



The Spinal Column



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Jump-start to good health!

It's time for those New Year's resolutions. One small change can have the biggest impact. Keep it simple...start with Chiropractic! By removing spinal blockages you can help get your body's natural healing system working effectively. The next step is replacing one unhealthy habit for a new, positive one, for life. Here are a few suggestions from Dr. A



and Dr. C to Jump-start your commitment to a healthier and happier New Year...

1. **Stay adjusted** –believe in the body's power
2. **Eat wisely** -more organic fruits and veggies
3. **Get moving** -exercise and strength training can help prevent disease & reduce stress
4. **Calm Down** - make time to relax daily

Children & Chiropractic... natural healthcare

According to a recent survey by the International Chiropractic Pediatric Association, chiropractic care of children had a high patient /parent satisfaction and a near perfect safety record. So, have you brought your child (ren) in for an adjustment lately? Did you know that Dr. Jeanette Altieri (aka "Dr. A") is one of the few chiropractors that specialize in pediatrics and prenatal care in Georgia? In her 18 years of practice, Dr. A has helped hundreds of children stay healthy the natural, drug-free way . Chiropractic care for children involves a softer and more gentle adjustment since the child's joints are

looser and easier to move . Children generally heal more quickly than adults so they typically require only a few treatments to restore normal function to their nervous systems and organs. Adjustments remove interference stemming from structural blockages, so they can help children with a wide range of conditions, from colic to ear infections to asthma.

The start of a new year is a great time to make sure that your child's immune system is functioning at its best. Bring your child in for an exam to help ensure their nervous system is free from interference. Encourage healthier habits...eating more veggies, limiting TV and video-game time and getting the proper amount of sleep makes for healthy and happy kids.

Recipe of the Month

Stir-fry Vegetables over Buckwheat noodles

- 1 packet of buckwheat noodles, (to make about 2 cups cooked)
- 1 teaspoon salt
- 1 teaspoon sesame oil
- 2 carrots, sliced thinly on an angle
- 1 cup broccoli florets
- 1 cup snap peas
- 1 cup baby bok choy, sliced lengthwise
- 1 cup sliced zucchini
- 3 scallions, sliced into 2-inch pieces
- 2 cloves garlic
- 1/4 cup sliced ginger
- 1 tablespoon nama shoyu or tamari

Preparation

1. In a large pot, boil 6 cups of water; add the salt.
2. Add the noodles, boil for about 3 minutes or until tender. Rinse thoroughly in cold water.
3. Drain noodles completely, toss lightly in the sesame oil; set aside.
4. Heat a heavy skillet and add oil. Add garlic and ginger for one minute, stir with a wooden spoon.
5. Add the rest of the vegetables a little at a time to keep heat up, except the snap peas.
6. Add the nama shoyu (or tamari) and 2 TBL water. Add the snap peas for 1 minute.
7. Toss in a bowl with the noodles and serve. Garnish with fresh cilantro. For a heartier meal, serve with chicken or fish.

