



Wellness Happens

Blau Family Chiropractic Newsletter

Summer 2009

Healthy lifestyle choices will insure that you age well, making the most of your longevity so you can enjoy your later years with the people you love rather than be a drain on their emotions and resources.



Can't stay organized without your cell phone? If you are interested in getting a text message or an email reminder for your appointments, please tell us! We want to know if this would be useful for our patients. Thanks!

From Dr. Blau's Desk...Health Independence

A Healthy Lifestyle Triggers Genetic Changes A recent study from the Preventive Research Medicine Institute found that men who underwent a 3 month major lifestyle change including diet and fitness, along with other self and health care ideals, were able to lose weight, lower their blood pressure and even improve the results of prostate biopsies. After 3 months, these men had changes in the activity of about 500 genes. Additional research from the MacArthur Foundation found that quality of life is dependent on 30% of your genetic makeup as opposed to 70% of your lifestyle choices. Just because your aging parents or grandparents may be suffering with a disease, this does not have to happen to you. So stop blaming your genes and change your lifestyle!

Follow the Healthcare Hierarchy The Health Care Hierarchy of The 100 Year Lifestyle is Self Care and Health Care first and Crisis Care is your last step. Here are some things you can incorporate into your lifestyle to improve your quality of life, offset the effect of aging, and insure that you live a life of independence.

Self care:

- Eat more vegetables
- Eat lean proteins and whole grains
- Exercise 4-5 times per week
- Spend more quality time with family and friends.
- Minimize stress.
- Cleanse your home or work space.
- Use green, non-toxic products.
- Be conscious of your posture.
- Open a savings account and live within your means.
- Get 7-8 hours of sleep every night, and use a supportive pillow.
- Take a high quality, whole food organic supplement.

(Con't inside on p. 3)

New Faces in the Office

Welcome Brian Heeren! Brian is in his last term of school at Palmer College of Chiropractic, and the son of Franceen, former CA at Blau Chiropractic. He will be joining us for an internship through the summer.



Rachel Seltzner joined our staff as a CA in May. She is currently working on a M.S. in Natural Health, between enlightening discussions with her preschooler.

Slice and Dice your Grocery Bill



Slash your food costs with 10 simple tips!

1. Don't leave home without it: Planning ahead and penning a grocery list helps avoid pricey and often calorie-laden impulse buys. But remember, sticking to your list is just as vital and cost effective as drafting it in the first place!

2. Surf to save: Plan your weekly menu around your market's specials. You'll save while injecting variety into your meal. Fliers are usually posted Wednesdays.

3. Pick your produce wisely: In season fruits and veggies usually cost less and last longer. Visit www.sustainabletable.org to find out what's at peak in your area.

4. Cut spending with the right cut of meat: A rack of lamb can rack up

the dollars. Opt for cheaper meats like extra lean ground beef or turkey and bone-in chicken breast.

5. Skip the snack packs: One hundred calorie packs can cost **two and a half** times more than regular boxes, not to mention the fact that they're usually laced with sugar, sodium, chemicals and preservatives. Pre-portion your own such as dried fruit, nuts and seeds into sealable bags or containers and save.

6. Check the date: A gallon of milk may be on sale, but not if it turns sour before you finish the carton. Check the best-before date on your juice and dairy to avoid pouring your money down the drain.

7. Look beyond eye level: Higher priced name brands are usually stocked right

in your line of sight. Simply reach up or down for discounts and do a little math by comparing the unit prices of products for the best buy. Put the calculator on your cell phone to use!

8. Pick less pricey protein: Once in a while, skip the meat section and go straight to inexpensive eggs and bargain priced beans.

9. Use coupon common sense: Coupons can help with the bottom line, but getting \$1 off an item that's only going to sit in your fridge won't do your finances any favors. So, keep your menu on hand when clipping coupons to put saving to better use.

10. Bring your own bags: Some stores give you a discount for each bag you bring. Save pennies and the planet!



Aside from being high in protein and fiber, black beans are loaded with hard to get nutrients like magnesium, potassium and folate – important nutrients to keep your ticker running smoothly. Some experts suggest eating one cup of black beans four times a week for optimum health. With 11 grams of fiber, this meal provides about 50% of your daily fiber needs.

Cooking With Angie

Black Bean Meatball Fajita Pitas

To prepare:

Step One: Preheat oven to 425 degrees. Pulse beans in food processor or mash with a potato masher until smooth but still chunky. In a large bowl, mix mashed beans, beef, chili, cumin, oregano, garlic, egg white and 2 tsp lime juice with clean hands until thoroughly blended. Roll mixture into 24 meatball, about 1 ½ inches in diameter. Place on foil-lined cookie sheet misted with olive oil spray. Bake in oven 15 minutes.

Two: While meatballs are cooking, spray a medium saucepan with cooking

spray and set over medium heat until hot. Add pepper and onion and sauté for 5 or 10 minutes, until crisp and tender, tossing frequently.

Three: In a small bowl, blend yogurt with cilantro and remaining lime juice. Set aside.

Four: To assemble, place 2 meatballs in pocket of each pita half, top with about ¼ cup pepper-onion mixture, 1 ¼ tsp cilantro-yogurt sauce, 1 tsp avocado and 1 tsp tomato. **ENJOY!**

Calories 340, Total fat 10g, Sat. fat 2.5g, Carbs 40g, Fiber 11g, Sugars 6g, Protein 27g, Sodium 240mg, Cholesterol 40mg

Shopping List

2 cups **black beans**, drained and rinsed
 1 lb **extra-lean ground beef**
 1 tsp **chili powder**
 1 tsp **cumin**
 1 tsp **dried oregano**
 2 cloves **garlic**, crushed
 1 **egg white**
 3 tsp **lime juice**, divided
 Olive oil cooking spray
 2 medium **green bell peppers**, sliced
 1 large **onion**, sliced
 1 cup **plain low-fat yogurt**, drained
 4 tbsp **fresh cilantro**, chopped
 6 **whole-wheat pitas**, cut in half
 1 whole **avocado**, peeled, pitted and coarsely chopped
 1 **tomato**, diced

Serves: 6 Total time: 30min.

Serving size – 2 filled pita halves.

NEW at



www.BlauChiropractic.com

If you haven't checked out our new website yet, you are missing out. We've got tons of articles and tips to help you live your healthiest life, fun stuff for the kids and more! Want to refresh your memory on what was discussed on

your latest scan? Visit our 3-D spine simulator to see how subluxations may be affecting you. You can even join the website as a member for FREE access to wellness information, exercise tips, and other goodies.



Register your email address at blauchiropractic.com to get this newsletter and bonus issues delivered right to your email inbox!

Health Independence continued from front page

Health Care:

- Get your teeth cleaned.
- See your chiropractor for spinal adjustments.
- Have a preventative health screening that is related to a disease in your family.
- Consult a personal trainer.
- Schedule a massage.
- Have a foot scan done to determine your need for orthotics.

through good self care and health care choices. Ignoring self care and health care will set you up for a lifetime of living from crisis to crisis which is more likely to create a dependent life where your finish line can be a decade or more of suffering and dependency. The Health Care Hierarchy of The 100 Year Lifestyle will not only insure that you maximize the quantity of your years but more importantly it will insure that you and your family enjoy incredible quality years together for a lifetime.

~Dr. Blau

Kids

Corner

Hey Kids: Check out our new website, with tons of fun stuff just for you! You can meet Mac the Martian, play games, and more!
Find us at
www.BlauChiropractic.com

WE WANT YOUR VOTE!!!

To make visiting our office even more fun, we want to decorate our "Family Room" in a wild way! Which would you like best? Email your vote to rachel@blauchiropractic.com or drop off your ballot on your next visit.

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Jungle Room- | <input type="checkbox"/> Space Adventure |
| <input type="checkbox"/> Wild West- | <input type="checkbox"/> Clownin' Around |

Crisis Care:

Obviously this is something that you want to avoid



HEALTH & WELLNESS WITHOUT DRUGS & SURGERY

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Upcoming Events

JULY

*1-5: Office closed -

Happy 4th!

*Declare your Health Independence and celebrate the Red White & Blue in the office all month long.

*Every Wednesday, join us for a Community Wellness Walk at Riverside Park. The stroll starts at 6pm. Afterwards, relax at the pavilion with a concert.

AUGUST

*10-13: School Supply Drive
Aug. 10-12 for new patients

*13: Outdoor Adjustments
School supply drive for Established Patients

*22: Silver Lake Triathlon

*Wellness walks continue every Wednesday!

SEPTEMBER

*7: Labor Day, office closed

*18: Founder's Day, the FIRST Chiropractic Adjustment was made in 1895

*19: **Kid's Day**
at Portage Culvers!



Looking Ahead:

Fall Speaker Series

Coming Soon!

Check our website for details on any of these events!

Sign Up to Get our Online Newsletter!

www.blauchiropractic.com

