

Free! Please Read Me

Issue 2 Vol. 2

February 9, 2009

This Weeks Topics

Vegetables
Combating
Cancer

The Benefits of Slow-cooked Meat

Mango Ginger Chicken Recipe

Skin Nourishing Recipe Weekly Fitness Tip

Exercise of the Week

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

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!

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



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®

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
- $1\ \%$ 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 leaks 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 round black pepper to taste.

Servings: 4 (1 $\frac{1}{2}$ 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

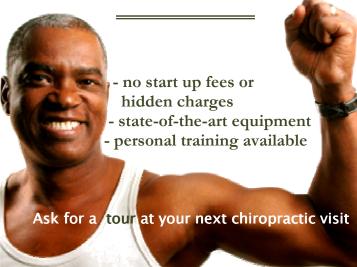
SUPERNUTRIENTS FOR SKIN NOURISHMENT

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®

Baze Fitness Center \$1199 a month!



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®



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





