

We are celebrating our 3 year anniversary of health!
Thank you for your trust and support!

213 W. Wisconsin Ave.
Pewaukee, WI 53072
262.695.0022

www.pewaukeelakechiro.com

What Impairs Movement

Injuries
Repetitive Motion
Toxicity & Inflammation
Tension/Stress
Spinal & Muscle Weakness

Restoration of Motion

Chiropractic	Nutrition
Massage	Physical Therapies
Yoga	Exercise

Is Your Movement Impaired?

3 simple ways to test yourself.

- When you rotate your neck, motion should end with the chin directly above the top of the shoulder.
- Keeping legs straight, bending forward towards the ground, toes should easily be touched.
- Fingers should touch when reaching one arm down behind head, with the other up behind the back.

“Many of us take better care of our automobiles than we do our own bodies... Yet the auto has replaceable parts.” – B.J. Palmer

Mercola Healthy Skin—Natural Sunscreen with Green Tea—

This 100% natural and local recipe comes straight from the sun-loving people of Acapulco. Natural Sunscreen Lotion's ingredients protect, nourish, and soothe your skin with antioxidant-rich green tea. Plus, its special mineral sunscreen provides overall protection from the sun's potentially skin-damaging UVA and UVB rays. Water-resistant and hypoallergenic!



For announcements and specials!

**"Chiropractic is
health
insurance.
Premiums small.
Dividends large"
- B.J. Palmer**

Nature Boosts Vitality

Research has associated spending time in a nature setting with increased energy and heightened sense of well-being, and have even reported that the activity of simply recalling outdoor experiences increases feelings of happiness and health. The University of Rochester (New York, USA), conducted a series of five studies, involving 537 college students, to assess the effects of being outdoors on subjective vitality. Across all study situations, subjects consistently felt more energetic when they spent time in natural settings or imagined themselves in such situations. The researchers found that exposure to the outside nature setting for as little as 20 minutes in a day was sufficient to significantly boost vitality levels.

*Journal of Environmental Psychology,
Volume 30, Issue 2, June 2010.*



Salt-less Summer Sweet! (Gluten-free!)

LEMON OLIVE OIL COOKIES

Cut down on excessive salts by using natural substitutes, many baking recipes can often be replaced with smaller amounts of (yes) extra-virgin olive oil!

1/4 cup plain, organic yogurt or sour cream
1/4 cup lemon olive oil (or any you have olive oil)
1 egg
Zest of one lemon
Juice of one lemon
1/2 half cup white rice flour
1/4 cup tapioca flour
1/2 cup fresh ground almond meal (fresh ground tastes best)
1/2 cup sugar
1 teaspoon baking powder



- Preheat the oven to 350°.
- First, combine the yogurt and olive oil well. Stir in the egg, then the lemon juice and zest, to make a coherent mixture.
- Next, combine all the dry ingredients together. Slowly, fold the wet ingredients into the dry. The dough will be sticky. In fact, you might have dough all over your fingers by the time this process is done.
- Form small balls with the sticky dough and roll each ball into sugar. This will make the finished cookies crunchy and shimmery. Place on a baking sheet covered with a silpat, or a layer of parchment paper.
- Cook for twelve minutes, approximately. The cookies will be soft at this point, but they will feel fully formed. Let them sit on the baking sheet, on the top of the oven, for about five minutes.
- Carefully, move the cookies to a cooling rack. Let them sit there for another five minutes, during which time they will harden in the air.

Soda and Poor Diet May Accelerate

New research suggests that drinking sodas and eating processed foods, both of which contain high levels of phosphates may accelerate the aging process. studied the effects of high phosphate levels in three groups of mice. Thus suggesting that phosphate has toxic effects in mice, and raising the possibility that it may have a similar effect in humans. Further investigations revealed that high levels of phosphates accelerate signs of aging, and may also increase the prevalence and severity of age-related

complications, such as chronic kidney disease and cardiovascular calcification, as well as inducing severe muscle and skin atrophy. Humans need a healthy diet and keeping the balance of phosphate in the diet may be important for a healthy life and longevity. Avoid phosphate toxicity and enjoy a healthy life.

[FASEB J. 2010 April 23.](#)



**213 W. Wisconsin Ave.
Pewaukee, WI 53072
262.695.0022**

www.pewaukeelakechiro.com