

January 2017

# Today's Chiropractic Monthly Newsletter

## Help Your Sinuses Perform Their Best This Season!

Dr. Charles M. Laycock

### Sinus Forte may help to:

- Maintain healthy and normal mucus secretion in nasal passages
- Support a healthy response to environmental stresses
- Support healthy mucous membranes (particularly of the nose and sinus)
- Assist in maintaining healthy breathing passages to support free and clear breathing
- Encourage a healthy environment to help maintain normal respiratory flora
- Maintain normal respiratory tract function
- Support outer ocular health

*Sinus Forte is a great supplement to aid in you feeling your best this winter!*

Sinus Forte is a unique combination of Eyebright, Golden Seal, Golden Rod, Echinacea Purpurea Root, and Cayenne that is specifically formulated for sinus and respiratory support!



### 10 Sinus Health Foods!

1. Water
  2. Pineapple
  3. Peppers
  4. Horseradish
  5. Garlic
  6. Probiotics
  7. Antioxidants
  8. Ginger
  9. Turmeric
  10. Coconut Oil
- \*Avoid Dairy\*



### Turmeric Tea Ingredients:

- 1 Tsp cinnamon
- Pinch of clove
- Pinch of nutmeg
- Tsp fresh ginger (optional)
- Pinch of fresh ground black pepper
- As much turmeric as you can handle! Start with a teaspoon and go up from there.
- 1-2 Cups of water
- Raw honey to sweeten
- Milk sub of choice (I went with fresh coconut milk, but almond and hemp would both be delicious)



### Directions:

1. Simmer herbs and water together for 10 mins.
2. Strain out and add honey and milk.

### Quick Garlic Ginger Chicken

#### Ingredients:

- 3 Boneless, skinless, chicken breast halves
- 3 Cloves fresh garlic
- 3 Tablespoons ground ginger
- 1 Tablespoon olive oil
- 4 Limes juiced



#### Directions:

1. Pound the chicken to 1/2 inch thickness. In a large re-sealable plastic bag combine the garlic, ginger, oil and lime juice. Seal bag and shake until blended. Open bag and add chicken. Seal bag and marinate in refrigerator for no more than 20 minutes.
2. Remove chicken from bag and grill or broil, basting with marinade, until cooked through and juices run clear. Dispose of any remaining marinade.

## Today's Chiropractic Clinic

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~Serving Our Community Since 1990~

### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm  
Tues: 8:30am-12pm & 2:30pm-5pm