



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

People want to know – what does it take to be healthy? What habits and behaviors are likely to lead to more vitality? How do we avoid getting sick, and spend more of our time being well?

There are three basic steps each of us can take to walk the path of good health.

First, we need to learn to eat right. Providing quality fuel for this human machine is critical in maintaining and developing the best health possible. While there are many styles of good eating, there are a few simple guidelines we must all respect:

- eat enough but not too much
- stick with fresh whole foods over processed foods
- avoid toxic substances like preservatives, food additives and colorings
- strike a proper balance between proteins, fats and carbohydrates
- drink water
- supplement with vitamins and minerals from natural sources

Second, we need to think right, creating a healthy mindset that helps us deal with the stresses of our lives effectively. Developing supportive self-talk, practicing meditation or just quiet introspection, and sleeping sufficiently can lead to a better attitude and more happiness.

Third, we need to move right, through appropriate exercise, proper breathing, good posture and maintaining your structure and nerve system with chiropractic care. Including yoga, stretching or martial arts helps to create balance and coordination.

Addressing these three basic needs, eating right, thinking right, and moving right, will lead to a better quality of life with less illness and more productive time throughout your life. Take the responsibility to notice where you could improve, and make good decisions to enhance your lifestyle – it will pay off for you, as it has for millions of people who are adopting the wellness way of life.



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## Healthy Summertime Recipes

Here are some delicious, nutritious dishes you can include in your summertime menu:

### Jalapeno-Lime Corn on the Cob *(Courtesy of Rachel Ray)*

#### Ingredients:

1 stick butter	1 teaspoon sweet paprika
1 lime, juiced and zested	1 clove garlic
1 small jalapeno, seeded	1 slice bread, of any kind
6 ears corn on the cob, husked	Coarse salt

#### Directions:

Combine butter, lime, jalapeno, garlic and paprika in food processor and pulse process until smooth. Place on waxed paper or plastic and roll. Place in freezer until ready to serve. Cook corn by boiling, steaming or grilling. Cut disks of butter and rub onto corn, nesting the butter in a slice of bread to apply it to the hot corn. Season ears with salt (and fight over the hot buttered bread slice!)

### Asparagus, Artichoke and Mushroom Saute with Tarragon Vinaigrette *(courtesy of Giada De Laurentis)*

#### Ingredients:

##### Vegetable Saute:

2 tablespoons olive oil	1 bunch asparagus (1 pound), sliced into 3-inch pieces
1 large shallot, sliced	8 ounces mushrooms, sliced
1 clove garlic, minced	1 (8-ounce) package frozen artichoke hearts, thawed
1/2 teaspoon salt	1/2 pint teardrop tomatoes, halved
1/4 teaspoon freshly ground black pepper	

#### Tarragon Vinaigrette:

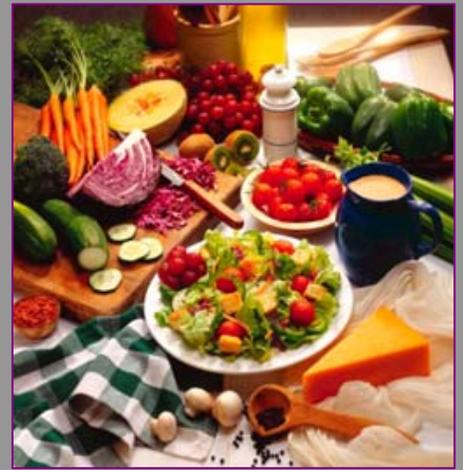
6 tablespoons extra-virgin olive oil
3 tablespoons white wine vinegar
2 tablespoons chopped fresh tarragon leaves
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

#### Directions For the Vegetable Saute:

Warm the oil in a large skillet over medium-high heat. Add the shallot and the garlic and cook until tender, about 2 minutes. Add the mushrooms and cook until golden, about 5 minutes. Add the asparagus and artichokes and cook until the asparagus is tender, about 5 more minutes. Turn off the heat and add the tomatoes, salt and pepper and reserve.

#### Directions For the Tarragon Vinaigrette:

Combine the oil, vinegar, tarragon, salt and pepper in a glass screw-top jar. Seal the jar and shake vigorously to mix the vinaigrette. Toss the vegetables with the vinaigrette and serve.





*“Easy, fun recipes like this combine healthy ingredients with interesting new flavors your family will enjoy!”*

## Healthy Summertime Recipes

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Farro Salad with Grilled Eggplant, Tomatoes and Onion *(courtesy of Bobby Flay)*

Farro is a food product consisting of the grains of certain wheat species in whole form. It is sold dried and is prepared by cooking in water until soft, but still crunchy (many recommend first soaking overnight). It may be eaten plain, though it is often used as an ingredient in dishes such as salads and soups. It is sometimes ground into flour and used to make pasta or bread.

### Ingredients:

1 1/2 cups farro  
1/2 pint grape tomatoes, washed and sliced in 1/2  
Salt and freshly ground black pepper  
1/4 cup chopped fresh dill, plus more for garnish  
3 Japanese (baby) eggplants, halved Olive oil, for brushing  
1 small red onion, peeled, halved, and thickly sliced  
Sherry Vinaigrette, recipe follows

### Directions:

Cook farro in a large pot of boiling salted water until just tender, about 15 minutes. Drain well and place in a large bowl. Heat grill to high. While the farro is cooking, brush the eggplants and onion slices with oil and season with salt and pepper. Grill for 3 to 4 minutes on each side or until just cooked through. Remove from the grill and cut into 1-inch dice. Add the eggplant and onions to the farro along with the tomatoes and dill. Pour Sherry Vinegar over the farro mixture and stir to combine. Garnish with additional dill. Best served at room temperature.

### Sherry Vinaigrette:

1 small shallot, finely chopped  
1/4 cup sherry vinegar or balsamic vinegar  
2 teaspoons Dijon mustard  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1/4 cup chopped fresh dill  
1/2 cup olive oil

Whisk together the shallot, vinegar, mustard, salt, pepper, and dill in a small bowl. Slowly whisk in the oil until emulsified.

Easy, fun recipes like this combine healthy ingredients with interesting new flavors your family will enjoy! You can find lots more at [www.foodnetwork.com](http://www.foodnetwork.com).



## The Importance of Sleep

Simple as it may seem, getting enough quality sleep is one of the most important things you can do to safeguard and improve your health. Here are six reasons you need to get sufficient sleep, according to the Harvard Women's Health Watch:

1. **Learning and memory:** Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.
2. **Metabolism and weight:** Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
3. **Safety:** Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
4. **Mood:** Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
5. **Cardiovascular health:** Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
6. **Disease:** Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

Healthguide.org offers these tips on getting and staying out of sleep debt:

While you can't pay off sleep debt in a night or even a weekend, with a little effort and planning, you can get back on track.

- **Aim for at least 7.5 hours of sleep every night.** Make sure you don't fall farther in debt by blocking off enough time for sleep each night. Consistency is the key.
- **Settle short-term sleep debt with an extra hour or two per night.** If you lost 10 hours of sleep, pay the debt back in nightly one or two-hour installments.
- **Keep a sleep diary.** Record when you go to bed, when you get up, your total hours of sleep, and how you feel during the day. As you keep track of your sleep, you'll discover your natural patterns and get to know your sleep needs.
- **Take a sleep vacation to pay off a long-term sleep debt.** Pick a two-week period when you have a flexible schedule. Go to bed at the same time every night and allow yourself to sleep until you wake up naturally. No alarm clocks! If you continue to keep the same bedtime and wake up naturally, you'll eventually dig your way out of debt and arrive at the sleep schedule that's ideal for you.

**Make sleep a priority.** Just as you schedule time for work and other commitments, you should schedule enough time for sleep. Instead of cutting back on sleep in order to tackle the rest of your daily tasks, put sleep at the top of your to-do list.



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