



Happy St. Patrick's Day!

SUBLUXATION DOMINATION

McCormick
Chiropractic

Volume 5, Issue 3

03/01/2016

JUICY BENEFITS OF 14 FRUITS & VEGGIES



Grapefruits

Studies suggest that grapefruits (red & pink only) have important antioxidant benefits due to presence of lycopene



Cauliflowers

Contain glucoraphanin, which could be converted into sulforaphane to provide immune system benefits



Cantaloupes

Contain a diverse profile of nutrients like beta-carotene, which could lower the risks for developing asthma



Carrots

Contain an abundance of vitamin A, which is known for improving your vision and preventing eye diseases



Apples

Contain phytonutrients like apple polyphenol, which could help with regulating blood sugar levels



Bok Choy

Are a good source of omega-3s, which have been shown to help prevent heart diseases and strokes



Lemon/Limes

Are an excellent source of vitamin C, which is vital to the function of a strong and healthy immune system



Beets

Contain a specific type of fiber, which could provide health benefits such as reducing the risk of colon cancer



Papayas

Are a good source of dietary fiber, which has been shown to reduce high cholesterol levels



Kales

Contain an unusual mix of carotenoids and flavonoids, which have been shown to reduce the risk of cancer



Pears

Are also a good source of fiber, which could help reduce the risks of forming type 2 diabetes and heart diseases



Swiss Chards

Contain syringic acid, which could help people with diabetes by regulating blood sugar levels



Cranberries

Have proanthocyanidin (PAC), which is known to help treat and prevent Urinary Tract infections



Asparagus

contains a rich amount of glutathione, a compound that could help break down harmful carcinogens

Summer is Right Around
the Corner!

Are you ready?

Schedule a Free

Nutritional/Weight Loss
Consult Today!

See the Front Desk for more
Information on the above!

Do You **GOOGLE?**

Google Us. Write A Review
Spread the **WORD** about
CHIROPRACTIC!

WDYK?

(Who Do You Know?)

Who do you know that
needs chiropractic care?
Ask a staff member to
set aside an appointment
for your loved ones.

Have You Entered Our 1st
Irish Soda Bread Contest?

Please drop off your homemade
soda bread before **Thursday**
March 17th at 12 PM. The tasting
will start promptly at **5:30 pm** on
the 17th. All winners will be
announced at **6:30 pm** that evening.
Small tasting will be
available for all patients from
3:30 to 6:00 pm on the 17th.

In The Community

Book Your **Workshops** For Your **Church Group,**
Men's or Women's Group, Youth Groups,
Workplace or other community organization.
We would be happy to **tailor** our **workshops** for your
needs. Speak with **Lindsey** for details.

03/09/2016

Downingtown Senior Center

Relief from achy painful joints

03/14/2016

Cedarville Church Men's Group

Living To 100

03/19/2016

Boyetown Wellness Fair

UPCOMING WORKSHOPS

Coventry Office Workshops

Getting The Best Results
March 1st at 6:30 PM

Massage For Stress w/Becky Buzby
March 8th at 6:30 PM

Core Strengthening
March 15th at 6:30 PM

Fatigue Workshop
March 22nd at 6:30 PM

Golfing For Life with Gene Carpino
March 29th at 6:30—You could win a complimentary greens fee for Ravens Claw!

Elverson Office Workshop

Lunch & Learn

Is Live Food For You?

With Scott From Jacobs Raw Food
March 9th at 12:00
in the **Elverson Office.**

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

Bring It On! Weight Loss and Nutrition in Pottstown

This is it! You have committed to eat right and loss the weight you promised to lose every year.

Remember that statement you made on New Years? We know you do and want you to reach out and let us help you conquer finally that resolution to lose weight and to keep it off.

The Inside Glimpse

As a nation, the United States is heading toward a sedentary, obese and very unhealthy condition. Individual sickness, unhealthy eating, pharmaceutical drug intake and personal disability are all on the rise. Lost time at work and even the costs for premature death are adding up to billions of dollars annually. The question of where to turn for a healthier lifestyle, one which is based on sound practices, together with the elimination of pain and reduced sickness eludes many, many people. Yet, the solution is staring Americans right in the face daily.

The 21st Century Weight Loss and Nutritional Counseling Coach

A chiropractor, by training and experience, offers a great deal more to the public than merely skeletal system adjustments and increased function of the nervous system of the body. This alone is a tremendous service, but it is only part of a chiropractor's many skills which could help to put you back on track to better health and fitness. As a health team, a chiropractor understands that a true weight loss program will need to be built into your lifestyle that will let allow new eating habits and proper views on food to be formed. A true weight loss program is created to not only create the loss of unwanted pounds but sustainable lifestyle choices. The experienced team that includes a chiropractor also takes into account if you have a chronic health condition or food allergy for the best medical advisement. With proper dietary advice, you can finally achieve sustained medical weight loss with wonderful support of a fully committed cheering section!

Charge Up!

Taking charge of your health now is the best way to reduce your risk for long-term health problems and chronic conditions, including diabetes, obesity and heart disease. When you follow our plan exactly as recommended, significant change is almost always the end result. So definitely remember that chiropractors do more than simply treat pain or manage symptoms – we treat the entire body. So no longer let your emotions, procrastination, or excuses stand in your way of creating your best and healthiest body yet!

SMOOTHIE OF THE MONTH

Shamrock Shake – Healthy

1 can coconut milk

1 avocado, peeled and seed removed

3 tablespoons pure raw honey, (or other sweetener of choice)

1 cup of ice

1 tablespoon pure vanilla extract

1 teaspoon pure peppermint extract

Put everything in the blender and blend. Enjoy!

