



The Spinal Column



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June 2011

June is Health Safety Month



AC Chiropractic joins the National Safety Council on its mission to prevent unintentional injury and death by helping to educate people to adopt and maintain healthy practices in the workplace, on our roads & highways, in our homes and communities.

Unintentional injuries and deaths in the U.S. are at unacceptable levels. Motor vehicle crashes, falls and over-exertion remain leading causes of preventable death and injury. Unintentional deaths reached an estimated

128,200 in 2009, the highest on record. Here are a few tips to help you keep safe this summer:

1. **Hydrate**— especially when outdoors to avoid overheating. Remember to drink at least 1/2 your body weight in ounces of water.
2. **On the Road – Off the Phone!** 23% of all car crashes involve cell phone while driving.
3. **Get adjusted!** Summer sports & activities can put a great strain on your spine. Adjustments keep your body balanced and help prevent unnecessary injuries.

FREE Online Course for Basic First Aid & CPR - June 1-7



The National Safety Council is offering a FREE online CPR and First Aid training. **You must register online between June 1 -7.** You will have 45 days to complete the course. This is an easy and convenient way for you to learn critical skills that could save the life of a family member, friend or neighbor. **Register at: www.safetyserve.com/nationalcprweek/**

Recipe of the Month:

FB Yacht Club's Fuji Apple and Fennel Salad
~ Jeff Hills



For the caramelized pecans:

- 1/2 cup granulated sugar
- 1/2 cup water
- 16 pecan halves

For the lemon vinaigrette, mix:

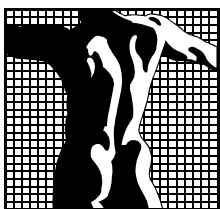
- 3 lemons, juiced
- 1/4 cup mirin (Japanese cooking wine)
- 1/4 cup champagne vinegar
- 1 tablespoon Dijon mustard
- 1 to 1 1/2 cups olive oil or grape seed oil
- Salt and pepper to taste

For the salad:

- 8 oz. mixed greens
- 1 head fennel, fronds removed, cored and sliced very thinly
- 2 Fuji apples, cored and sliced very thinly
- 1/2 cup lemon vinaigrette
- 4 oz. Maytag blue cheese, crumbled

To prepare pecans: In a heavy-bottomed sauté pan over high heat, combine sugar and water and allow sugar to caramelize to a light amber color, about 5 minutes, stirring occasionally with a wooden spoon. Reduce heat to medium, add pecans, stirring to coat the pecans, 30- 60 seconds. **Be careful** — the sugar will burn if left too long. Transfer pecans to a parchment-lined cookie sheet. While wearing rubber gloves, pull apart each pecan until it is free from other pecan halves. Chill and reserve.

To prepare salad: In a large bowl, combine greens, fennel and apples. Toss with 1/2 cup vinaigrette until well-coated. Top with caramelized pecans and season with salt and pepper. Divide onto 4 chilled salad plates. Top with Maytag blue cheese.



Back Surgery: Too Many, Too Costly, Too Ineffective

In your lifetime, there is an 80 percent chance you will suffer with some back pain, which your medical doctor will likely recommend pain medication to relieve the pain. Over time, you may be considered a candidate for spine surgery. Back surgery has become an increasingly common (and dangerous) option.

Then there's chiropractic, which research and experience shows to be the safest, most effective option for most cases of back pain. Research suggests that of the 500,000-plus disk surgeries that are performed each year, 90 per-

cent are unnecessary and ineffective. Not surprising, a study back in 1994 discovered the rate of back surgeries in the U.S. was at least 40% higher than any other country.

There is a broad agreement worldwide that surgery should not be generally considered until other non-surgical treatment options have been explored.

There is considerable evidence that chiropractic can be an effective method of providing symptomatic relief for some people with back problems, not to mention more cost effective. Bottom Line? **Chiropractic is a great first choice the next time your back starts to hurt.**

Happy Father's Day! Happy Father's Day! Happy Father's Day! Happy Father's Day!