



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,

The holidays are about getting together with loved ones and, of course, enjoying delicious holiday foods. But too often, we find ourselves falling to the trap of poor eating habits, a mistake that is easily corrected with a few good decisions and a little self control.

The Academy of Nutrition and Dietetics (eatright.org) makes these recommendations for better holiday eating.

1. Make realistic goals. For most of us, the holiday season is usually not the best time to increase your stress by trying to lose weight. Plan accordingly.
2. Use smaller plates if possible at your buffet table.
3. Eat a healthy snack before going to a party so you're not as hungry.
4. Conversation is calorie-free, but move away from the buffet so you won't be tempted to eat absent-mindedly while you talk.
5. Scope out the buffet before you step up to make your selections, to avoid overloading your plate.
6. Balance what you eat at parties with what you eat during the day.
7. Remember that beverages contain calories as well. Cocktails, beer and wine, home-made punches and chocolaty drinks tend to have sneaky calories you may not expect. Consume these in moderation!
8. Watch your portion sizes, and take small "tastes" of high calorie dishes.

In this holiday season, put the right emphasis on food, and more on the relationships with the people you love. If you concentrate on the joy of the season, you'll be less compelled to overeat. Follow these simple guidelines, and you'll be eating healthy for the holidays!

Nine Reasons To Visit Your Chiropractor During The Holidays

With all the hustle and bustle that comes along with the holiday season, many people forget how important it is to stay healthy – remember, nothing spoils a party more than not being able to go to it! So here are ten reasons to visit your doctor of chiropractic during the holidays.

1. You'll probably be carrying heavy bags of groceries and gifts or moving heavy furniture around, so you'll want to watch out for your structure and avoid unnecessary injury. Get some coaching on proper lifting from your chiropractor.
2. You'll probably be eating differently, probably more food and a greater variety of foods, often not the most slenderizing choices, so you want to tune up your digestion and help your organs process your food as efficiently as possible.
3. You'll probably be working long hours and losing sleep, staying up late and getting up early to get things done, so you want your brain and nerves to get the extra relaxation and better function that comes along with a healthy spine.
4. While it's great to spend quality time with family and friends, it's also stressful, and chiropractic adjustments reduce stress.
5. You need as much energy as possible to get everything done, and chiropractic care increases energy production in your cells.
6. The children have time off so it's easier to coordinate their checkups.
7. For those friends and family that you're having trouble deciding on an appropriate present, you can always give the gift of health in the form of a gift certificate for an exam at your chiropractor's office.
8. You want to be at your absolute best to enjoy the wonder of the season, so streamline your brain with a visit to your chiropractor.
9. You'll probably be working harder than ever, and you deserve a little reward for yourself.

As busy as you may be during the holidays, find time to take good care of your body – it's common sense, and it will repay you many times over for your good judgment.

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Two Healthy Dessert Recipes Your Family Will Love!

Gluten Free Blueberry Muffins

2 cups gluten-free all-purpose baking flour	2/3 cup rice milk
1/2 cup canola oil	1 teaspoon kosher salt
2 teaspoons baking powder	1 tablespoon vanilla extract
2/3 cup agave nectar	1 teaspoon psyllium fiber or chia seeds (as thickener)
2 teaspoons baking soda	1 cup fresh blueberries
	1 teaspoon ground cinnamon

Directions

Preheat the oven to 325 degrees F. Line a standard 12-cup muffin tin with paper liners. Whisk dry ingredients in a medium bowl. Add the wet ingredients and stir until smooth. Fold in the blueberries, distributing evenly. Pour 1/3 cup of the batter into each prepared cup, almost filling the cup. Bake the muffins on the center rack for 22 minutes, rotating the pan 180 degrees after 15 minutes. When an inserted toothpick comes out clean, remove and let stand for 15 minutes, then transfer to a wire rack and cool completely. Store airtight at room temperature for up to 3 days.

Pear Almond Tart

2 firm Bartlett pears, peeled, cored, and sliced into 12 wedges each	1/2 cup granulated sugar
Nonstick cooking spray	3/4 cup all-purpose flour
1 tablespoon lemon juice	1/2 teaspoon baking powder
1 tablespoon dark brown sugar	1/4 teaspoon salt
1/2 cup raw almonds	1 large egg
	1 teaspoon grated lemon zest
	2 1/2 tablespoons unsalted butter, chilled

Directions

Preheat oven to 375 degrees. Mist a 9 1/2-inch tart pan with cooking spray. Toss pears with lemon juice and brown sugar in a medium bowl. Pulse almonds and granulated sugar in food processor until light and fluffy, then add flour, baking powder and salt. Add the egg and lemon zest and slice in the butter. Pulse until the mixture just begins to come together.

Turn the dough into the pan and press it over the bottom. Arrange the pears over dough in a circular pattern. Brush the fruit with a teaspoon of the brown sugar-lemon juice mixture remaining in the bowl, reserving any leftover liquid. Bake 45 to 50 minutes, until dough is puffy and golden brown. Brush fruit with brown sugar-lemon juice mixture after 40 minutes. Let cool slightly in the pan before serving.

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How Gratitude Reduces Stress

In this wonderful season of Thanksgiving, we've all experienced the good feelings of expressing and receiving gratitude – it has a lovely emotional impact that makes us feel good.

But there is also a positive effect on your health. Being grateful changes your focus away from your problems, relieving stress. It stimulates areas of the brain responsible for producing an amazing chemical called dopamine, which makes you happier and healthier, and motivates you to generate more of your healthy, constructive habits.

In "Awaken The Giant Within," Tony Robbins suggests that you ask yourself questions each morning to reduce your stress, improve your performance and feel as good as you can. (from Morning Questions: Use The Power Of Questions To Change Your Life, <http://training.tonyrobbins.com>)

1. What am I most happy about in my life now? What about that makes me happy? How does that make me feel?
2. What am I most excited about in my life now? What about that makes me excited? How does that make me feel?
3. What am I most proud about in my life now? What about that makes me proud? How does that make me feel?
4. What am I most grateful about in my life now? What about that makes me grateful? How does that make me feel?
5. What am I enjoying most in my life right now? What about that do I enjoy? How does that make me feel?
6. What am I committed to in my life right now? What about that makes me committed? How does that make me feel?
7. Who do I love? Who loves me? What about that makes me loving? How does that make me feel?

Get into the habit of asking yourself positive questions – it will help you guide yourself to a less stressful and more productive life. And consider all you have to be thankful for – it will put a smile on your face, help you face your adversities with love and compassion, and even reduce your stress and make you healthier!

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