

In This Week's Issue:

Exercise
of the
Week

Easter Pot
Roast

Congrats
Dr. Butters!

Get
Rid of
Toxins

Lowering Blood
Pressure
Naturally

Ginger-Braised Lamb with Mint-Jalapeño Chutney



Serves: 4 Prep Time: 35 min Cook Time: 2 hours, 25 min

Nutrition Score per serving: (1 1/2 cups lamb, about 2 tablespoons chutney):
424 calories, 12 g fat (25% of calories), 3 g saturated fat, 28 g carbs, 51 g
protein, 5 g fiber, 104 mg calcium, 6 mg iron, 402 mg sodium

Ingredients

FOR THE LAMB

- 1 tablespoon vegetable oil
- 2 large lamb shanks (about 2 pounds)
- 1 medium onion, finely chopped
- 2 cloves garlic
- 2 tablespoons grated ginger
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 teaspoon cayenne pepper
- 4 cloves
- 2 tablespoons ground cardamom
- 1 cup no salt-added crushed tomatoes
- 1 cup water
- 1 large sweet potato, cubed
- 1 tablespoon chopped fresh cilantro
- Kosher salt

FOR THE CHUTNEY

- 1 jalapeno, most of the seeds removed
- 3 tablespoons chopped red onion
- 1 garlic clove
- 1 1-inch piece ginger
- 3/4 cup diced ripe mango
- 1 teaspoon raw honey
- 1 cup mint leaves
- 1 teaspoon water
- Kosher salt

Directions

Preheat oven to 325°F. Heat oil in a large ovenproof saucepan over medium heat. Add lamb and sear until golden brown; remove from pan and set aside. In the same pan, saute onion for 5 minutes. Add garlic and ginger and saute for 2 minutes more. Add cumin, turmeric, cayenne, cloves, and cardamom; saute for 2 minutes more. Add lamb back to pot with tomatoes and water. Bring to a simmer, cover, and place in the oven for 1 1/2 hours. Add sweet potato, cover, and return to oven for 1 hour more.

Remove lamb and reduce liquid to a sauce consistency over low heat; add cilantro and salt to taste. Remove meat from bones and break into 2-inch chunks; stir back into sauce.

While lamb cooks, puree jalapeno, onion, garlic, ginger, mango, and sugar in a food processor. Add mint and water; puree once more. Add salt to taste.

~SHAPE

Congratulations Dr. Butters!



Please join us in congratulating Dr. Butters in meeting all of her qualifications to start practicing along side Dr. Baze as a chiropractor.

Originally from the Renton area, Dr. Butters has returned to the Northwest after graduating from Life Chiropractic College West. While studying the newest technology in chiropractic care, Dr. Butters has mastered the art of spinal adjustments.

A second-generation chiropractor, Dr. Butters understands the importance of proper care to ensure a healthy lifestyle. Trained in nutrition, exercise therapy, and ergonomics Dr. Butters is dedicated to promoting optimal health and well being.

Make sure you congratulate her on making it through the long grueling road!

Exercise of the Week:

Slow Mountain Climb



Stand facing a stable chair set against a wall. Bend over and place your hands palms down, on the outer edges of the chair's seat. Start with legs straight out behind you so your body is in an angled plank position.

(A) Raise one knee up to your chest, keeping your core and belly tight.

(B) Repeat on opposite side. That's 1 rep.

~Women's Health Magazine

Lowering Your Blood Pressure Naturally

What Causes High Blood Pressure?

For the most part, high blood pressure is related to your body producing too much insulin. As your **insulin** levels rise, it causes your blood pressure to increase. Research published in 1998 in the journal Diabetes reported that nearly two-thirds of the test subjects who were insulin resistant also had high blood pressure.

This crucial connection between insulin resistance and hypertension is yet another example of how wide-ranging the debilitating effects of high insulin, leptin and blood glucose levels can have on your body. I highly recommend you get a fasting insulin level test done by your doctor. The level you want to strive for is about 2 or 3. If it's 5, or over 10, you have a problem and you definitely need to lower your insulin levels to lower your risk of high blood pressure and other cardiovascular problems.

Fortunately, there are a few very simple techniques that will lower your insulin levels. And if your hypertension is the direct result of an out-of-control blood sugar level, then normalizing your blood sugar levels will also bring your blood pressure readings into the healthy range.

How to Effectively Treat High Blood Pressure without Drugs

A vast majority of people can normalize their blood pressure by implementing a few simple techniques that address the underlying cause, namely high insulin levels.

Exercise – One of the most effective ways to lower your insulin levels is through exercise. A regular, **effective exercise program** consisting of **aerobics**, sprint-burst type exercises, and strength training, can go a long way toward reducing your insulin levels and your blood pressure. Ideally, you'll want someone to supervise your program and monitor your progress. To reap the optimal effects from your exercise program, you'll need about an hour a day. Just remember to start slowly and work your way up to that level.

Avoid foods that boost insulin levels – Another effective method is to avoid foods that will raise your insulin, such as **sugar-type foods and grains**. Even whole, organic grains will rapidly break down to sugars, so they too should be avoided.

If you have high blood pressure, high cholesterol, or obesity, you'll want to avoid foods like:

Breads
Pasta
Rice
Cereal
Potatoes

One food that can be helpful for reducing your blood pressure is crushed, raw garlic. Many people swear by it, and it's something you can easily add to your diet.

Reduce your stress – You'll also want to take steps to reduce your stress, as that is a factor for some people. Prayer, meditation, or the Emotional Freedom Technique are all useful techniques.

Normalize your vitamin D levels – It has recently become clear that normalizing your vitamin D levels can have a powerful effect on normalizing your blood pressure. Lower Vitamin D levels is also unquestionably associated with an increased risk for heart disease. Additionally, previous research has revealed that if your blood pressure doesn't drop notably overnight, you run an increased risk of having cardiovascular problems. Here, the connection is also elevated blood sugar (glucose) levels as elevated blood sugars can result in diabetes and other diseases which increase cardiovascular problems. And likewise, vitamin D has been shown to have a positive impact on diabetes, so it's all linked together.

Balance your omega-6 to omega-3 fat ratio – Most Americans eating a standard American diet have a ratio of 25:1, which is highly unbalanced. The ideal ratio of omega-6 to omega-3 fats is 1:1. Therefore, you'll want to lower the amount of vegetable oils in your diet, and make sure you have a high quality, animal-based source of omega-3s.

~Dr. Mercola

Baze
Fitness Center

\$11.99
Per 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

Health Tip of the Week:

Eliminating Toxins

If you want to eliminate toxins cut out the things that are the worst for you, such follows;

- No Dairy
 - The protein molecule is way too large for our digestive system, if you think about it... a baby cow gains 600lbs in its first year of life so it has to have a very large protein molecule to accomplish gaining such a substantial amount of weight. We are also the only mammal in the world that drinks another mammal's milk.
- NO Artificial Sweeteners
- No Added Salt
- No Added Sugar
- No Trans Fats or Hydrogenated Fats (oils)
- Limit grains to one small serving a day

~Information provided by Dr. James Chestnut



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



Brought to You by: Maggie Winters, BS-AT, NSCA-CPT