

## Clinic Events

### Mondays



#### Yoga Class

Join us at the clinic 6:15-7:15 pm. Bring a mat and clothes you can move in. Small fee. Reserve your spot in class.

### December 20th 8-6pm

#### Chiropractic Christmas Party


Complementary adjustments & exams for patients, family & friends. Make a small donation to the local foodbank (\$10-15). Relax and enjoy a tasty holiday treat.



### January 10th 5:30pm

#### Purification & Weight Loss

Bring a friend or family member and learn how to improve problems you thought you had to live with for the rest of your life. This class is complementary.

adjustment before his big day. Don't miss it! 



- Complementary Adjustments
- Delicious Drinks & Tasty Treats
- Music, Fun & Games

**Back By Popular Demand!**

## OUR GIFT TO YOU

A CHRISTMAS PARTY FOR PATIENTS, FRIENDS & FAMILY

We want to thank you for the opportunity to help improve your health this year. As a special gift, we are making **Tuesday, December 20th** a day of fun and wellness for our chiropractic family. Come enjoy the holiday fun, music & special treats. We will be giving our patients **courtesy adjustments & any needed exams** (for those we have not seen recently). We'll also be happy to provide a free examination to any family members or friends that you refer.

We ask that you consider giving a small gift to the Stark Hunger Task Force (\$10-15 is suggested). Parents may have their children checked & adjusted without additional donation. Call and reserve a convenient time for you and your family to join us. Mark your calendar and tell some friends! Help us give the gift of good health!



**Join us on this day of holiday fun & good health!** You may even catch Santa stopping by for an

IN THIS ISSUE

NEWS & RESEARCH  
page 2

HOLIDAY EATINGS  
page 3

EAT MORE BUGS  
page 4

Month Goal:

Enjoy 15 minutes of personal quiet time each day





## NEWS & RESEARCH



Researchers found daily water gargling helps prevent colds & reduce respiratory symptoms



Study: Baked & broiled fish improve brain health. Fried fish does not seem to help



FDA approved continued use of antibiotics in animal feed to accelerate growth of meat



Study: Honey works better than cough medicine as a cough suppressant



**Quick Tip:** For healthy sinuses, add humidity to your house in the winter. Use a humidifier or leave some water in the tub or in front of a vent.

# The Night Before Chiropractmas

by Dr Aaron McMichael

Twas the night before Christmas, when all through the home  
**Not a creature was stirring, 'til he let out a moan;**

The stockings were hung by the chimney with care,  
In hopes that St. Nicholas soon would be there;  
The children were nestled all snug in their beds,  
With visions of gluten-free cakes in their heads;  
And mom in her yoga pants, I in my cap,  
Had settled down for a long winter's nap,  
When out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.

When, what to my wondering eyes should appear,  
**But St. Nick on his back, and his eyes full of fear,**

With tears down his cheeks, a big bag at his side,  
I knew in a moment that he needed a ride.  
We passed by the ER, the wait is too long;  
We passed the MD, his meds are too strong.  
Nick needs a good back to lift toys with his might,  
A clear head to drive his fast sleigh through the night.


“Now, Dasher!, now, Dancer! now, Prancer and Vixen!  
Old Nick's in great pain and he needs a quick fixin'!  
On, Comet! on Cupid! I know just the trick!

**To the Doctors McMichael and their Chiropractic!”**

A 10 minute wait wasn't too much to ask,  
For Nick & I knew they were up to the task.  
Dr. Aaron gave an exam with great knack,  
The problem is clear, “You've twisted your back.  
Dr. Rick will adjust you.” And he certainly did.

“Wow” said St. Nick. “I feel just like a kid;  
I can jump, I can bend, I can twist, I can flip,  
I shall be back here before I start my next trip.”  
He gave Patty a wink, and we went for the door,  
Then a last bit of advice was provided once more,  
“Use ice and be careful, drink water, get rest,  
Avoid sweets and junk foods to live life to the best.”

“Dr. Ryan, your words are quite helpful and true,  
Mrs. Clause has been telling me the same things I must do.”  
And with that we were off, through the night sky we sped,  
Nick dropped me back home, grabbed his bag, velvet red,  
And sprang to his sleigh, to his team gave a whistle,  
Away they all flew like the down of a thistle.

But I heard him exclaim, ere he drove with great stealth,  
**“Happy Christmas to all, and to all great holiday health.”** 

## Avoid Winter Back Pain

1. When shoveling snow, push the snow instead of lifting and throwing it. Avoid twisting & bending.
2. Frequent shoveling of light snow is easier than waiting and trying to move heavy snow.
3. When holiday shopping, make trips to the car to drop off gifts so you're not breaking your back with an armload of shopping bags.
4. Take your time on the ice. Move slowly with a wide stance to keep your feet under you.





# 7 Holiday Eating Tips from Our Doctors

- 1. Make an Easy Nutty Crust** - switch up your pie crust for healthier alternative. Just crush some nuts in a processor, mix with butter, add a pinch of salt, and press it into the pan. Or go crustless.
- 2. Skip the Cool Whip or Ready Whip** - go for the real stuff that tastes so much better. Buy some heavy whipping cream and blend with a little good sweetener (real maple syrup, honey, etc.).
- 3. Sneak in the Veggies** - add them to stuffing (onions, celery, spinach), potatoes (cauliflower, broccoli), holiday bread (zucchini), and wherever else you can hide them.
- 4. Try Coconut Oil for Your Baked Goods** - it tastes great and is healthier than the usual vegetable oils and shortening.

>>Chop dates & nuts in a processor to make a sweet crust without sugar



- 5. Sweeten with Fruit** - add some fruit like bananas, apples, or apple sauce to sweeten your desserts using less sugar. Applesauce can also replace some of the oil.



- 6. Use Whole Milk Instead of Evaporated Milk** - it makes pumpkin pie and other treats taste so much better and avoids the junk.
- 7. Leave Santa Some Veggies** - can you imagine eating millions of cookies on Christmas eve. Give the guy a break so he lives until next year.

## Find Great Recipes at

[www.mcmichaelchiro.com](http://www.mcmichaelchiro.com)

1. Fresh Cranberry Sauce
2. Mashed Sweet Potatoes
3. Garlicky Green Beans
4. Maple Roasted Sweet Potatoes
5. Super Fruity Cake Bread
6. Nutbutter Balls
7. Bacon Wrapped Chestnuts
8. Hot Spiced Cider
9. Breadless Stuffing
10. Cheesy Broccoli & Cauliflower
11. Egg Nog Smoothie

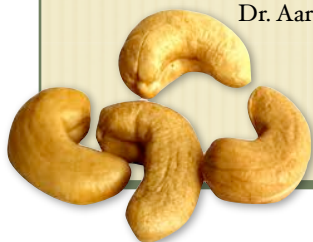
## YOU DON'T NEED CHESTNUTS TO GET NUTTY

“Nuts are a great source of healthy fats, protein, fiber, and other beneficial nutrients. Eat a handful each day.

You don't have to save them for a holiday treat either. They make a great tasting snack that is quick and easy to prepare.

My two year old son Simon loves to snack on them.”

Dr. Aaron McMichael



### Roasted Nuts

**1 Cup of your Favorite Nuts (Almonds, Pecans, Walnuts, Cashews, etc)**

**1 Tbs Butter or Coconut Oil**

**1 Pinch of Sea Salt**

Melt the butter or coconut oil and toss the nuts. Add a pinch of sea salt. If your feeling adventurous, add some of your favorite herbs or seasonings.




Bake in the oven at 350 degrees for about 10 minutes until golden brown. Serve & enjoy.

>>Walnuts are a good source of omega 3 fats

Those who eat at least the amount of nuts in a single airline packet daily have 1/3 fewer heart attacks than those who rarely or never eat nuts - Study at Brigham and Women's Hospital & Harvard School of Public Health



## 5 Ways to Reduce Holiday Stress

1. Get plenty of rest (6 hr minimum).
2. Start right with a good breakfast that includes healthy fat and protein (eggs are great).
3. Take a few minutes to relax and enjoy the spirit of the season.
4. Plan ahead and get organized to avoid last minute stress.
5. Don't forget to get an adjustment to relax your body and reduce your stress. 

## Eat More Bugs *Probiotics & Fermented Foods*




Of all the most critical nutrients identified for optimal health and wellness, probiotics have continued to climb toward the top of the list in recent years. Probiotics are neither vitamins or minerals, however healthy levels of probiotics are critical for digestion and absorption of these nutrients from the food we eat and supplements we take.

**The term "Probiotics" refers to the healthy bacteria living in and on our body.** We are dependent on the presence of 100 trillion bacteria in and on our bodies in order to maintain proper health and function, and the gut is their primary location. While a healthy ratio of gut flora equals approximately 85% good to 15% bad, most americans when tested display the exact opposite - a ratio of 85% bad to 15% good.

This unhealthy balance of gut flora has been linked to immunity problems, increased infections, vitamin & mineral deficiencies, attention deficit/ hyperactivity disorder, anxiety, depression, autism, type II diabetes, obesity, and negative reactions to vaccines.

### 3 Steps to maintain the proper ratio of good bacteria to bad:

1. Eliminate foods that feed the bad bacteria (sugar, artificial sweeteners, and grains)
2. Eat plenty of foods that feed the good bacteria (fresh vegetables and fruits)
3. Include probiotics in your diet on a daily basis either through supplementation or the consumption of fermented foods (kefir, yogurt, sauerkraut, fermented veggies, natto, kombucha, etc.) 



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Natural Health News  
You Can Use

INSIDE:



An easy solution to  
avoid colds  
&  
**YOUR PARTY  
INVITATION!**



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