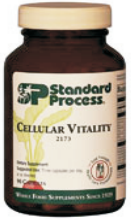


November 2015

Today's Chiropractic Monthly Newsletter



The Best Supplements to Keep You Energized This Fall

Dr. Charles M. Laycock

One great supplement to support energy is Rhodiola & Ginseng Complex. This is an herbal supplement that helps with staying energized! It promotes energy, vitality, and stamina. It also helps enhance mental clarity and cognitive function. This supplement will help support physical endurance and help maintain feelings of general well-being when feeling temporary stress.

If you are really looking to increase your energy it is ideal to take Rhodiola & Ginseng Complex WITH Cellular Vitality. Cellular Vitality is great because it supports the body as a whole but has specific emphasis on cellular processes and energy production. Together these supplements work great and will boost your energy levels and help with your overall health this fall!

Remember, it is important to use these supplements while still getting regular chiropractic adjustments. Both work on a cellular level to optimize the cellular process as well as help with energy production.

To feel a great energy boost as well as improved overall health try taking these supplements while getting regular chiropractic adjustments!

HEALTH TIP OF THE MONTH: To help increase energy, skip that morning coffee! Coffee gives off a false feeling of energy that wears off because it is a stimulant! Instead grab a well balanced breakfast to have energy all day!!

Autumn Squash Soup

Ingredients:

2 Tbs butter, at room temperature
2 Tbs extra-virgin olive oil
1 medium onion, chopped
1 medium carrot, peeled and chopped into 1/2-inch pieces
3 cloves garlic, minced
3 1/2 lbs butternut squash, peeled, seeded, and cut into 3/4-inch pieces (about 7 to 8 cups)
6 cups low-sodium chicken stock
1/4 cup chopped fresh sage leaves
Kosher salt and freshly ground black pepper



Directions:

In an 8-quart stockpot, add the butter and oil and melt together over medium-high heat. Add the onion and carrot and cook, stirring occasionally, until the onion is soft, about 5 minutes. Stir in the garlic and cook until aromatic, about 30 seconds. Add the squash and the chicken stock. Bring the mixture to a boil and add the sage. Continue to boil until the vegetables are tender, about 20 minutes. Turn off the heat. Using an immersion blender, blend the mixture until smooth and thick. Season with salt and pepper, to taste. Keep the soup warm over low heat.

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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