



The Spinal Column



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4 Tips to reduce Stress & "Burn Out"

Fall is a busy time and not just for students and parents. Many of us carry hectic and overloaded schedules which can cause anxiety and burnout.

"Burnout" is physical and mental exhaustion, commonly caused by too much work, stress or routine.

Here are a few tips to help bring calm and order to your life...

1. Cross It Off: A lack of organization can also overwhelm you. One solution is to make a list of your daily, weekly and monthly tasks, then cross them off your list one by one. A sense of accomplishment and feeling "in control" will help keep you motivated in the long run.

"In most cases, stress is the root cause of death; illnesses are just the wrap up."

~ Y. Yordanov

"Worry and stress affect the circulation, the heart, the glands, the whole nervous system, and profoundly affect heart action."

~ Charles W. Mayo, M.D

2. Change It Up: No matter what we do, life boils down to a series of routines that are both comforting (most of us need routine) and yet put us at risk of suffering overload or burnout. Whether it's

your same old diet, same old workout or same old month-to-month schedule, changing things up a bit can help you stay fresh and invigorated. Try a new food, vary your workout or plan a vacation or day trip to a new place.

3. Give It a Rest: Because burnout is synonymous with exhaustion, an easy remedy is to take a physical and mental break from the norm. Good health is a lifestyle, so pursue it with the attitude that you're in it for the long

haul. Life is more than 24/7 of dieting, exercising and working excessively. Make time to rest, recover and rejuvenate. Your body (and mind) will thank you for it.

4. Remove It! The stress on your spine, that is! Chiropractic adjustments remove the stress caused by misaligned bone(s) and allow the Central Nerve System to work and heal the body more effectively. Get adjusted!



Recipe of the Month

Make tonight—bake tomorrow. Easy, Healthy breakfast!

French Toast casserole

- 2/3 cup packed brown sugar
- 2 tablespoons butter
- 2 tablespoons dark corn syrup
- 1 1/2 cups 1% low-fat milk
- 1/2 cup egg substitute
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/8 teaspoon grated orange rind
- 2 large eggs
- 6 (1 1/2-inch-thick) slices French bread
- 6 tablespoons frozen fat-free whipped topping, thawed
- 1 to 2 teaspoons Grand Marnier (orange-flavored liqueur)
- 2 tsp chopped pecans, toasted

Combine first 3 ingredients in a small, heavy saucepan over medium heat. Cook 5 minutes or until bubbly and sugar dissolves, stirring constantly. Pour sugar mixture into bottom of a 13 x 9-inch baking dish coated with cooking spray. Spread mixture evenly over bottom of pan. Set aside; cool completely.

Combine milk and next 5 ingredients (through eggs) in a large shallow bowl; stir with a whisk. Dip 1 bread slice in milk mixture; arrange bread slice over sugar mixture in dish. Repeat procedure with remaining 5 bread slices. Pour any remaining egg mixture over bread slices. Cover and refrigerate overnight.

Bake at 350° in preheated oven for 30 minutes or until lightly browned.

While casserole bakes, combine whipped topping and Grand Marnier. Place 1 bread slice, caramel side up, on each of 6 plates; top each serving with 1 tablespoon topping and 1 teaspoon pecans.

Welcome Amy Lunsford-massage therapist



Meet **Amy Lunsford**, a massage therapist and a member of the AC family since March. Amy graduated from the Atlanta School of Massage and has been a practicing massage therapist since 2005. Her interests in anatomy, natural wellness, and desire to help others were Amy's main reasons for becoming a full time therapist. Other hobbies include hula-hooping and drawing.

WANT TO WIN A FREE MASSAGE?

Refer a friend!

For every referral get an entry into this month's drawing for a free massage!

Come take advantage of our **"Stress-buster Discount"** now until the end of September. Call 678-993-8044 to schedule your massage and start enjoying the many benefits of this hands on therapy. Massage therapy has proven to be helpful for: stress relief, managing anxiety and depression, pain relief, improved circulation and can enhance the chiropractic adjust-