



MARCH E-NEWS
WILLS FAMILY CHIROPRACTIC

An Old Irish Blessing

May the road rise up to meet you
May the wind always be at your back
May the sun shine warm upon your face,
And rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of his hand.



*Noah Randy Wills
Come with his family!*

*The girls are adjusting
well to their new little brother*

*And Noah is adjusting to
his sisters too.*

IN THE SPIRIT OF THE SEASON HERE ARE A FEW RECIPES TO TRY

Irish Stew

2	pounds	Beef -- cut in 1" cubes
3	tablespoons	Vegetable oil
14	ounces	Beef broth -- canned
1	cup	Water
2	tablespoons	Parsley -- chopped
1 1/2	teaspoons	Salt
1/4	teaspoon	White pepper
1		Bay leaf
6		Med carrots -- cut in thirds
6		Med onions -- cut in thirds
1/2	cup	Frozen peas -- thawed
		Parmesan cheese
		Holiday Potatoes recipe



Brown beef in oil. Add beef broth, water, parsley, salt and bay leaf. Cover and simmer 1 hour, stirring occasionally. Add onions and carrots; simmer 30 minutes additional, or until beef is tender. Meanwhile, prepare Holiday Potatoes. Place stew in oven-proof serving dish. Spoon potatoes over stew, sprinkle with peas and Parmesan to taste. Run under broiler until potatoes are lightly browned.



Irish Soda Bread

3	cups	all-purpose flour
2	teaspoons	baking powder
1/2	teaspoon	salt
1/2	cup	white sugar
1-1/2	cups	buttermilk
1/2	cup	raisins
2		eggs
1	tablespoon	caraway seed



Preheat oven to 350 degrees F (175 degrees C).

Combine flour, baking powder, salt, and sugar. Beat eggs with buttermilk. Add the eggs and buttermilk into the flour mixture; stir in raisins. Pour dough onto lightly floured board. Shape into a round loaf, adding flour if necessary. Place in a lightly greased spring form pan. Sprinkle top with caraway seeds if desired. Bake at 350 degrees F (175 degrees C) for 1 hour or until the bottom of the loaf sounds hollow when tapped.



Vitamin D

are you getting enough?

What can Vitamin D do for me?



Vitamin D can help prevent colds and flu as well as serious lung infections. Vitamin D also helps in protecting from cancer, obesity, autoimmune diseases cardiovascular problems, build strong bones as well as offer a strong protection against urinary tract infections.

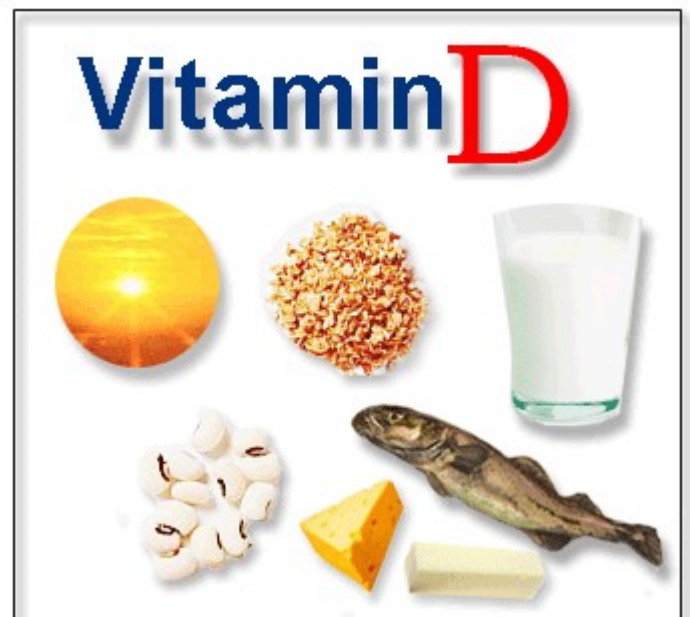
Vitamin D is necessary for the production of anti-microbial peptides, substances that fight off infection-causing bacteria, fungi and viruses.

Vitamin D has a major advantage over mainstream medicine's widely prescribed antibiotics for urinary tract infections. The reason is simple, when UTI's are treated with antibiotics, the drugs can harm beneficial bacteria in the gut and wreak havoc in the body. *Vitamin D only produces germ-killing peptides at the site of an infection when needed, leaving "friendly bacteria" totally unharmed.* (Natural News)

How do I get more Vitamin D?

Ask Dr. Jason if a Vitamin D Supplement would be beneficial for your specific needs.

Vitamin D deficiency can lead to osteoporosis in adults or rickets in children. Too much can lead to Kidney stones, vomiting, and muscle weakness. Be sure to consult Dr. Jason to determine what would be best for you.



Massage Therapy is beneficial

Here are a few good reasons to get a massage:

- 1) To Relieve Pain
- 2) Ease Tension
- 3) Relax Inflamed Muscles
- 4) Improve Circulation
- 5) Improve Lymph flow
- 6) Reduce Stress
- 7) Provides a Welcome Respite
- 8) Enhance Your Mood
- 9) Can Be Rejuvenating



“Depend on the rabbit's foot if you will, but remember it didn't work for the rabbit.”



.....R. E. Shay



“Why should you never iron a 4-leaf clover?”

“You don't want to press your luck”

.....Daryl Stout

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