. Use a potato masher or hand blender to puree some of the soup, then taste for salt and add more broth or water if the soup is too thick. Serve with garnishes.