



Keep your face to the sunshine
and you will never see the
shadow.

~Helen Keller

Free!
Please Read Me

Issue 4 Vol. 3

April 20, 2009

In This Week's Issue:

**Exercise
of the
Week**

**Shrimp with
Chili-Cilantro
Rub**

**Congrats
Dr. Butters!**

**Health
Tip of
the Week**

**6 Natural Tips
for Deep
Sleep**

SUGARCANE-SKEWERED SHRIMP WITH CHILE-CILANTRO RUB



INGREDIENTS

Marinade:

- 1 bunch cilantro, chopped coarsely
- 1 habanero chile, chopped
- 4 shallots, chopped
- 2 lemons, zested
- 2 limes, zested and juiced to 1/4 cup (juice more limes if necessary)
- 1 cup coconut milk
- 1/4 cup soy sauce
- 1/4 vegetable oil

- 16 jumbo shrimp, cleaned, de-veined
- 8 sugarcane skewers
- Marinade
- 1/4 bunch cilantro leaves, as garnish

Directions

Puree all marinade ingredients in a blender. Reserve 2 tablespoons of marinade.

Skewer two shrimp per sugarcane and place in marinade and refrigerate. After shrimp has marinated 2 to 3 hours, grill for about 3 to 4 minutes on each side, making sure they are fully cooked.

Serve with a drizzle of the reserved marinade and cilantro, as garnish.

~The Food Network

Health Tip:

Sweetened Beverages

Sweetened-beverage drinkers consume an additional **289 calories** per day. That daily cola or fruit punch may seem harmless, but those sips can do some serious dietary damage, finds a study in the *American Journal of Clinical Nutrition*. Drinks with added sugars, such as sodas, juice blends, and cocktails, may pack on up to **30 pounds each year**. Find water too ho-hum? Add a splash of 100 percent fruit juice for flavor.

~SHAPE

Exercise of the Week:

THE SUMO SQUAT!!!



Works: legs, butt, and arms.

- Stand with feet together and hold a dumbbell in both hands in front of chest.
- Raise left knee up and out to the left as you pivot on the right foot and turn entire body to left. **[A]**
- Lower left foot so feet are wider than shoulders and squat down. **[B]**
- Rise up and repeat to right side on the next rep.



[A]



[B]

~SHAPE

Dr. Baze's Health Talk Series



Understand Your Body in a New Way.

Wednesdays, 6 pm at Baze Chiropractic

The 7 Keys to Optimum Health: April 29th, May 13th, and May 27th

Nutrition for Optimum Health: May 20th

Exercises for Optimum Health: June 17th

Stress Management for Optimum Health: July 15th

6 Natural Tips for Deep Sleep

Would you like to **sleep like a baby** without taking drugs? Americans spend upwards of 3 billion dollars a year on sleep medications, but to avoid the side effects, there are a number of natural remedies you can try first. Read on to learn some of the ways to get a good quality night's sleep.

1. Relaxing Rituals to Rest Easy

In Chinese Medicine, nighttime is yin time—or, simply, when the body takes care of itself instead of your desires. Proper sleep is required for your body to repair itself and regenerate. To reach deep, restful sleep, your spirit and heart must be calm. Excessive worry, anxiety, and depression can all disturb the spirit and activate the mind—making it near impossible to fall asleep and stay asleep. Rituals to sooth your spirit and induce a sleep response before bed include soaking your feet in Epson salts for 15 minutes, writing all of your thoughts in a journal to get them out of your head, and practicing relaxation before bed, like the Stress Release meditation below.

2. When Food Disturbs Sleep

When you eat late, you wake up tired. Your body will be busy digesting your dinner while you are trying to sleep, so you won't feel rested in the morning. Do not eat anything for at least three hours before bedtime. Also, cut back on eating bacon, cheese, chocolate, ham, potatoes, tomatoes, and sausage, especially before bed. These foods contain tyramine, which inhibits neurochemicals like norepinephrine and can cause insomnia. And, of course if you have sleep problems, caffeine should be cut out.

3. A Peaceful Place for Sleep

Your sleeping environment makes a huge difference to the quality of your sleep. Do everything you can to create a quiet and cozy atmosphere. Ideally, your bedroom should be located in the quietest area of your home. Keep the décor minimal. Lighting should be dim and any **music** that is played should be soothing. Research has found that lavender, vanilla, and green apple are among the best scents to help lower anxiety and induce sleep, making these smells a good choice for a scented candle or heated essential oil. Try to limit your pets to outside of the bedroom because their movements will keep with your body from fully relaxing into deep R. E. M. sleep. As much as possible, your bedroom should be only for sleep.

4. Exercise Enables Sleep

People with regular exercise routines often sleep better and have fewer incidents of insomnia than those don't get regular physical activity. **Exercise promotes sleep** and improves sleep quality by altering brain chemistry. Exercising moderately for 20 to 30 minutes three times a day, combined with meditation or **tai chi** in the evening, will not only help you fall and stay asleep, but will also increase the amount of time you spend in R.E.M. sleep.

In fact, for some people, exercise alone is enough to overcome sleep problems. Exercise in the morning or afternoon, but do not exercise for at least two hours before bed.

5. Herbs to Sleep Tight

A **calming tea** before bedtime can ensure a good night's sleep. Drink valerian or passionflower (or passiflora) tea before bedtime every night for one month. Simply steep 1 to 2 tablespoons of the dried herbs in one cup of hot water and drink just before bed. Or look for one with the traditional Chinese herbs zizyphus or jujube seed, bamboo shavings, and oyster shell, which soothe the mind and spirit.

You might also try **Calm-Fort/Sleep formula** with useful herbs like lily bulbs, polygala and turmeric that help manage stress and calm the spirit while relieving restlessness and insomnia.

6. A Sleep-Friendly Meditation

I had one patient with insomnia who also felt anxious and even a little depressed. In addition to acupuncture and herbal therapies, I decided to teach her a stress release meditation that she could do before bedtime to help with her anxiety. I am happy to report that she is now sleeping like a baby.

Try this Stress Release meditation, which works for the majority of my patients who have sleeping problems:

Sit comfortably or lie down on your back. Slow your respiration to deep, abdominal breathing. Utter the word "**calm**" in your mind with every exhalation. Focus on relaxing each area of your body in sequence, from the top of your head to your toes. Starting with the top of your head, inhale and then exhale while visualizing your scalp muscles relaxing. Say "calm" in your mind. Repeat this with each body part as you move down through all body parts, front, back, and sides, in succession: your face, throat, chest, arms, stomach, abdomen, thighs, knees, legs, ankles, until finally you reach your feet. When you've relaxed your feet, visualize all the tension in your body leaving through your toes as dark smoke. Practice this for at least 15 minutes before bedtime.

~Dr. Maoshing Ni

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

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!



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