



2018  
happy new year

**Newsletter**

**January, 2018**

### **Let's Live in Gratitude**

There is always a sense of relief in getting all the holidays behind us. We are all in such a hurry, getting ready for Christmas and doing all the shopping. We want everything to be perfect.

Our lives are busy enough without adding all the holiday stress. It makes it hard to "live in the moment." Each day is special! Each moment is a gift and we need to slow down and enjoy these gifts from God. We need to live in gratitude. Each day is a blessing and we need to make the most of each one. Be grateful for each moment we get to spend with our children, grandchildren, friends and loved ones.

Make a conscience effort to be "present" when you are with someone. Not being on your phone, texting, emailing or making lists in your head. Give that person your undivided attention. You never know when it may be the last time you are in their presence.

There's a Chinese proverb which states "People in the West are always getting ready to live". There is a remarkable truth to this proverb. As we are growing up, we can't wait to get out of the house. Then we can't wait to get through college and get a job. Then we can't wait until our vacation and finally, we can't wait until retirement. As the Chinese proverb states, we never really live...we're too busy getting ready to do so.

Again, appreciate and be grateful for each special moment in each day...be present and LIVE in the moment.

**Dr. Kelling**



- It's Time,  
For A New Beginning -

"...old things are passed away; behold, all things become new."

II Corinthians 5:17

**Any changes made to your **insurance** carrier or plan?**

Please make sure to  
notify the front desk of any new plans  
or any changes that take effect

**In 2018**

**THANK YOU!!!**

# Benefits of Bone Broth

**Digestion:** Nature rarely seems to make foods that are healthy for only one reason, and bone broth is no exception. As well as keeping your knees free from disturbing crunchy noises every time you move, it also helps improve digestion in a variety of ways. Glycine, for example, is useful because it stimulates the production of stomach acid. Stomach acid deficiency leaves your food sitting there in your stomach, half-digested, and the pressure from your stomach being so full can force acid up into the esophagus. By prompting your body to secrete more stomach acid, glycine can help prevent or treat this painful and potentially dangerous problem. This makes bone broth a delicious supplemental food for anyone suffering from acid reflux or IBS. Adding to its metabolic virtues, glycine is also an important component of bile acid, which is necessary for fat digestion in the small intestine, and also helps maintain healthy blood cholesterol levels. Especially for people who are new to Paleo and switching from a carb-based to a fat-based diet, this has the potential to keep the digestive process running a lot more smoothly.

Glycine isn't the only useful protein for gut health, either. Glutamine, another amino acid found in bone broth, is a natural remedy for "leaky gut," that unpleasant and dangerous condition where the barrier between your gut and the rest of your body isn't working properly, allowing molecules that should stay inside the gut to cross over into the bloodstream and potentially set off a cascade of autoimmune reactions. Glutamine helps maintain the function of the intestinal wall, preventing this damage from occurring.

**Detox:** Glycine also helps in detoxification. Glycine gives the liver a hand up in removing anything dangerous from the body – for example, in one rat study, rats fed glycine showed significant improvements in recovery from alcohol-induced fatty liver disease compared to rats that weren't.

Glycine is also necessary for the synthesis of glutathione and uric acid, the body's most important endogenous antioxidants. Glycine assists in production of the endogenous (internally produced) antioxidants and is much more useful for reducing oxidative stress than taking Vitamin C or other antioxidant supplements.

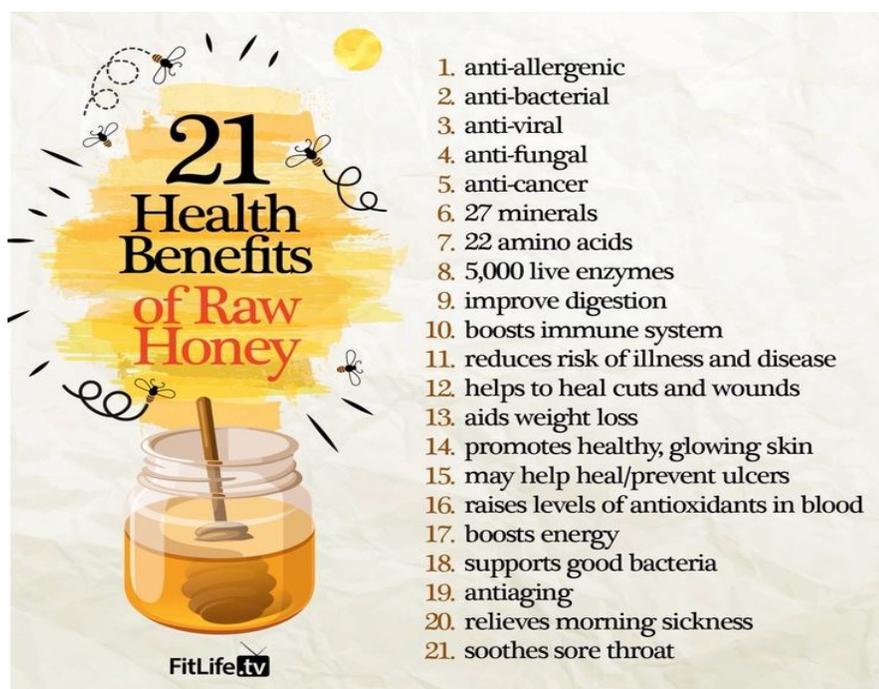
Yet another detox-related benefit is that glycine helps clear out excess methionine, another amino acid found in large quantities in eggs and muscle meat. Methionine is an essential amino acid, but too much of it can raise blood levels of another amino acid called homocysteine, and the process of breaking down homocysteine increases the body's need for B vitamins (thus increasing the risk of B vitamin deficiency even if your intake is adequate). Glycine from broths and cartilage can help break down homocysteine without the need for B vitamins. This is a perfect example of the wisdom of traditional cultures in eating every part of the animal: the proteins in the muscle meat and the proteins in the connective tissue balance each other out for optimal nutrition.

As well as the major benefits above, there's also a grab-bag of miscellaneous other reasons to get your broth in. In general, all the proteins in bone broth are strongly anti-inflammatory. This may actually be why some of them are so helpful in treating osteoarthritis (an inflammatory autoimmune disease), leaky gut (an inflammatory precursor to autoimmune diseases), and other chronic inflammatory conditions like joint pain or fatty liver disease. Another interesting anti-inflammatory benefit of the proteins in bone broth is more rapid recovery from injury. Under the stress of an injury or disease, the body's needs for these amino acids increases – that's why many of them are considered "conditionally essential" even though technically they aren't required in the diet because it's possible to synthesize them from other sources. During periods of increased physical demands or stress, the body needs more of these amino acids than it can produce, so they do become "essential," and getting more of them can speed recovery. The most notable examples of this are arginine and glutamine, both found in bone broth. Supplemental dietary arginine helps speed wound healing by supporting the formation of collagen. This may be through conversion to proline (although supplemental proline does not have the same effect) or through some other pathway. Glutamine also helps reduce healing time in hospital patients, and recovery time in athletes on an intense training regimen. Another fringe benefit of broth is that glycine is an inhibitory neurotransmitter, meaning that it helps you relax. One trial found that glycine supplements also improved sleep quality and reduced daytime sleepiness. So a hot mug of bone broth might be just the ticket to wind down after a long day.

## 6 Tips for Recognizing Real Extra Virgin Olive Oil

**Extra virgin olive oil (cold pressed) is the best.** The problem is: How do we know if it is the real thing and not an olive oil fraud oil?

1. Do not buy light olive oil or a blend; it isn't virgin quality.
2. When extra virgin olive oil costs less than \$10 a liter, it may not be real.
3. Only buy oils in dark bottles, as this protects the oil from oxidation.
4. Look for a seal from the International Olive Oil Council (IOC)
5. Look for a harvesting date on the label.
6. Olive oil can get old and rancid. A simple test for a "good" olive oil is to taste a little on a spoon. Not rancid, real olive oil will have a fruity taste in the front of your mouth and a peppery taste in the back of your mouth.



**21 Health Benefits of Raw Honey**

1. anti-allergenic
2. anti-bacterial
3. anti-viral
4. anti-fungal
5. anti-cancer
6. 27 minerals
7. 22 amino acids
8. 5,000 live enzymes
9. improve digestion
10. boosts immune system
11. reduces risk of illness and disease
12. helps to heal cuts and wounds
13. aids weight loss
14. promotes healthy, glowing skin
15. may help heal/prevent ulcers
16. raises levels of antioxidants in blood
17. boosts energy
18. supports good bacteria
19. antiaging
20. relieves morning sickness
21. soothes sore throat

FitLife.tv

### Where to Buy Local Honey:

The best places to find raw honey are in the local neighborhood near you. As a cottage industry that has gotten a major boost in recent years, local farmers markets and co-ops always have raw honey for sale. You can also go to larger stores and chains, which have seen the trend and gotten on

board. Try everything from small health foods stores to major big-box brands, such as Target and Walmart..

# Roasted Asparagus and Fennel Recipe

## Ingredients:

- 1 bunch asparagus, trimmed
- 2 medium oranges, sliced thinly
- 1 medium organic fennel bulb
- 1 cup orange juice
- ¼ cup coconut oil, plus 2 tablespoons
- 2 tablespoons sherry vinegar or apple cider vinegar
- ¼ teaspoon fennel seeds, toasted and crushed in mortar and pestle or spice grinder
- ½ teaspoon honey (optional)
- ½ teaspoon sea salt
- ¼ teaspoon black pepper, freshly ground
- 1 tablespoon pistachio nuts, chopped



## Instructions:

1. Preheat oven to 450° Fahrenheit.
2. Toss asparagus with the 2 tablespoons of coconut oil and a pinch of salt. Line an oven safe dish with parchment paper and spread the asparagus out in a single layer. Roast until tender, about 8-10 minutes.
3. Peel and section oranges over a bowl, to reserve juice.
4. Trim brown ends from the fennel bulb and cut vertically into very thin slices.
5. To make dressing, bring 1 cup of orange juice to a boil over high heat. Reduce heat to medium low and simmer until juice is reduced by half, about 20 minutes. Transfer to a small bowl and let cool. When cool, slowly add coconut oil, whisking constantly. When blended, add vinegar, fennel seeds, honey, salt, and pepper. Whisk to blend.
6. Place oranges and fennel in a large bowl and toss with dressing. Serve and garnish with pistachio nuts.

## 5 Benefits of Doing Planks

- 1. A Toned Belly** Planking will help build your deep inner core muscles that lay the groundwork for that six-pack look. As your abdominal muscles become stronger, your mid-section will tighten
- 2. Reduce Back Pain** Planks work for back pain because they strengthen your core, which has the pleasant “side effect” of reducing back pain. They also strengthen your back muscles, especially those in your upper back.
- 3. Flexibility** While building strength, planks also increase flexibility in your posterior muscle groups. The muscles around your shoulders, collarbone, and shoulder blades will expand and stretch as will your hamstrings and even the arches of your feet and your toes.
- 4. Improve Your Mood** Virtually every exercise has the potential to give you a mood boost, and planks are no exception. Planks are unique, however, in that they help stretch and ultimately relax muscles groups that often become stiff and tense from prolonged sitting. The tension release that planks provide is uplifting for your spirit.
- 5. Improve Your Balance and Posture** To do a plank correctly, you must engage your abs to stay upright. Side planks or planks with extensions are particularly beneficial for building balance, as are planks performed on a stability ball. To test and strengthen your balance, try a side plank with a leg raise – get into side plank position, then lift your top leg and hold for one count. Lower it and repeat, then switch sides. In addition, planks work all the muscles you need to maintain proper posture, like your back, chest, shoulders, abs, and neck. If you do planks regularly, you’ll find you’re able to sit or stand up straighter with ease.

## Chiropractic is For More Than Just your Back

There is a common misconception that chiropractors only treat back and neck pain, and any pain that is not coming from the spine, a chiropractor cannot help. This is simply not true. Our bodies have many different joints that can get stuck. As chiropractors, we are taught to find those areas that aren't moving well and get some motion into those joints. A large part of our training is about learning different joint, nerve and muscle problems all over the body as well how to treat those problems. Chiropractors are definitely spinal experts but more accurately, we are motion and joint experts. There are a lot of conditions that we have great success treating that require some work outside the spine

such as carpal tunnel syndrome, plantar fasciitis, tennis elbow, and biceps tendonitis. The above is not a comprehensive list, but the point is if you have a problem in your hands, knees, elbows or anywhere outside of your spine, let one of us know what is happening and we can do our best to help. Don't keep your aches and pain to yourself, let us know so we can do our job and get you feeling great.

*Dr. Newberry*

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### How Exercise Affects Your Immune System

The immune system contains organs, tissues and cells that protect against acute and chronic health conditions. While there are a number of ways in which you can build a stronger immune system, incorporating physical activity can be especially effective.

Exercise has long been touted as a must when it comes to promoting a long, healthy life. In fact, research suggests that exercise cannot only be helpful when it comes to preventing chronic illness - such as cardiovascular disease and cancer - but can actually protect you from more acute illnesses, including the common cold.

When it comes to boosting immune system function with exercise, more isn't always better. In fact, there are reports that suggest that individuals who engage in high-intensity exercise for an extended period of time - such as that which may occur when training for a long-durance foot or bike race - may actually experience an increase in the release of cortisol and epinephrine in their bloodstream. Increases in the release of these hormones may significantly reduce the effectiveness of circulating immune cells. As immune cells become less effective, they experience difficulty when it comes to fighting off acute illness. This decrease in immune cell function may last for several days following the completion of high-intensity exercise bouts. Exercising at the right intensity level has been proven to be effective when it comes to boosting immune system function. To maximize immune system function, exercisers should choose the right type and intensity of physical activity. Aim for 60 minutes of aerobic exercise at a moderate intensity daily.

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**As soon as we free ourselves from the mirage of hurrying time, we are alive again, as in childhood, to the ecstasies of ordinary life.**

**Alan Watts**

**If you don't follow your heart, you might spend the rest of your life wishing you had.**

**Bridgette Nicole**

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**M-W-F 8:00am -6:00pm**  
**Tue & Thur 12:00pm-6:00pm**

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**Dawn, Hilary and Cheryl –Massage**  
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