

POWERFUL LIFE CHIROPRACTIC

August newsletter



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Directional Non-Force Chiropractic tm

...for the day is you, and the light is you, and all the beautiful, beautiful awaiting life is you. -Karin Boye

What are the advantages of Directional Non-Force Chiropractic?

Some potential patients have been reluctant to receive chiropractic care because they do not like the type of thrusting and popping sounds, which they might receive with conventional chiropractic. D.N.F.T. involves no hard thrusts or popping sounds as the correction is delivered by light impulse of the thumb. Many patients appreciate the specificity and attention to detail, which results in profound and long lasting corrections to their problems. Another advantage is the relatively few number of visits required for both initial correction and maintenance.



Powerful Tip:

Chew your food slowly, allowing 30 seconds for each bite. Food serves as a dazzling reminder of the simple and constant pleasures of life.

Antibiotics may lead to allergies and asthma

Chiropractic helps keep your children away from antibiotics by developing natural immunity. Keeping your child antibiotic-free may also prevent allergies. Researchers have disclosed findings, as confirmed by earlier studies, that children who use antibiotics increase their risk for developing allergies. The mechanism appears to be that antibiotics alter the normal balance of intestinal bacteria and fungi resulting in increased hypersensitivity.

Presentation from the American Society of Microbiology May 2004

August's Healthy Recipe

Tofu Hummus

Try this super easy twist on traditional hummus!

Ingredients:

- ◆ 1 15oz can garbanzo beans
- ◆ 8oz tofu
- ◆ 1 tablespoon tahini
- ◆ 1 tablespoon olive oil
- ◆ 2 teaspoons garlic, minced
- ◆ 1/4 teaspoon cumin
- ◆ 1/4 teaspoon red pepper

Prep:

In a food processor, blend all ingredients into a smooth, creamy dip.

Please feel free to share this newsletter with friends and family!