



Health Trends



Volume 1, Issue 5

Practical Wellness Journal

The Big 50!

On May 9 I turned 50. Yes, I was born on May 9, 1957. I am writing to let you know this because there are a few things that I have done over the years to help maintain and actually improve my health.

The list goes like this:

1. I get regular chiropractic care.
2. Ryan does Pressure Point Therapy on me.
3. I take vitamins on a regular basis.
4. I exercise regularly.
5. I eat organic foods when possible.
6. I have read and apply the data from 'The Problems of Work' by L. R. Hubbard. Using this data has helped reduce the stress of work and every day life.

The effects of over-medicated life styles

In my practice I see many patients who complain of symptoms such as difficulty falling asleep or staying asleep, joint pain, muscle pain, tenderness or weakness, lack of energy, swelling of the hands, feet ankles or lower legs, extreme tiredness, yellowing of the skin or eyes, swelling of the face, throat, tongue, lips, eyes, hands, feet, ankles or lower legs.

Did you realize that if you suffer from these symptoms you may be experiencing side effects from

cholesterol lowering medications such as Lipitor? There are alternatives to cholesterol lowering drugs. Call us today to find out more!

True health begins with you

Many years ago when I decided to study chiropractic it was because of a simple belief that all chiropractors have. In fact this belief is instilled in the very definition of the word 'chiropractic' and that is that the body is equipped to heal itself when given the right nutrients and chiropractic adjustments to correct spinal misalignments.

The word chiropractic is defined as a method of treating diseases by adjusting the spine and certain other structures of the body. Chiropractic literally means 'the use of hands' or 'done by hand'.

It is this basic idea, that finding the source of the body's symptoms and tracing it back to the missing nutrient or spinal misalignments to really solve the problem that first led me to be a chiropractic patient and, later, study to be a Doctor of Chiropractor.

Ill health is NOT a way of life! Working with your body with chiropractic adjustments will help your body heal itself. True health IS the way of life.

So, on my 50th birthday, I would like to share the good news with all of you that good health is attainable for you and your family.

Yours in good health,

Dr Dusty .



The Gift of Life from the Bountiful Seas

Iodine*, found in kelp, helps keep both the brain and the spinal cord healthy. It is vital for the thyroid* gland to function properly.

The thyroid* gland, located in the neck, produces hormones. These hormones are comprised in part by iodine and boost the rate at which the body's cells use oxygen and nutrients to produce energy and heat – in other words, they boost your metabolism.

The thyroid hormones directly affect the maturing and day-to-day well-being of both the skeletal and central nervous systems.

Get Tested!

A simple test can be done for Iodine deficiency.

Iodine supplements, such as Prolamine Iodine, are available at the office.

Call the office at **314.352.3345**

to find out more about the test and available supplements.

Iodine – A dark grey / purple-black colored chemical element found in seaweed such as kelp that is necessary for proper production of thyroid hormones. (from Greek, *iodes*, meaning 'violet')

Thyroid - The **thyroid** is one of the larger glands in the body. It is a double-lobed structure located in the neck and produces hormones that regulate the rate of metabolism and affect the growth and rate of function of many other systems in the body.



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Practical Wellness Journal: Volume 1, Issue 5

- Doctor Dusty's Desk: **It's My Big 50!**
- Supplements: **The Gift of Life**
- Ryan's Recipes: **Clam Chowder**
- Coupon: **For Someone You Care About**

Caring & Sharing

Do you know someone who would benefit from pain relief or who experiences back pain? Send them in! Give them this coupon with your name on it. If they sign up as a new patient, we will give you a free bottle of instant CalMag!

So give a friend or family member this coupon (with your name on it) today!

If you would like more coupons to give out, contact the office at 314.352.3345 and we will send them to you.

Coupon

1 Free

**PRESSURE POINT THERAPY
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Referred by: _____

6411 Chippewa at Lindenwood

Call 314.352.3345

*Valid for first time patients only • Promotion Code: 50NL

Ryan's Recipes

Clam chowder *recipe with minced clams, bacon, onion, and potatoes and milk.*

Ingredients

- 4 (6 1/2 oz.) cans minced clams with juice
- 1/2 lb. salt pork or bacon, diced
- 1 cup chopped onion
- 6 to 8 medium potatoes, peeled and cubed
- 3 c. water
- 3 1/2 tsp. salt
- 1/4 tsp. pepper
- 4 c. half and half cream or milk
- 3 to 4 tbsp. cornstarch
- chopped fresh parsley, for garnish



Preparation

Cut clams into bite-sized pieces if necessary. In skillet, saute salt pork or bacon and onion until golden brown; drain. Put into slow cooker with clams. Add all remaining ingredients, except milk, cornstarch, and parsley.

Cover and cook on high 3 to 4 hours or until vegetables are tender. During the last hour of cooking, combine 1 cup of milk with the cornstarch. Add cornstarch mixture and the remaining milk and stir well; heat through.

Top each serving with a little chopped parsley and serve with crackers or crusty French bread.