



# RECIPE FOR Wellness NEWSLETTER

## HOME REMEDIES

Witch hazel is one of the world's wonder plants—its skin-healing uses have been well-known for centuries. A natural astringent, witch hazel owes its medicinal properties to the tannins in its leaves and bark. Witch hazel extract is used in many lotions, ointments and other skin treatments or alone.

When shopping for witch hazel, look for the plant's bark or leaves in either powdered or full-leaf form. It's also available as a clear liquid distillate. To make your own extract, put a pound of broken witch hazel leaves, twigs and stems into a large pot, cover with water and bring to a boil. Reduce the heat, and simmer on low, uncovered for about 8 hours, until the stems become soft, covering the mulch with more water as needed. Let the mixture cool to room temperature, then strain the liquid through a cheesecloth into a bottle or jar and keep refrigerated.

### **Clear Your Complexion**

Witch hazel's astringent properties make it a natural treatment for acne. Treat blemishes with a cotton pad soaked in witch hazel extract. The witch hazel will remove dirt and oil without drying the skin.

### **Do-it-Yourself Deodorant**

Use witch hazel as an alternative to commercially produced deodorant. Pour witch hazel extract on a cotton pad and dab under the arms, letting it dry prior to getting dressed.

### **Treat Troublesome Skin**

Research has shown witch hazel may work as a psoriasis treatment. Apply witch hazel cream to relieve this troublesome skin condition, as well as eczema and dermatitis. Note: be sure to speak with your doctor before altering any prescribed medications for psoriasis.

### **Burn and Itch Relief**

Treat blisters from a minor burn or relieve itching and swelling from bug bites by applying a cotton or gauze pad soaked in witch hazel extract directly to the area affected. For a burn, cover the area with an adhesive bandage.

### **Heal Minor Cuts**

Witch hazel is a natural antibacterial that will help treat minor wounds. To disinfect and heal cuts, scrapes and abrasions, apply witch hazel extract directly to the affected area with a cotton pad or wash cloth.

### **Puffy Eyes or Dark Under-Eye Circles**

The sensitive skin around our eyes is prone to swelling and inflammation from lack of sleep, stress or a host of other factors. To treat puffy eyes and dark under-eye circles, lay cotton balls doused in witch hazel on your eyes and relax for 15 minutes.

Adapted from [motherearthliving.com](http://motherearthliving.com)

## DID YOU KNOW?

A new study has discovered that deaths from commonly prescribed pharmaceuticals or medications outnumber those from heroin and cocaine combined.

Prescription drugs cause around 16,000 deaths a year in the US alone—and that's only the ones that get reported. As the number of deaths has been increasing every year, researchers from McGill University in Montreal, Quebec, wanted to know why.

The usual reason of overdosing was only one cause, they found. More worrying, it was just simply down to the fact that more prescriptions are being written, which suggests the deadly nature of some drugs, especially long-acting opioids like OxyContin.

In short, it's a complicated epidemic of too much prescribing, and it's a warning to other nations not to follow a similar path of excessive prescription drug use, they say.

Drug poisoning is now the leading non-disease cause of death in the US and it's mainly due to prescription drugs. The number of deaths has tripled in the past 30 years, and includes the legal and proper use of prescription drugs. It's not drugs being abused, they are being used as prescribed.

Adapted from *What Doctors Don't Tell You Magazine*

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# FAMILY TIME

When your children are all grown up and flown the nest, you'll want amazing photos to look back on and smile. Here are a few tips from a pro on how to get frame-worthy pictures.

**Turn off the flash** - The pros think most point-and-shoot flashes are lousy. Turn it off and pump up the ISO setting (the amount of light the lens allows in). Set it between 1,600 and 3,200; play round to see what works best in your environment.

**Stuck inside? Get to a window!** - You'll get your best shots outside. But if you're indoors try to situate your subjects close to a window for soft, natural light. Beware of lamps: they often create yellow "hot spots" in photos.

**"Yes" is the new "cheese"** - It's a more natural word for kids to shout, and it's a surefire way to get big smiles!

**Embrace the chaos** - Capture the unfiltered moments. They'll be a better reminder of this time in your life than a perfectly styled portrait. Typically, the most compelling photos have an element of unvarnished truth—even if that means a cranky, crying three-year-old without pants. (That image will make everyone smile one day.)

**Fill up the frame** - Resist the urge to put that little face in the exact center, leaving an empty expanse above it. Let your child fill the frame so the focus stays on him or her.

**Photograph them doing what they love to do** - Or eating what they love to eat. Toy trucks and a messy face can be greatest photo ops ever.

**The sun is your enemy** - Unless you want to see a bunch of squinty eyes, head for shade. Cloudy days are actually the best; the filtered light makes everyone look good. A bright sun is never flattering.

**Turn them to face the light** - It may sound counterintuitive, but if the photo you're going to take is in full sun, have your kids turn to face it. Try to keep the sun over one of your shoulders. This position will cast light across your subjects' faces in a more pleasing way.

**Take inspiration from old photos** - Think of memorable shots from your own childhood. You know that beloved one of you and your siblings at the lake? Re-create the moment with your own kids and frame the two side by side on a wall or shelf.

**Quit zooming!** - Move in closer, getting down to the kid's eye level. Your photos will feel more intimate.

These are just a few recommendations to help you get the best photos of your family. Don't forget that you can also do a web search for "family photos" to get fun ideas for background settings and other great photo ops!

Adapted from Real Simple Family



# HOW TO GET THE MOST FROM YOUR FAMILY WELLNESS CHIROPRACTOR

As a Family Wellness Chiropractor, your family's overall health and wellness is my biggest priority. In this constantly connected, plugged-in world there are issues we face that weren't as common just a few decades ago. One of these is a 21st Century problem called "tech neck".

## What is tech neck?

It's probable that at some time in the not so distant past you've seen someone hunched over a smartphone or other wireless device. It's also possible that when they looked up you saw them stretch their neck or rub the back of their neck. This is more common than not.

Too much time spent with our heads bent forward over some kind of technological device, begins to create "tech neck".

Our heads are best carried in a neutral position (the center of our ears over our shoulders), and every inch we move our heads forward puts added strain on our neck.



## What are the symptoms of tech neck?

Shoulder and neck pain are going to be the most common symptoms of tech neck but it can also result in headaches and other signs of discomfort. However, if left undetected or uncorrected, tech neck can even result in deviations to the thoracic and lumbar spine.

Since our spine acts like stacked building blocks, it may compensate for misalignments. Strain on the neck could result in other areas of the spine trying to counterbalance.

## How can I avoid tech neck?

First, be aware that this is a problem and set time limits. Be sure to take a 3-minute break for every 15-20 minutes you spend using a device. Most wireless devices come equipped with timers, so be sure to schedule regular breaks from your technology. Also, consider purchasing a tablet holder to help relieve the stress being placed on your neck.

Finally, see your Family Wellness Chiropractor about regular adjustments. Sometimes, you'll just have to spend a few hours bent over a keyboard, staring at a computer screen or hunched over an iPad or other similar device. This is when chiropractic care, using gentle adjustments, may be just the thing to relieve the symptoms of "tech neck".

# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Salsa and Spinach Frittata

Salsa's signature blend of tangy and spicy will add a zesty touch to an old favorite.

### Ingredients

- 1 cup of salsa (no sugar added)
- 2 tbsp unsalted butter
- 2 cups baby spinach
- 8 whisked eggs seasoned with sea salt

**TO PREPARE:** Preheat oven to 350° F. Strain 1 cup of salsa through a fine-mesh sieve; discard the liquid. Melt 2 tablespoons of unsalted butter in an 8-inch cast-iron skillet over high. Add strained salsa and 2 cups baby spinach; cook until spinach is wilted, about 2 minutes. Add the whisked eggs. Cook, stirring, until it is almost set, about 2 minutes. Back until set, about 12 minutes.

Source: [marthastewart.com](http://marthastewart.com)



## Cheesy Eggs and Peas

Healthy and delicious!

### Ingredients

- 6 eggs
- 2 Tbsp milk
- 1/2 cup peas or edamame
- 4 Tbsp shredded cheddar cheese

**TO PREPARE:** Scramble eggs with milk. Toss in the peas or edamame and the cheese. Serve with whole-grain toast or corn tortillas and salsa.

Source: [eatingwell.com](http://eatingwell.com)

## Celery, Cucumber and Pineapple Smoothie

Cool, refreshing and nutritious!

### Ingredients

- 2 cups frozen pineapple chunks
- 2 cups peeled cucumber chunks
- 1 cup celery chunks
- 2 Tbsp fresh basil
- 2 tsp lime juice
- 1 cup water
- 1/2 cup ice

**TO PREPARE:** Purée all ingredients until smooth then garnish with a celery stalk or a sprig of basil.

Source: [realsimple.com](http://realsimple.com)

## Lentil Sloppy Joes

An easy to prepare, healthy option for a yummy lunch.

### Ingredients

- 1 2/4 cups water
- 1 cup dry brown lentils
- 3/4 cup chopped pepper
- 1/2 cup chopped onion
- 2 Tbsp chili powder
- 2 Tbsp honey
- 1 Tbsp mustard
- Salt to taste
- 1 (8 oz) can of tomato sauce

**TO PREPARE:** In a 2-quart slow cooker or crock pot, mix together all of the ingredients except the tomato sauce. Cover and cook on low heat for 4 hours. Then stir in the tomato sauce, cover and cook on high for an additional hour. Spoon into a roll and serve.

Source: [eatingwell.com](http://eatingwell.com)

## Apple, Pear and Celery Salad

A delicious, refreshing lunch option with a little bite.

### Ingredients

- 1 Granny Smith apple, thinly sliced
- 1 Bartlett pear, thinly sliced
- 3 stalks of celery, thinly sliced
- 1/2 cup chopped parsley
- 1/2 cup chopped celery leaves
- 2 Tbsp lemon juice
- 1 1/2 tsp honey
- 1/2 cup olive or coconut oil
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 3/4 cup shaved parmesan cheese

**TO PREPARE:** Combine the lemon juice, honey, oil and seasonings to make a dressing. Toss the apple, pear, celery and chopped parsley and celery leaves with the dressing and parmesan cheese.

Source: [realsimple.com](http://realsimple.com)

## Ants-on-a-Log Sandwich

A fun and tasty lunch for the kid or the kid in you!

### Ingredients

- 2 Tbsp chunky peanut or other nut butter
- 2 thick slices toasted raisin bread
- 1 1/2 cups thinly sliced celery
- 1/3 cup sliced celery leaves
- 1 tsp lemon juice
- 1 Tbsp olive or coconut oil
- 1/2 tsp kosher salt and black pepper

**TO PREPARE:** Spread butter on raisin bread. Toss the remaining ingredients into a mixture then divide it between the two pieces of toast and nut butter.

Source: [realsimple.com](http://realsimple.com)



# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Chickpea Tabbouleh

A crisp, healthy dinner option.

### Ingredients

- 2 (15-ounce) cans chickpeas, rinsed and drained
- 4 scallions trimmed and chopped (about 1/2 cup)
- 3 plum tomatoes, cored and chopped
- 1 bunch mint, leaves and stems chopped (about 1 cup)
- 1/2 bunch flat-leaf parsley, leaves and stems chopped (about 1 cup)
- 3 Tbsp olive or coconut oil
- 3 Tbsp lemon juice
- 2 tsp sea salt
- 1 tsp finely grated lemon zest (optional)
- 1/4 tsp ground black pepper

**TO PREPARE:** Finely chop chickpeas or use a food processor fitted with a metal blade and pulse until they resemble coarse meal, being careful not to purée.

Transfer to a large bowl then add the remaining ingredients and toss gently to combine.

Source: *O Magazine*



## Roasted Beet Hummus

This stunning fuchsia hummus is a favorite.

### Ingredients

- 1 medium beet
- 1 can (15 ounce) chickpeas (garbanzos) drained
  - 2 Tbsp of liquid reserved
- 1/4 cup tahini (sesame paste)
- 1 large garlic clove, minced
- 1 large lemon
- About 1/2 tsp sea salt
- About 1/4 tsp pepper
- About 1/4 cup olive or coconut oil

**TO PREPARE:** Preheat oven to 375° F. Set beet in a small baking pan with 1/4 inch water and cover tightly with foil. Roast until tender when pierced, 1 to 1 1/4 hour.

Let the beet cool; peel and quarter. Purée in a food processor until smooth, scraping the inside of the bowl as needed.

To the beet, add chickpeas and reserved liquid, tahini, garlic, zest and the juice of 1/2 the lemon, the salt and the pepper, whirl until smooth. Drizzle in the oil, pulsing to combine.

Add more lemon juice, salt, pepper or oil to taste. If the hummus is too thick, add a bit of water.

Source: *Sunset Magazine*

## Chicken Bites with Tomato Mint Salsa

If gluten-free guests are on your invite list, make this mellow dunking salsa with a flour-free brand of chipotle chilies in adobo sauce.

### Ingredients

#### Salsa

- 1 1/4 lbs. Roma tomatoes
- 1 medium onion, cut crosswise into 4 slices
- 1 large jalapeño chili
- 2 Tbsp each coarsely chopped cilantro and fresh mint leaves
- 1 1/2 tsp sea salt
- 1/4 tsp ground cumin, toasted
- 1 Tbsp chopped canned chipotle chili in adobo sauce

#### Chicken Bites

- 1 3/4 lbs. boneless, skinless chicken breasts
- 3 Tbsp olive or coconut oil, divided
- 1 tsp each ground cumin and sea salt
- 1 1/2 Tbsp finely chopped cilantro
- 1/4 cup cilantro leaves

**TO PREPARE:** Preheat broiler with a rack set about 4 in. from the heat. Set tomatoes, onion and jalapeño on a foil-lined rimmed baking sheet. Broil, turning as needed, until blackened, 15 to 25 minutes; as done, transfer to a bowl and let cool.

Peel, stem and seed the chili. In a food processor, pulse vegetables (including blackened parts from tomatoes and onion) and their juices until chopped. Add remaining salsa ingredients and pulse until finely chopped. Transfer to bowl.

Cut chicken into 1 to 1 1/2 inch chunks. In a bowl, combine 2 tablespoons oil, the cumin, salt, chopped cilantro and the chicken. Heat a 12 inch frying pan (not nonstick) over high heat. Add remaining tablespoon of oil; swirl to coat. Cook chicken, stirring and turning once, until lightly browned but still moist, about 5 minutes.

Stir cilantro leaves into the chicken; transfer with a slotted spoon to a platter. Serve with salsa and skewers.

Source: *Sunset Magazine*

## Oatmeal Berry Bake

A delicious and healthy dessert option for your family.

### Ingredients

- 4 cups berries
- 1 cup regular rolled oats
- 1 cup fat-free milk
- 1/3 cup light-brown sugar
- 2 Tbsp melted butter
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup toasted chopped almonds

**TO PREPARE:** Preheat oven to 350° F. Combine all of the ingredients in a 2 quart baking dish coated with cooking spray. Bake for 30 to 40 minutes. Top with almonds.

Source: *Parents Magazine*