



The Spinal Column



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November 2011

You "CAN" Make a Difference! *Share Your Blessings*

Yes! You CAN make a difference—and the best part is that it's as easy as 1, 2, 3 (cans that is). Just bring in 3 or more cans or non-perishable items to our office in November during our annual **Food Drive** and receive \$10 in

CHIRO CASH! This is our way of sharing our blessings and helping support the community we have gratefully served for over 19 years. The hard economic times have been felt by all of us, especially our local food banks. We are asking for your help in filling these empty shelves with much needed items for the upcoming holiday season. Bring your 3+ items to our office to receive your thank you gift.

Our **Angel Tree** program will be starting again soon. NEW this year, **You can choose an ornament off the tree which equals ONE "wish list" item for a local child or family in need.** Pick an item that fits your price range and celebrate the holiday season by giving from the heart. We are very blessed to have such wonderful & caring patients who give so generously. **Thank you!**



Recipe of the Month

Quinoa Chili

- 1 cup uncooked quinoa, rinsed
- 1 lb. extra lean ground beef or turkey
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 (28 ounce) can crushed tomatoes
- 2 (19 ounce) cans black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried parsley
- salt and black pepper to taste
- 1 cup frozen corn kernels, thawed
- 1/4 cup chopped fresh cilantro

- Bring the quinoa and 2 cups of water to a boil in a saucepan over high heat. Reduce heat and simmer until the quinoa is tender, and the water absorbed, about 15 to 20 minutes.

- Heat a large skillet and cook ground beef. Drain and discard any excess grease; set aside.

- Heat 1 TBL. olive oil in a large pot over medium heat. Stir in the onion, garlic, and jalapeno; cook and stir until the onion has softened, about 5 min. Add chili powder and cumin; cook 1 minute. Add tomatoes, black beans, bell peppers, oregano, and parsley. Season to taste with salt and pepper. Simmer for 25 min. Stir in the quinoa, beef, and corn and cook for 5 minutes. Garnish with cilantro to serve.



CANS for CASH

Bring in 3 or more cans OR non-perishable items and YOU GET \$10 CHIRO CASH!



(No CASH value. AC CHIRO CASH can be used towards any herb, supplement, in-house massage, therapy item or chiropractic service offered at AC Chiropractic Life Center)

Exciting Changes Coming to AC... *Extreme makeover to better your health!*

In order to bring your health to the next level, the doctors have undergone training on the latest research in spinal health and rehabilitation.

What does this mean for you?

Expect to see a brand new layout of the office with additional interactive, hands-on therapies. Each interactive "health station" will help improve your chiropractic adjustment by combining the body's natural

healing power with the use of modern equipment and technology. We will also offer more extensive testing including; mold and food allergies, metal and other toxicology testing for ADD/ADHD and autism patients.

**Our mission remains the same...
Creating a Healthier World Naturally!**

