

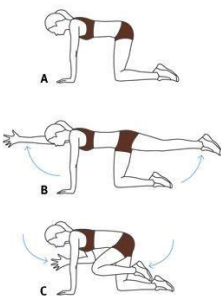
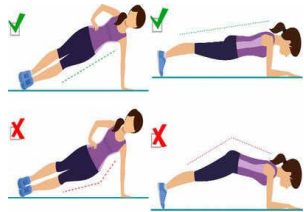
# MCKENZIE LAKE CHIROPRACTIC & MASSAGE THERAPY

**JANUARY 2019**

**HAPPY NEW YEAR!**

2018 is now a memory; Welcome to 2019! January is a time for Resolutions, it's a new beginning, and we want to help you with all your Wellness Goals. Whether your goal is to shed some holiday pounds, exercise more, eat healthier, or maintain your progress from last year, we will continue to share tips on how to make your goals easier to achieve.

Keep Active! Here are some exercises you can do at home, to strengthen your core, and help with back pain:

<p><b>Cardio:</b></p> <p>Aim to go for a 30 min walk, every day.</p>	<p><b>Ab Hollowing:</b></p> <p>This is where you are contracting your abs, as if you are bracing yourself for a punch to the gut. Try to do this while you are walking, to build up your core.</p>	<p><b>Bird/Dog Exercise:</b></p> <p>Get down on all fours, reach forward with one arm, and reach back with the opposite leg, pull in towards each other and back out again.</p> <p>Repeat 10 times per side</p> 	<p><b>Planks:</b></p> <p>Front plank &amp; Side planks. Hold stance for one minute, try to complete 3 – 5.</p> 
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## RACHEL RAY'S QUINOA AND VEGETABLE STUFFED PEPPERS

**Enjoy this healthy dinner of bell peppers stuffed with a medley of quinoa and vegetables.**

Per Serving: Calories 303; Total Fat 15 grams; Saturated Fat 5 grams; Protein 11 grams; Total Carbohydrate 34 grams; Sugar: 10 grams; Fiber 8 grams; Cholesterol 23 milligrams; Sodium 638 milligrams

### INGREDIENTS

- 1 cup quinoa
- 2 cups chicken or vegetable stock
- 6 bell peppers, mixed colors seeded and halved
- 3 tbsp extra-virgin olive oil, plus extra for drizzling
- Salt and freshly ground black pepper
- 4 cloves garlic, thinly sliced
- 1 small eggplant, chopped
- 1 red onion, chopped
- 1 fresh chili pepper, such as Fresno, thinly sliced, or 1 teaspoon dried crushed pepper
- 1 small to medium zucchini, seeded and chopped
- 1/2 cup parsley leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 2 plum tomatoes, chopped
- 1 cup crumbled feta



### DIRECTIONS

1. Preheat the oven to 450°F.
2. Bring the quinoa and stock to a boil. Cover Quinoa and simmer until the liquid is absorbed and the grain looks translucent, 12 to 15 minutes. Then fluff with a fork. You will have about 4 cups of cooked grain.
3. Drizzle the bell pepper halves with extra-virgin olive oil and season both sides with salt and pepper. Roast cut-side down until the skins begin to char and the peppers are just tender, about 20 minutes. Remove from the oven and cool to room temp, then arrange in a baking dish cut-side up.
4. Meanwhile, heat 3 tablespoons extra-virgin olive oil, 3 turns of the pan, over medium-high heat. Add the garlic, eggplant, onions and chilies, and season with salt and pepper. Cook partially covered to tender, 10 to 12 minutes. Add the herbs and tomatoes, and combine with the quinoa.
5. Fill the pepper halves with the quinoa and vegetable stuffing and drizzle with extra-virgin olive oil. Cool and chill for a make-ahead meal. To serve, roast in a 375°F oven until the peppers are hot throughout. Serve the pepper halves topped with lots of cheese crumbles.

### CLINIC HOURS\*:

Day	Chiropractic	Massage
MON	10 am – 12 pm & 3 – 7 pm	2 – 8 pm
TUES	2 – 7 pm	2 – 8 pm
WED	10 am – 12 pm & 3 – 7 pm	2 – 8 pm
THUR	2 – 7 pm	2 – 8 pm
FRI	10 am – 12 pm & 3 – 7 pm	2 – 8 pm
SAT	9 am – 12 pm (every other week)	9 am – 7 pm
SUN	Closed	11 am – 4 pm

\*Hours are subject to change

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