

MCKENZIE LAKE CHIROPRACTIC & MASSAGE THERAPY

FEBRUARY 2019

STAY HEALTHY & KEEP MOVING

We can't deny it, it's winter, and we still have 6-ish weeks until spring. We've enjoyed a mild winter, so far, with only a few bouts of cold. Let's hope that continues! We still encourage everyone to keep taking all your vitamins to keep those colds and flus away. Vitamin D is a fantastic way to keep your immune system working at it's best. Also, keeping your spine in line is another way to keep fighting off those bugs! Don't forget to refer your family and friends into the office, it's a GREAT way to get yourself a visit for FREE! If you are not familiar with our referral program, here is some more information:

When you refer a friend or family member, make sure they let us know that you referred them. Once they have completed their initial visit, you should watch your mail for a Thank You card from us. Inside the Thank you card is a note that gets you a FREE treatment! Bring it in for your next Chiropractic visit, and that treatment will be no charge.

KEEP ACTIVE! Snow & Ice can deter us from being outside, and keeping active. Here are some stretches to ease mid back pain, and help with posture:

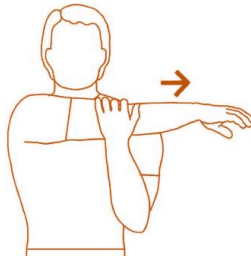
1: Cat/Camel Stretch

Start in a stable position on all fours and relax your head. Arch for a round back, then tuck your tail bone under and allow your head and neck to be relaxed while looking between your legs. Slowly look forward and draw your shoulders away from your ears and dip the lower spine while aiming the tail bone to the sky; repeat slowly 10 times.



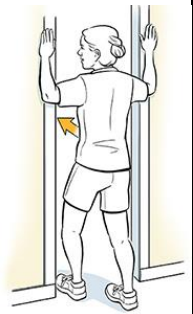
2: Rhomboid Stretch

Stand and bring one arm across your chest. With the opposite arm on your elbow, draw the arm toward your neck until you feel a stretch in your upper back.



3: Pec Stretch

Stand in an open doorway. Raise each arm up to the side, at a 90 degree angle with palms forward. Slowly step forward with one foot. Feel the stretch in your shoulders and chest. Hold for 30 seconds, repeat 3 times.



WELL PLATED BY ERIN; HEALTHY TURKEY CHILI

<https://www.wellplated.com/healthy-turkey-chili/>

Yield: 8 Servings (16 cups of very thick Chili), Prep Time: 20 Minutes, Cook time: 55 minutes, Total time: 1 hour and 15 minutes

A thick, rich healthy turkey chili with just the right amount of spice. Award winning recipe that will be your new favorite!

Per Serving: Calories 227; Total Fat 10 grams; Saturated Fat 2 grams; Protein 24 grams; Total Carbohydrate 14 grams; Sugar: 4 grams; Fiber 4 grams; Cholesterol 91 milligrams; Sodium 741 milligrams

INGREDIENTS

1 TBSP extra-virgin olive oil
3 cloves garlic - *minced*
2 medium onions - *diced*
2 bell peppers - *cored and chopped*
2 large carrots - *peeled and diced*
2 stalks celery - *diced*
1 medium sweet potato - *peeled and cubed (optional-I added it!)*
2 pounds ground turkey - *Use lean**
1 1/2-2 cups water - *more as needed*
1 can tomato sauce - (15 oz)
1 can diced tomatoes & juice - (14.5 oz)
3 TBSPs chili powder
1 TBSP ground cumin
1 TBSP paprika
1 TSP cayenne pepper
1 TSP kosher sea salt
1/2 TSP freshly ground black pepper
Pinch red pepper flakes

DIRECTIONS

- Heat the oil in a Dutch oven or large soup pot over medium heat. Add the garlic, onions, bell peppers, carrots, celery, and sweet potato. Sauté for 5 to 7 minutes, until soft.
- Add the turkey and cook until browned, 5 to 7 minutes, stirring often to break up the chunks.
- Once the meat is browned, add 1 1/2 cups water, tomato sauce, diced tomatoes, chili powder, cumin, paprika, cayenne, salt, pepper, and red pepper flakes. Bring to a boil, then reduce to a moderate bubble. Let cook, uncovered, until the chili thickens, about 45 minutes, stirring every so often so that the chili does not stick to the bottom. If the chili becomes too thick, add a little water to reach your desired consistency.
- Toward the end of the cooking time, taste and adjust the seasonings as desired. Serve hot with desired toppings.

OPTIONAL TOPPINGS:

Sliced fresh avocado, thinly sliced jalapeño, shredded cheese, plain non-fat greek yogurt — or *sour cream*, freshly chopped cilantro



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