

This Weeks Topics

<p>Vegetables Combating Cancer</p>	<p>The Benefits of Slow-cooked Meat Mango Ginger Chicken Recipe</p>	<p>Skin Nourishing Recipe</p>	<p>Weekly Fitness Tip</p>	<p>Exercise of the Week</p>
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Scientists Show How Certain Vegetables Combat Cancer



Several studies have confirmed that certain compounds, called isothiocyanates, in cruciferous vegetables have distinct anti-cancer activity. Broccoli and even more so, broccoli sprouts, contain the highest amounts of isothiocyanates. Other vegetables containing isothiocyanate include:

- brussel sprouts
- cauliflower
- cabbage
- arugula
- watercress
- horseradish

The isothiocyanate in these vegetables sparks hundreds of genetic changes, activating some genes that fight cancer and switch off others that fuel tumors.

~Dr. Mercola

Fitness Tip of the Week

If you cut your calorie intake drastically, your body will slow its metabolism and make it harder to achieve ab definition. ~*Exercise and Health Magazine*

Instead, just cut out 100 calories which would be the equivalent of a flavored beverage. ~*Maggie Winters, CPT*

Exercise of the Week:

The Plank



Your core muscles are responsible for stabilizing your spine and acts as a natural 'corset'. An easy way to think about how to get a core contraction is to suck in your belly button toward your spine while you contract your abdominals "a sucked in ab contraction". The plank is a measure of core endurance and prolonging the plank has the real benefit of creating remarkable core endurance.



- Start from a face down position on the floor.
- Put your feet together, toes to the floor.
- Bring your elbows up directly under your shoulders, forearms flat on the floor with wrists and hands in alignment.
- Bring your weight up, until you are suspended by the contact of just your elbows and toes to the floor.
- Keeping your back flat, spine and head in alignment, hold the position as long as you can without letting your body sag.

Want a challenge? Stabilize your elbows on a stability ball
Even more of a challenge? Add another stability ball under your toes.



Figure 1



Figure 2

Patient Appreciation Day

FREE Chiropractic Care!

Thursday, February 12th

Current patients receive **FREE** adjustments!

Refer a friend; New Patients get a **FREE EXAM** worth over \$100 and **YOU** get a \$25 Baze Gift Certificate!



Baze Fitness Center

\$11⁹⁹ a month!



- no start up fees or hidden charges
- state-of-the-art equipment
- personal training available

Ask for a tour at your next chiropractic visit

Slow-cooked Meats

For: Preventing inflammation linked to diabetes and heart disease.

When meats are cooked in liquid at moderate heat, they develop fewer cell-damaging compounds known as AGEs (advanced glycation end products) than when they are boiled or grilled. Try preparing meats in a slow cooker – research shows switching to “wet” cooking methods can reduce AGE intake by 50%.

How: Trim visible fat from 1 pound of sectioned beef, pork, or poultry, and place meat in slow cooker. Add 1 cup of liquid, such as broth, and stir in vegetables and seasoning. Cover and cook on high for 1 hour. Turn to low and cook 2 to 8 hours longer (depending on the type of meat and its thickness), until meat reaches an internal temperature of 145°F for beef, 160°F for pork, and 165°F for poultry.

~Prevention®

Mango Ginger Chicken

Place 1 pound of chicken breast tenderloins; 2 carrots, sliced; 2 celery ribs, chopped; 1 onion, sliced; 1 cup frozen peas; 1 cup mango nectar; 2 cloves garlic, crushed; 1 ½ teaspoon fresh ginger, grated; 1 teaspoon ground white pepper; 1 teaspoon reduced-sodium soy sauce; and ½ teaspoon ground turmeric in slow cooker.

Cover and cook 1 hour on high. Turn to low and cook 2 more hours.

Remove ½ cup liquid to small bowl. Stir in 2 teaspoons cornstarch and return liquid to cooker.

Cover and cook on low 1 hour longer. Serve with brown rice.

Servings: 4

~Prevention®

Nourish Your Skin Butternut Squash Soup

- 1 Tbsp olive oil
- 2 large leeks, trimmed, green and white parts chopped
- 1/8 tsp ground cinnamon
- 1/8 tsp freshly grated nutmeg
- 1 ½ lb butternut squash, peeled and cubed (about 4 cups)
- 2 large carrots, grated
- 3 cups fat-free, reduced-sodium chicken or vegetable broth

Coat large stockpot with cooking spray. Add oil and heat over medium-high heat. Add leeks and sauté until translucent and soft, 6 to 7 minutes. Add cinnamon and nutmeg and cook 1 minute longer, or until fragrant. Add squash, carrots, and broth and bring to a boil.

Reduce to a simmer and cook 20 to 25 minutes, until vegetables are tender. Puree soup in food processor or blender. Season with salt and freshly ground black pepper to taste.

Servings: 4 (1 ½ cups each) **Per Serving:** 193 cal, 6 g pro, 39 g carb, 7 g fiber, 4 g fat, 0.5 g sat fat, 0 mg chol, 459 mg sodium

SUPERNUTRIENTS FOR SKIN NOURISHMENT

Vitamin C: It's involved in collagen production and protects cells from free-radical damage, which causes wrinkling and discoloration. Some studies found that when lab animals ate vitamin C-fortified food, their skin was better protected against such damage.

Beta-carotene: It's converted to vitamin A, which may help protect against sun damage.

~Prevention®



Check out our product line from Innate Choice including Probiotics, and Omega-3 Fish Oil Supplement

