

May 18, 2009



The Living Letter

Living Well Chiropractic (615)826-5554

Special Interest Articles:

- It's our Birthday!
- Heart Disease and Cholesterol

HAPPY BIRTHDAY LIVING WELL FAMILY!!

*This month we are officially celebrating our two year anniversary! A big **THANK YOU** goes out to all our patients for being apart of our family. Whether you have been with us from the start or have only began care recently we think of you as family and are honored to serve your health. Please help us celebrate our birthday by bringing*

*your loved ones and coming to Patient Appreciation Day! **Wednesday May 20th** we will be offering **FREE** examinations, consultations, and a full set of x-rays!! There will be games for the kids, yummy, healthy treats, and of course the girls smiling faces ☺. 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!

Heart Disease and Cholesterol

Currently there are 8 million children in our country on Ritalin, Adderol, or some other ADD/ADHD drug. These drugs are classified as narcotics and as such have a similar effect on an adult body as cocaine. 12 out of the last 13 school shootings involved children on these medications, antidepressants, or both. Did you know that there

has NOT BEEN ONE study proving HOW insanely dangerous medications work on children? Imagine if that was your child, or worse, what if it IS your child. Here at Living Well Chiropractic we understand that the true healing power of the body has already been placed BY GOD in the central nervous system and

simply needs NO INTERFERENCE to work the way it was designed. Please, help someone you know by referring them in drugs that has been keeping them in for an EXAM/CONSULTATION/ AND FULL SET OF X-RAYS for **FREE!** Maybe you could be the person that helped a family member, friend, or neighbor break the dangerous cycle of bondage!

"Body By God" Recipe of the Month

Living Well Chocolate Birthday Cake!

-2 1/2 c whole wheat flour
 -3/4 c non-alkaline/non-Dutched cocoa powder
 -1 tbl baking powder (look for non-aluminum type)
 -3/4 tea fine grain sea salt
 -1/2 cup coconut oil
 -1 cup real maple syrup
 -2 eggs, lightly beaten
 -2 teaspoons vanilla
 -1 cup coconut milk
 -8 ounces bittersweet chocolate, shaved or finely chopped

- 1.) Preheat oven to 350F
- 2.) Butter an 8x8 square pan
- 3.) Sift the flour, cocoa powder, baking powder, and salt into a large bowl.
- 4.) In a separate bowl whisk together the oil and maple syrup until it looks like caramel. Whisk in the eggs, vanilla, and then the coconut milk. Pour the maple syrup mixture over the flour mixture and stir until barely combined. Add the chocolate and stir until everything comes together and is no longer dusty looking - avoid over-mixing.
- 5.) Pour the batter into the prepared baking pan and bake for 30 - 40 min.

Chocolate Frosting:

2 ounces bittersweet chocolate (chopped)
 1/4 cup unsalted butter, room temperature
 1/4 cup maple syrup
 1 cup heavy cream, whipped to stiff peaks

To make the frosting melt the chocolate in a double-boiler. In a medium bowl beat the butter until smooth and fluffy. Beat in the maple syrup. Then add the melted chocolate. Stir until silky smooth - any flecks of butter should be melted. Pour the chocolate mixture over the whipped cream and fold the chocolate into the cream.

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!!

"Able to look over right shoulder for 1st time in 20yrs"

"I can sleep again after years of no sleep"

"Immediate relief from migraines and no more medication"

"My blood pressure is down and my sinus problems are all gone"

"All back pain is gone and I am losing weight much easier"

"No more allergy problems"

"Able to play with my grandchildren for the first time in years"

AND MANY MORE!!!!

Office Updates

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

As most of you have probably already noticed, we are updating therapies in the office! After attending the Colorado seminar Dr. Ben has found some small changes which can help you and your family get your spine corrected faster and you may see even more miracles! We realize learning something new can be frustrating at times, but these changes are for your benefit any member of our staff will

be glad to assist you if need help remembering the new system.

Also, because we are continually serving more patients (we want to see everyone in our community getting well!) and as the new therapies may require just a couple extra minutes of your time, we are asking you to **please make sure you are in the office a full 30min before the end of a shift.** This will help you avoid a

longer wait time, ensure you are able to complete all your therapies, and help us end shift on time. For example, our morning shift closes at 11am....so you will need to be in the office by 10:30. We greatly appreciate your cooperation!



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Patient Plug

We strongly believe here at LWC that we have the best patients in Hendersonville. You all have been helping us out by referring people to the office; we would like to return the favor. We hope to use the section of our newsletter to help our patients out by plugging their personal endeavors.

If you would like to get your new or existing business name out there, if you support a charity and would like to help raise awareness. Or any other upcoming event or fundraiser you would like to make known to the public, we would love to write an article about you! So keep us updated on

the things that you are doing and let us know if there is anything we can do to help you out.

Upcoming Events

Advanced Workshop-

Sinus and Allergies
July 15th

Patient Appreciation Day

May 20th

Office Closing

May 25th - Memorial Day