

# *Wills Family Chiropractic*

## *October News Letter*

"October's poplars are flaming torches lighting the way to winter."

...Nova Bair

"Beauty is one of the rare things that do not lead to doubt of God."

...Jean Anouilh

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

...Nathaniel Hawthorne

"Youth is like spring, an over-praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers we more than gain in fruits."

...Samuel Butler

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# Have you ever heard the old adage... “An **Apple** a Day Keeps the Dr. Away”? It has some basis of truth:



This ready to eat snack can be very beneficial to overall health. The benefits supplied by apples is huge and very encouraging.

- Help protect bone health
  - Good source of Vitamin C
  - Good source of Fiber
  - Good for diabetes & Weight management
  - Pectin in apples can help to lower LDL cholesterol
- Apples help prevent asthma, heart disease, and cancers such as lung, breast, colon, & liver.
    - New research also suggests that the phytonutrient called *quercetin* may help to prevent Alzheimer's and Parkinsonism
  - Excellent source of flavanoids and antioxidants
    - \* *It is important to keep in mind that a lot of the goodness of apples is contained in the skin.*
- Apple juice* can increase health and function of the heart. Juice that contains phytonutrients can slow oxidation of bad cholesterol.

*Fiber* in apple helps the digestion process by releasing butyric acid which is a source of intestine cells that can eliminate growth of intestine cancer cells. 5grms of fiber in an apple is equivalent to 20% of fiber needed by human daily diet.

*Chewing* apple can be a remedy for toothache problem and tarter plaque that can damage teeth.



*Apple Cider Vinegar* has been revered for its amazing healing properties since ancient times. Due to its natural antibiotic and antiseptic properties it is a must to have in your cupboard. It can be used to fight colds, improve digestion, treat food poisoning and diarrhea. Some people use apple cider vinegar to support their weight management program. It can also alleviate chronic fatigue and even relieve arthritic pains. Smokers may find it beneficial as it clears their lungs too. Many believe that apple cider vinegar promotes longevity.

(As part of your daily diet, mix one or two tablespoon of vinegar to a glass of lukewarm water and consume it every morning. You can also mix honey to enhance it.)

<http://www.mesrahealth.com> <http://www.mesrahealth.com> <http://www.organicparade.com>

Look on line to find some healthy ways to cook with apples.

### Grilled Pork Chops with Apple-Almond Salsa:

- 1 cup green apple, chopped
- 1 cup red apple, chopped
- ½ cup red onion, diced
- 1/3 cup slivered almonds, toasted
- 2 Tbls champagne vinegar
- 2 Tbls rosemary, minced
- 1 Tsp lemon juice
- salt & pepper to taste



[www.besthealthmag.ca](http://www.besthealthmag.ca)



### Apple and Onion Beef Pot Roast:

- beef sirloin tip roast cut in half
  - 1 cup water
  - 1 TSP seasoned salt
  - ½ TSP reduced-sodium soy sauce
  - ½ TSP Worcestershire sauce
  - ¼ TSP garlic powder
  - 1 large tart apple, quartered
  - 1 large onion, sliced
  - 2 TBLS cornstarch
  - 2 TBLS cold water
  - 1/8 browning sauce
- In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 5 qt. Slow cooker. Add water to the skillet, stirring to loosen any browned bits; pour over roast. Sprinkle with seasoned salt, soy sauce, Worcestershire sauce and garlic powder. Top with apple and onion.
  - Cover and cook on low for 5-6 hours or until meat is tender.
  - Remove roast and onion; let stand for 15 minutes before slicing. Strain cooking liquid into a saucepan, discarding apple. Bring liquid to a boil; cook until reduced to 2 cups, about 15 minutes. Combine cornstarch and cold water until smooth; stir in browning sauce. Stir into cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with beef and onion.

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

Of course there is the favorite American apple pie, apple crisp, apple pancakes, apple oatmeal cookies, apple butter, applesauce, add apple to your salad, slice it up and dip in peanut butter, add some cinnamon and bake it not only tastes great but makes the house smell warm and delicious.

[www.eatingwell.com](http://www.eatingwell.com) [www.fitsugar.com](http://www.fitsugar.com) [www.moreminutes.com](http://www.moreminutes.com) [www.apple-recipes-with-good-taste.com](http://www.apple-recipes-with-good-taste.com)

# What's in a Pumpkin?

**Would you believe that most of my life I thought pumpkins soul purpose was for making jack-O-lanterns, pie, bread and cookies. And of course the seeds were fun to bake and eat....but did you know that pumpkin is incredibly rich in vital anti-oxidants and vitamins?**

**Did you know that the pumpkin is one of the most nutritional foods available year round? Rich in antioxidants, vitamins, and minerals, both the flesh and seeds of the pumpkin provide many health-boosting nutrients.**

**Pumpkin** is low in fat and calories and rich in disease-fighting nutrients such as:

- Alpha-carotene (Promotes healthy vision. Ensures proper immune function)
- Beta-carotene (Boosts immunity and lesson the risk of heart disease )
- Fiber (Helps to reduce bad cholesterol levels. Helps control blood sugar levels)
- Vitamin C (boosts immunity as well as reduces the risk of high blood pressure)
- Vitamin E (Promotes healthy skin and may reduce the risk of Alzheimer's disease )
- Potassium (Aids in balancing fluid levels in the body. Promotes strong bones)
- Magnesium ( Promotes healthy immune system. Contributes to bone strength)
- Pantothenic acid (Helps to balance hormone levels and manage stress)

**Pumpkin Seeds:** May Promote Prostate Health, Protection for Men's Bones, Anti-Inflammatory benefits in Arthritis, A Rich Source of healthful Minerals, Protein and Monounsaturated Fat, and Pumpkin Seed Phytosterols Lower Cholesterol.

- Vitamin E
- Iron
- Magnesium
- Potassium
- Zinc
- Omega-6
- Omega-3

## **A few quick serving ideas:**

- Add pumpkin seeds to healthy sauteed vegetables
- Sprinkle pumpkin seeds on top of mixed green salads.
- Grind pumpkin seeds with fresh garlic, parsley and cilantro leaves. Mix with olive oil and lemon juice for a tasty salad dressing.
- Add chopped pumpkin seeds to your favorite hot or cold cereal
- Add pumpkin seeds to your oatmeal raisin cookie or granola recipe.
- Next time you make burgers, whether it be from vegetables, turkey or beef, add some ground pumpkin seeds.

Here are a few ways to add more pumpkin into your diet:



### **Pumpkin Stuffed with General Goodness**

- 1 Pumpkin, about 3lbs
- Salt & Pepper, to taste
- ¼ lb stale bread
- ¼ lb cheese of choice cut into 1/2" chunks
- 2 garlic cloves, minced
- 3-4 slices bacon, cooked until crisp and chopped
- About 1 cup cooked spinach, squeezed dry (saute fresh spinach in olive oil or use frozen, just be sure to get excess liquid out of it before using.)
- ¼ cup chopped scallions or chives
- 1 T fresh thyme (or 1 t dried)
- About 1/3 cup heavy cream
- Pinch of nutmeg

Preheat oven, 350. Line a baking sheet with foil. Cut a cap out of the pumpkin and remove the seeds and strings. Season the inside of the pumpkin with salt and pepper.

Toss the bread, cheese, garlic, bacon, spinach, scallions or chives and thyme together in a bowl. Season with pepper. Pack mixture into the pumpkin. Pack it down a little- the pumpkin should be stuffed really well. Stir the cream with the nutmeg and pour it into the pumpkin. You don't want the ingredients to drown in cream, but they should be well moistened. It's hard to go wrong - you sort of have to move the stuffing around to get the cream in all the crevices, and wait for it to settle, but just make sure everything has a nice coating. Put the cap on the pumpkin and bake it for about 2 hours. Check it after 90 minutes.

When it is done, everything inside the pumpkin will be bubbling and the flesh of the pumpkin is tender enough to be pierced with the tip of a knife. Remove the top of the pumpkin about 20 minutes before it is done to let the stuffing brown a little. You can either spoon out the portions of the filling or slice along the side and serve wedges of pumpkin with the filing.

### **Peanut Butter/Pumpkin Soup**

- 4 tbsp unsalted butter
- 4 cups canned pumpkin
- 2 cups cooked pureed sweet potatoes
- 1 cup smooth peanut butter
- 6 cups chicken stock
- 1 tsp freshly ground black pepper
- 1 tsp salt
- Snipped fresh chives, for garnish

Melt the butter in a soup pot over medium heat. Stir in the pumpkin, sweet potatoes, and peanut butter. Add the stock, pepper, and salt, and stir until smooth. Reduce heat to a simmer and cook for 20 minutes. Before serving, garnish the soup with chives and sour cream. Makes 8 servings.



# What to do with all those seeds?...



When carving your pumpkin, separate the seeds from the pumpkin flesh and strings. Wash them well ( though some say just wipe off the flesh and string with your fingers.) put in a strainer and let them drain for about 30 min, then spread them out on a baking pan. Now just use a hair dryer to dry them quickly! Or place them in a warm oven, say 120F - 150F to dry them. Stir every 10 minutes to speed drying.

Preheat oven to 275F

Spread the seeds evenly over a cookie sheet and lightly baste the seeds with melted butter, margarine, or vegetable oil. There are many variations. Try some of these:

**Savory:** 4 Tbls melted butter, ½ teaspoon garlic salt and 2 tsp worchestershire sauce

**Lemony:** 4 Tbls melted butter, 1 tsp 'Mrs. Dash" or lemon pepper

**Halloweeny:** 4 Tbls melted butter, 1 tsp cinnamon, ½ tsp ground ginger, ½ tsp salt, & ½ tsp ground allspice.

**Spicy:** 4 Tbls melted butter, 1 tsp cayenne pepper, ½ tsp thyme, ½ tsp salt & ½ tsp pepper

**Natural:** 1 sap sea salt or other salt, 4 Tbsp melted butter

**Mexican Style:** Chili powder and lime juice

**Buffalo wing:** Butter, tabasco sauce and salt.

**Greek style:** Lemon pepper seasoning blend, oregano, salt and olive oil.

**Italian style:** Italian seasoning blend, parmesan cheese, olive oil, salt and pepper



Heat in oven for 10-20 minutes until golden brown. Keep an EYE on them, checking every few minutes or as long as 30 minutes to roast them. Sprinkle with salt and serve hot or cold.

Other suggestions for **Halloweeny:** boil seeds in apple cider for 10 minutes before baking. Spread about a teaspoon of oil on a baking sheet and spread seeds. Sprinkle with a little salt and sugar (or brown sugar) and some spices like cinnamon and cloves. The sugar and cider will caramelize and the seeds are delicious. Be sure to watch closely because they will stick and burn a little more easily than usual.



# The Official, official Office Hours!

## New Hours and Days of Operation



Monday 9am-noon 2pm-5pm

Tuesday 8am-noon 3pm-7pm

**Wednesday \* - CLOSED-**

Thursday 8am-noon 3pm-7pm

Friday 8am-noon 1pm-5pm

Saturday 8am-11am

\* Emergencies and special occasions only

- Reminder of the "no show" policy of a \$25fee

## Massage Hours of Operation

Monday Afternoon 2-5pm

Tuesday Afternoon 3-7pm

**Wednesday -CLOSED-**

Thursday Afternoon 3-7pm

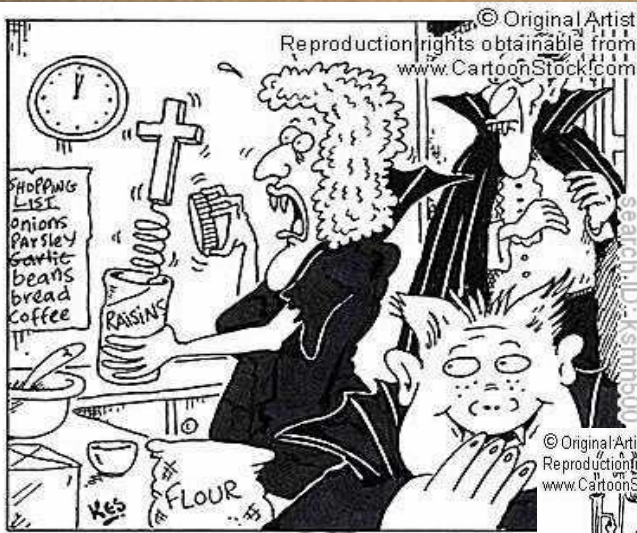
Friday depending on request and availability

*Availability fills up fast so call and  
reserve an appointment today.*

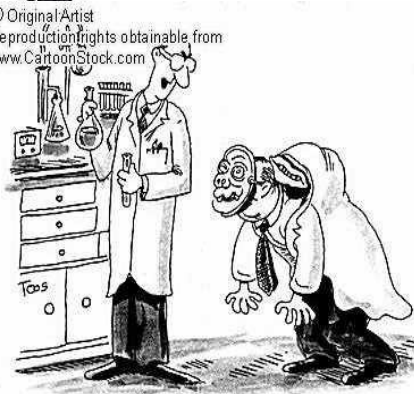




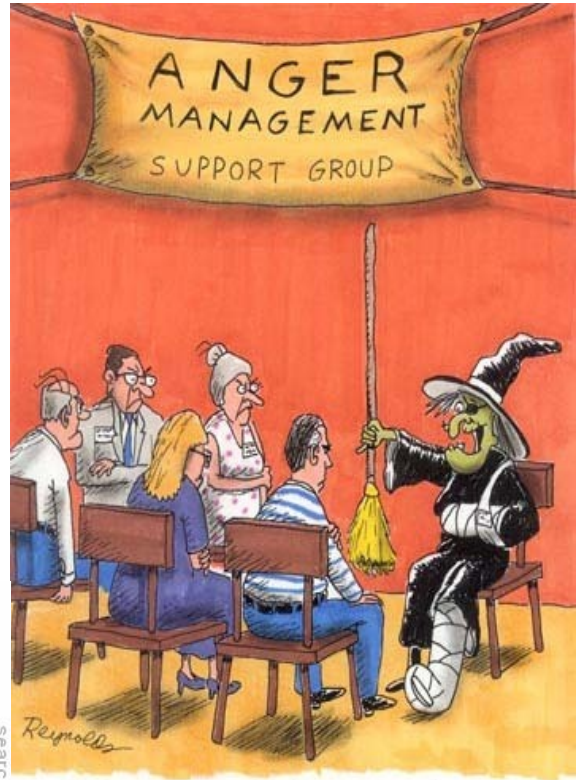
JUST  
4  
FUN



Vampire practical jokes.



"Oh, stop horsing around, Morty!"



"My name is Helda, and I have a tendency to fly off the handle."

GIBBLEGUTS.COM By Dan Gibson



You owe us 30% ... and we don't accept home-made popcorn balls or apples.



Wills Family Chiropractic  
5885 South Main Street Suite #4  
Clarkston, MI 48346  
248-922-888 willsfamilychiropractic.com