

June 17, 2009



The Living Letter

Living Well Chiropractic (615)826-5554

Special Interest Articles:

- Community Outreach!
- Health Tips

Community Outreach!!

*This month we are celebrating the 4th of July with freedom from disease and medication! We all have family or friends who are sick and suffering in the medical system and they need to be set free! **Wednesday June 24th** we will be offering **FREE** examinations, consultations, and a full set of x-rays!!*

This is a great opportunity for you to make a difference in someone's life!

New Patient exams only take about 30min and can be done anytime during our regular hours. In addition, we always have balloons and fun games for the kids as well as yummy treats for adults!

If you have seen miracles in your life (by getting your body back to functioning and healing the way God intended) please come and bring someone you know who deserves to live a healthy life too!

Health Tip

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% cocoa

"Body By God" Recipe of the Month

Healthy Banana Bread

- * 1 3/4 c whole wheat flour
- * 1/3 cup coconut oil
- * 1/2 cup honey

- * 1 teaspoon vanilla extract
- * 2 eggs

- * 1 cup mashed bananas

- * 1 3/4 cups whole wheat flour

- * 1/2 teaspoon salt

- * 1 teaspoon baking powder-no aluminum

- * 1/4 cup hot water

- * 1/2 cup chopped walnuts

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, beat oil and honey together. Add eggs, and mix well. Stir in bananas and vanilla. Stir in flour and salt.

3. Add baking soda to hot water, stir to mix, and then add to batter. Blend in chopped nuts. Spread batter into a greased 9x5 inch loaf pan.
4. Bake for 55 to 60 minutes. Cool on wire rack for 1/2 hour before slicing.

I have a body by God. I need food by God.

Patient Miracles

Here are just a few of the incredible miracles we have seen in our patients lives over the past couple months!!

"Off all IBS medication"
"I lost 13lbs on the Daniel Fast"

"My 2yr old has not gone to the medical doctor in 6 months, she used to get sick and need to go every month!"

"No more headaches or reflux."

"No more knee or hip pain...it stopped after two weeks of coming to see Dr. Ben."

"No more headaches or reflux. Thanks!"

AND MANY MORE!!!!

Office Updates

As summer sets in we realize many families are heading off on vacation. And we think this is awesome! We have been getting your power turned on and body healthy so you can be at your best for travel, time with the family, and most important water sports! (Dr. Ben's favorite haha)

With all that's going on it can be very easy to forget your adjustments, but this can set back your treatment and end up costing you valuable time and money in the long run.

Please try to stick to your adjustment schedule as closely as possible and let us know when you will be gone on vacation so we can get your appointments rescheduled.

Remember, we are here for you and want everyone to get the best results possible because we consider you a part of our family!

"God needs no help to heal, just no interference"



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We're on the Web!

See us at:

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Patient Plug

We know we should eat 7-13 servings of fruits and vegetables a day, but no one can consistently do that, so I'd like to tell you how you can add 17 different fruits and vegetables to your diet daily.

I'm **Jan Tromblee** and I was introduced to Juice Plus+ by my medical doctor in July 2007 and after listening to the CD he gave me I knew Juice Plus+ was what we were looking for. It made sense to me, and I and my family added Juice Plus+ to our diet right away, Juice Plus+ is not a vitamin

supplement, but **whole food nutrition** from 17 different vine ripened, fresh fruits and vegetables and grains in capsule form.

Juice Plus+ has scientific research behind it, and that is one of the things that impressed me.

Juice Plus+ was introduced over 16 years ago, and has undergone many independent gold standard, double blind, placebo testing. The research shows that Juice Plus+ enhances the immune systems, repairs DNA and is beneficial in

preventing heart disease. Juice Plus+ bridges the gap between what we do eat, what we don't eat, and what we should eat.

Ask me how children between the ages of 4-18 can get Juice Plus+ free.

Please contact me at:
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615-473-7929

Visit my website:
www.janjt4juiceplus.com

Upcoming Events

Patient Appreciation Day

June 24th

Office Closing

July 3rd and 4th for 4th of July
Holiday

Dinner W/ The Doc

July 6th 7pm at Mimi's

Advanced Workshop-

Detox and exercise

July 13th
