

May is Perfect Posture Month

Stand Up For Good Health! May is internationally known as Perfect Posture Month to help people recognize that Good Posture means Good Health.

Take a look at how many hours of computer hunching, cell phone slouching or video-game slumping is affecting your (or your family's) posture. It's not only kids with overloaded backpacks or cane toting seniors — studies show poor posture is a major cause of back and neck pain for people at any age.

Over time, the body's proper position becomes out of alignment and the spine's natural curves become distorted. This can limit joint mobility, lead to digestive and heart problems and other organ malfunctions. Your spine is the basis of your posture, so poor posture magnifies problems with spinal misalignments. These misalignments can cause serious health issues. Mom was right, Posture matters!



Athletes like "Soul Surfer", Bethany Hamilton, who works with a postural alignment therapist, or Jets quarterback, Mark Sanchez, who is helped by a team chiropractor, and thousands of others with back pain who get relief without medicine - know that

strengthening posture is important! Improving your posture is not just about looking good. Studies show people with better posture really are healthier and actually live longer. Here are three things to keep you standing tall:

1. **Have your spine/posture checked**
2. **Try posture strengthening exercises (yoga)**
3. **Practice smart posture habits.**

Chiropractic adjustments, spinal hydration exercises and traction help restore the proper curvature of the spine and improve overall health. Your posture is how the world sees you, and a bit of effort at strengthening your posture is an anti-aging habit to make you look and feel better, avoid injury and exercise effectively to stay active and age well.



An event coordinated by the U.S. Dept. of Health and Human Services' Office on Women's Health, to help empower women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- Visiting a health care professional to receive regular checkups and preventative screenings
- Eating a nutritious diet
- Getting enough sleep and managing stress

For more info on women's health: visit our website: www.acchiropractic.com

- Getting at least 2 1/2 hours of moderate physical activity each week

Recipe of the Month

Grilled vegetables with Romesco

- 8 plum tomatoes
- 4 med. zucchini, sliced in half, long
- 2 red bell peppers
- 2 yellow bell peppers
- 1 lb. large mushrooms, stemmed
- 1 lb. asparagus, ends trimmed
- 1 1/2 tsp salt
- 1 1/2 tsp pepper
- 7 TBL extra virgin olive oil (EVOO)
- 1/3 slivered almonds, toasted
- 1 slice white/wheat bread (torn)
- 2 cloves garlic
- 2 TBL sherry vinegar

Directions:

1. Place vegetables in a large bowl and toss with 4 TBL olive oil, 1 tsp of salt & pepper
2. Heat grill to medium-high . Grill vegetables 5-6 min per side . Set aside.
3. **For sauce:** Place almonds, bread, garlic in food processor and process until nuts are ground. Add 4 of the grilled tomatoes, 3 TBL olive oil, remaining salt & pepper and vinegar. Process until a smooth paste consistency.
4. Serve vegetables with Romesco sauce

Happy Mother's Day