

# Today's Chiropractic Monthly Newsletter

## **Boost Your Health, Naturally!**

Dr. Charles M. Laycock

Adding **Vitamin D and Probiotics** in combination with your adjustments will give your immune system the boost it needs to fight all of those bugs going around!

### **Did you know that:**

- \*About **80% of your immune system** lives in your gastrointestinal tract.
- \*500 different species of bacteria live inside of you.
- \*About one hundred trillion bacteria live inside of you - more than **TEN TIMES** the number of cells you have in your whole body.
- \*The weight of these bacteria is about two to three pounds.
- \*Some of these bacteria are referred to as "good", but others do not provide any benefit. The ideal balance between them is 85% good, 15% "other".

Adding **GOOD bacteria** in the form of probiotics help keep this balance at healthy levels!

## **Parmesan Brussels Sprouts**

### **Ingredients**

- 3 Tablespoons of organic coconut oil
- 2 Cloves garlic, chopped
- 6 Organic Brussels sprouts, trimmed and halved
- 2 Tablespoons shredded Parmesan cheese, or more to taste
- Salt and ground black pepper to taste



### **Directions:**

1. Heat a frying pan over medium heat until hot, about 3 minutes. Melt 1 tablespoon of organic coconut oil; cook and stir garlic until fragrant, 30 seconds. Add another tablespoon of organic coconut oil and Brussels sprouts, cut-side down; cover and cook until golden brown, 4 to 6 minutes.
2. Flip Brussels sprouts; add last tablespoon of organic coconut oil. Cover and cook until other side is browned, about 3 more minutes. Transfer to a serving plate. Sprinkle with Parmesan cheese, salt, and black pepper.

## **Did you know that Vitamin D effects so much?**

- \*Eye Health
- \*Vascular System Health
- \*Respiratory Health
- \***Immune Health** - Most people feel better during the summer sunshine months, ever wonder why?
- \*Healthy Mood and Feelings of Well-Being
- \*Weight Management - Including carbohydrate and fat metabolism
- \*Hair and Hair Follicles
- \***Strong and Healthy Bones** - Vitamin D encourages Calcium uptake!
- \*Heart Health
- \*Cell Formation and Cell Longevity
- \*Skin Health
- \*Pancreatic Health
- \*Aging Process
- \*Sleep Patterns
- \*Hearing
- \*Reproductive Health
- \*Athletic Performance
- \*Muscles
- \*Proper Digestion and Food Absorption



Ask us about the supplements we have here!

## **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