



SUBLUXATION DOMINATION

McCormick Chiropractic

Volume 5, Issue 2

2015

OCTOBER

Coventry Office Workshops
Core Strengthening
October 6th at 6:30 PM

Getting The Best Results
October 13th at 6:30 PM

MOVIE NIGHT! ESCAPE FIRE
October 20th at 6:30 PM

Natural Remedies for the Cold & Flu Season with Susan Hess; Herbalist
October 27th at 6:30 PM

Learn how to build strong immune health before the cold and flu season hits by incorporating simple preventive measures, utilizing tonic herbs and stocking up on nutritious foods in the kitchen. Susan will also discuss comfort measure for sore throat, sniffles and cough, etc. Handouts will be provided.

Elverson Office Workshop
Lunch & Learn at 12:00 PM
Cold & Flu with Susan Hess
At Petrangeli's in Morgantown
Invite Your Friends!

**All Workshops are Complimentary For
Our Patients. Please Feel Free To Invite
Your Friends and Always
Remember To R.S.V.P.**

**Summer Weight Got Ya
Down?**

**Schedule a Free
Nutritional/Weight Loss
Consult Today!**

Don't Forget!
**We want to hear your
Chiropractic Testimonial!**

Share with us your Success
Story by seeing Kim!
See the Front Desk for more
Information on the above!

**Book Your Workshops
For Your Church
Groups, Men's or
Women's Group, Youth
Groups, Workplace or
anything else. We would
be happy to tailor our
workshops for your
needs. Speak with Lind-
sey for details.**

In The Community

10/06/2015

Dow Chemical Health Fair

10/07/2015

The Pottstown D.E.C
Stress Management

10/12/2015

OJR Benefit Fair

10/21/2015

Franklin Elementary School
Living The Dream

10/21/2015

The Elverson Halloween
Parade!

Take a green step...

 **sleep aid**

 **heart healer**

 **blood builder**

Pumpkin Seeds



Did you know?
Pumpkin seeds are a
sleep aid! They contain
the amino acid
tryptophan which
converts to serotonin,
giving you a great
night's sleep.
Sweet dreams!

Men's Health

Pumpkin seeds
are high in
zinc, which is
very good for
the prostate.
Great snack for
men!

Contains...

vitamin C
vitamin A
magnesium
potassium
zinc
&
fiber

The health benefits of pumpkins are in the seeds.

Pumpkin seeds are rich in easily digestible proteins which maintain healthy blood sugar. Healthy blood sugar is key in weight loss. They are high in magnesium which is great for the heart, and is also a natural relaxant.

The Wicked Witch of Weight Loss by the Doctors of McCormick Chiropractic

Does sugar cause you to cackle with delight and send spells of disdain to your waistline? Unfortunately, one of our favorite sweetie treaty holidays is upon us as you can see by any local grocery store. As in all ghoulish fairytales the wicked witch ensnares us with tantalizing sugar driven tricks that do not fool our waistlines.

Shall We Wait for Weight?

One of the most addictive substances on earth is not found in a drug den but right here in your local supermarket. That's right its not crystal meth but crystal cane. The cane extract, commonly known as sugar, by itself is natural and provides pleasant sweetness to our food and drinks. Without controlled limits it may begin an addiction that will later end in obesity and other health hazards.

Sugar is in nearly everything we eat. In the typical western diet, the amount of sugar that has been added to food products brings our consumption of the sweet stuff up to 22.7 teaspoons per day. To add to our natural intake, our processed foods have added more sugar in order to extend their shelf life. While we know that sugar is a huge contributor to weight gain, diabetes and heart disease, we still find it hard to resist. Simply we have been naturally programmed from birth to crave sweet things. One study at Washington University has revealed the direct correlation between the development of the sweet tooth to the very sweet concentration of sugar lactose that is first introduced to us through the form of human breast milk.

Other Scary Effects

When we consume sugar the hormone serotonin is released. Serotonin is released from the same area of the brain that responds to heroin and cocaine, which induces feelings of happiness and euphoria. This great feeling becomes very addictive. A current study has now shown how even the mere expectation of sugar can also affect our cognitive ability. The simple truth is that it's not always obvious where sugar is hiding in the foods we eat, but the more sugar we consume, the more we want. The sudden rush of sugar spurs the release of insulin, which causes the infamous "sugar rush", and makes us crave even more to combat the crash.

Breaking the Spell

Although sugar casts a powerful spell, it is possible to overcome an addiction to sugar and win the weight loss battle.

The key is to gradually use less sugar where you can, such as in coffee or tea and in your breakfast cereal. Reduce or eliminate your consumption of soda and water down any fruit juices you may drink. The benefit is that your body will adjust to the taste. After a few months, if somebody suddenly gives you a coffee with sugar in it, you may find it tastes odd. Also, avoid buying desserts from the store, and if you make your own, reduce the amount of sugar that is given in the recipe. Many baked goods use unsweetened applesauce as a substitute.

The Ruby Slippers

Looking for a way home to better health and weight loss. Follow the yellow brick road which leads to our office. Our expert team will help you break the spell of sugar and guide you with healthy nutritional counseling and optimal health recommendations. Just head to the front desk!

Remember Sugar Causes Subluxations!