



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,

We all love giving and receiving gifts in the holiday season – such gestures of love are invariably appreciated, and there's no better way to celebrate a happy occasion than with generosity and gratitude.

But even the wealthiest among us would not be able to enjoy their fortunes without good health. Your health may well be your most precious asset, because in the absence of your health, it would be impossible for you to get the most out of all of your other resources.

Consider health-related holiday presents like yoga classes, exercise equipment, running shoes, or health club memberships. Healthy recipe books, superfood bars, cleanses or nutritional supplements can serve as healthy stocking stuffers. You can even plan healthy vacations, built upon fun outdoor activities or some aspect of healthy lifestyle, like sailing, martial arts, meditation or skiing.

At this wonderful time of year, please remember to offer the gift of health to those you care about, and bring them to your doctor of chiropractic for a check-up. Some may be showing the signs of stress, while others may just need some wellness lifestyle recommendations, but either way, this is one gift you can give that will keep on giving.

Five Healthy Holiday Habits

As entertaining and enjoyable as the holidays may be, it's also a stressful time, and that's why it's important to follow a few simple guidelines that will help you stay healthy through this season.

1. Get enough rest. You'll be asking a lot of yourself, physically, mentally, and emotionally – it puts tremendous pressure on your brain to not only handle all the extra work, but also to maintain itself, clean itself, and nourish itself.

All of this happens automatically while you sleep, and that's one of the most important reasons to get seven or eight hours of sleep each night – sleep is the time that your brain recovers and replenishes itself.

Do your best to get some additional rest during the holidays – if you stay up late, catch up with an extra hour or two the next night, or as soon as possible. Your brain will thank you for it.

2. Pace yourself on holiday foods. Our holiday diet tends to be heavier, sweeter, saltier, and more fried, among other nutritional indiscretions. We also tend to eat too much, as if it's okay because of the date, though we know deep down it isn't.

It's pointless to swear off all these foods – they are a vital part of the holiday spirit. And speaking of holiday spirits, many people enjoy adult beverages, too. And all of these extra calories and foods that are difficult to digest properly take a toll on your health.

What's the answer? Pace yourself. You can have pretty much whatever you like, within reason, just don't eat it all. Have a bite or two. Enjoy it. Savor it. Then try another bite or two. If you take it in at a reasonable rate, you'll avoid overeating and still get the pleasure of your favorite treats.

3. Drink lots of water. Those same heavy, salty, sweet, fried foods will tend to clog up your system, and nothing cleans it out like having enough water.

Typically, you probably need at least half an ounce a day for every pound of body weight, between eight and twelve glasses each day for most people. But during the holidays, drink a little extra, to give yourself an advantage in stressful times.

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4. Be careful when doing heavy work. You may be called upon to move furniture, hang decorations, scrub floors, carry bags of gifts or groceries, and dozens of other laborious tasks that stress our bodies and put us to the test physically.

When lifting, bend your knees and lift with your legs, not your low back. And if you need to work over head, work for a while, then take a break to stretch or at least come back to neutral, to minimize muscle strain.

And, make sure to check in with your chiropractor, who will help you keep your body in alignment so you can more easily handle the work you'll need to do.

5. Breathe. In stressful times, one of our first responses is to shorten our breath, costing us valuable oxygen and robbing the cells of their primary fuel, required to perform at peak efficiency.

Get into the habit of taking a few deep breaths whenever you are feeling stressed, tired, anxious or distracted. Often, the air you take in will clarify your thinking, make you feel stronger and yet more relaxed, and will promote a general feeling of well-being. Even better, start your day with ten or twelve nice full breaths, and you'll be amazed how refreshed you feel.

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Yummy GF Brownies Bring Holiday Cheer!

If you want to bake some good vegan gluten-free brownies, try Ashley McLaughlin's recipe from her website, edibleperspective.com.

Chewy Gluten-free Vegan Brownies (yields 16 brownies)

1/2 cup + 2 tablespoons unrefined coconut oil, soft not melted
2 tablespoons + 2 teaspoons ground flax meal
1/4 cup + 2 tablespoons warm water
1 cup pure cane sugar
1 1/4 cup + 2 tablespoons gluten-free oat flour
3/4 cup almond meal
1/4 cup + 2 tablespoons unsweetened cocoa powder
1/4 teaspoon baking soda
pinch of salt
4 1/2 ounces vegan dark chocolate chips, 3/4 cup standard sized chocolate chips
2 teaspoons pure vanilla extract
1 tablespoon instant coffee grounds, optional
flaked sea salt, optional

Preheat oven to 325* F. Lightly grease a 9x9 pan with softened coconut oil. Vigorously whisk the ground flax and water for about 30 seconds until it starts to thicken. Set aside for 10 minutes. Place the sugar in a blender for 10-20 seconds until powdery in texture. Set aside. In a medium bowl stir the oat flour, almond meal, cocoa powder, baking soda, and salt together until fully combined. Set aside.

Melt the coconut oil and chocolate together gently on the stove with a double boiler [or in 30 second increments in the microwave—stirring each time] until fully melted. Stir to combine. Stir in the sugar, vanilla and (optional) coffee grounds until fully combined. Whisk the flax mixture and then stir it into the wet ingredients until fully combined.

Pour the dry ingredients into the wet and stir with a large spoon until a thick but soft dough forms, about 30 seconds. The mixture will seem dry and stiff at first but keep stirring until you no longer see dry flour. The batter will come together and should have a very shiny look.

Spoon the dough-batter into your pan and evenly distribute to the edges with a spatula or your fingers. The dough should be very soft and easy to press/spread. Place in the center of your oven and bake for 33-37 minutes. The sides will rise slightly higher than the center and the top surface will be cracked. Allow to cool for 30-45 minutes, top with flaked sea salt (optional) and then place in the fridge for another 30 minutes on a cooling rack, or keep at room temp until fully cooled. Yummy!

Look for healthy alternatives for your holiday dishes – your family will love them!!

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