



The Spinal Column



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Take time for your health, or waste time being sick.



Something Fishy going on?

Antibiotics and pesticides in farmed fish? Mercury in wild fish? We've all heard about the health benefits of eating Omega-3 fats in fish but what about the dangers of high levels of mercury, antibiotics and pesticides. *"The American seafood industry is being flooded with products imported from developing countries, much of which have proven to be contaminated with banned chemicals, poisons, carcinogens and high levels of antibiotics, according to a recent report by ABC News.*

Sadly, our own oceans and waterways continue to be contaminated, mercury levels are on the rise and farm raised fish seem to pose an even bigger health risk. So, what's the best way to protect yourself?

AC Chiropractic now offers **mercury testing** for our patients as a great first step to better health. We also recommend taking a high quality Omega-3 supplement and to avoid grocery store fish, other than very small fish (like anchovies and sardines) or wild caught fish from minimally polluted areas like Arctic, Antarctic or Alaskan waters. A good online source is VitalChoice.com.

Recipe of the Month

Spicy Black Bean and Sweet Potato Chili

- 2 TBL olive oil
- 1 large yellow onion , chopped
- 3 large cloves garlic, minced
- 1 green bell pepper, seeded & chopped
- 1 red bell pepper, seeded & chopped
- 2 large sweet potatoes, diced
- 1-2 jalapenos, seeded & diced
- 2-3 TBL chili powder
- 1-2 tsp sea salt
- 2 tsp ground cumin
- 1 tsp ground pepper
- 1/4 tsp crushed red pepper
- 1-2 tsp dried basil
- 1/2 tsp marjoram
- 1 bay leaf
- 1 14.5 can diced tomatoes
- 2 - 14.5 oz. cans of vegetable or chicken broth
- 2 -15 oz. cans of black beans, rinsed & drained
- Juice of one lime (about 2 TBL)
- Fresh cilantro, chopped (optional)

Preparation

1. Heat oil in a heavy sauce pan or Dutch oven over medium high, add onion. Reduce heat and cook until tender about 10 min. Add peppers, jalapeno, sweet potato and cook for another 5-10 minutes.
2. Stir in garlic and cook another minute. Add chili powder and next seven ingredients, cook 1 minute. Add tomatoes and broth, simmer , uncovered, about 10 minutes. Stir in beans to cook 10 minutes. Remove bay leaf, and stir in lime juice.
3. Serve over a bed of rice and garnish with fresh cilantro. Also great over grilled chicken or in a wrap.
Thank you Kelsey for the recipe!

Football & Chiropractic...a winning combo!

Did you know that all 32 teams in the NFL (National Football League) provide their players and personnel with chiropractic physicians as part of managing and preventing injuries. This is great news for the profession and shows the important role that chiropractic care plays in optimizing athletic performance.

"The robust need for chiropractic care in the NFL has been deeply driven by the players' desire for peak physical conditioning and not simply for injuries," states Spencer H. Baron, DC, and Miami Dolphins team chiropractor for the past 14 years. **"From the earliest years of full contact football, their bodies are subject to structural stress that doctors of chiropractic ... are specially trained to care for. Many travel with their respective teams throughout the season, treating players up until game time, during the game and sometimes immediately following."**

Rob Lizana, DC who treats many members of the Super Bowl Champion New Orleans Saints, even moved with the team when they relocated to San Antonio, TX. He treated players in Miami leading up to the Super Bowl, an advantage that many players were especially thankful for. According to Saints wide receiver Marques Colston, who had seven catches for 83 yards in Super Bowl XLIV, **"I always see Dr. Rob for chiropractic care on game day to get my body**

balanced, flexible and ready for action. I see him several times a week for rehab and to recover faster from the last game."

Saints 2006 first-round pick Reggie Bush has been receiving regular chiropractic care since high school. "I look at chiropractic care as important to keeping me healthy and at the top of my game,".

Saints wide receiver Lance Moore, who converted the crucial two-point conversion during Super Bowl XLIV also relies on chiropractic treatment to be game-time ready. **"Not only did my chiropractor get me back on the field, but he helped me to stay on the field. My body just feels much better overall because of the care I've gotten,"** quotes Moore. Many professional athletes are outspoken about their experiences with chiropractic care; most notably, 2010 NFL Hall Of Famer, Jerry Rice, a spokesman for the foundation. "I did a lot of things to stay in the game, but regular visits to my chiropractor made all the difference," Rice asserts. The good news? Chiropractic is for everyone; from the weekend warriors to NFL superstars... **Chiropractic works!**



Look for our January website contest!