

## **Control Sugar AND Control Inflammation**

Inflammation is the culprit of many of our aches, pains, and illnesses. When your body is too quick to produce inflammation your cells trigger inappropriate pain and malfunction. Even as I align your spine and reduce pressure on your nervous system, your body still will produce inflammation. When you have too much of it, you will still have pain and disease. Here are some SWEET tips to reduce your inflammation.

### **PROCESSED SUGAR = INFLAMMATION**

What is processed sugar:

1. Sugar in sweets
2. ANY processed flour in a box or bag (ie: crackers, goldfish crackers, wheat thins, chips, pretzels, white and enriched wheat bread)
3. Enriched/ Bleached Flour

Alternative snacks:

1. Grapes, Blueberries, Strawberries
2. Carrot Sticks, celery sticks dipped in hummus
3. WHOLE WHEAT bread sweetened with honey, molassis, fruit juice
4. Ghirardelli dark chocolate over 60% cacao

REMINDER: Summer is here so if you're going on vacation let us know when!

WHO have you NOT told about CHIROPRACTIC?

**COMMUNITY OUTREACH DAY  
WEDNESDAY JUNE 24<sup>TH</sup> @ 6:45**