

# Absolute Wellness & Rehab Wellness News You Can Use Inspiring Health and Wellness

Welcome to the March 2011 issue of Wellness News You Can Use!

This is an exciting time of year as Spring is rapidly approaching. Can you feel the spring fever brewing? Just as Springtime brings new life, you will find great information in this March issue to help breathe new vital energy into the lives of you and your family.

You will read about a special hidden holiday in March in the article, The Hidden Holiday, as well as how to brighten someone's day with the lost art of the handwritten letter in

the article, Write Now. In addition, you will find helpful hints on healthy nutrition following the holiday season in the article, Are the Holidays Eating at You All Year Round? Lastly, you will learn amazing facts about one of nature's most miraculous creatures... in the article, The Amazing Body.

We hope you enjoy this issue of Wellness News You Can Use and find it valuable enough to share with your friends and family so that they too can benefit from living a healthier lifestyle.

God Bless!!!

*Dr. Randy Horning*

## Inside This Issue:

- The Hidden Holiday** 1-2
- Write Now** 2
- Are the Holidays Eating You All Year Round** 3
- The Amazing Body** 4-5
- Recipe of the Month: Warm Snow Pea & Chicken Salad** 4
- Upcoming Articles** 5

## The Hidden Holiday

Let's face it, life is tough sometimes.

Although we are told that the recession is officially over, I still see people who have not recovered and are still struggling. All across the country people are looking for jobs. Local, state, and the national governments are trying to figure out how to balance their budgets. This often means cutting programs that in turn creates more hardship for people who are often left wondering what to do.

I don't mean to sound grim, I'm just pointing out the reality. However, the reality is also that we have been through tough times before and we have always overcome those tough times. Sometimes the path is not clear, but we just have to keep moving forward and March 4<sup>th</sup>.

there is a hidden holiday and it is March 4<sup>th</sup>. On this day we should stop and appreciate the challenges that have helped to shape our lives in positive ways because we were willing to move forward, March 4<sup>th</sup>, and move beyond those challenges.

*...continued on page 2*



Now I know my little play on words may seem a bit corny, but hear me out. In March

***March 4th...  
and move beyond those challenges!***

## The Hidden Holiday ...continued

The timing couldn't be more perfect for this secret holiday as we transition from the cold, dark days of winter to the spring. This is the time of rebirth and we should celebrate that in our lives. If you have been struggling, keep moving forward. Keep your head up so you can see where you're going. The path is not always easy and along the way you may need to rest, eat, pray, scream, or whatever. That's OK, but keep moving forward and March 4<sup>th</sup>!

### Write Now

Do you get excited by Snail Mail? I do!

Sadly, handwritten or typed letters that actually get delivered to your door are rare things these days. Instead, we are bombarded by tons of emails, Tweets, and text messages. I don't know about you, but about 90% of what I get is junk and really doesn't mean that much to me. Sure, I might have some important business that transpires between emails, and I often enjoy the inspiring and funny things that



*I encourage you...  
if you really want to make  
someone's day, mail them a letter  
or a card, with a hand written  
message inside!*

get forwarded to me, but I certainly don't feel that deep sense of connection to my friends and family through this type of interaction.

That is one of the issues with social groups like Facebook and Twitter. They are great at helping you stay connected with people, but for the most part it seems that the connections are very superficial.

Think about what a letter in the mail says besides the words on the page. It means that someone thinks you are important enough to take the time and put in the extra effort to write you a letter, put it in an envelope, address and stamp it, and put it in a mail box. While none of this is particularly difficult it does take extra time, effort, and money. That means something in our fast paced world. Besides the annual Christmas letter that many people send out, when was the last time you got a letter in the mail? If you can remember, how did it make you feel and why? I'd be willing to bet that you got pretty

***Facebook and Twitter are great at helping you stay connected with people...but it seems that the connections are very superficial.***



excited and it felt pretty good.

So I encourage you, if you really want to make someone's day, mail them a letter or a card, with a handwritten message inside. Not only will they greatly appreciate the effort and the sentiment, it will be good for you too. It's not so much what you write, but putting in the effort. Hopefully the favor will be returned and you'll get your own letter in the mail.

“Initial reports are encouraging. In the end of the day, it's going to be deeds, not words that matter.”  
[Stephen Hadley](#)

## *Are the Holidays Eating at You All Year Round?*

Now that the major holiday season is behind us and all the delicious sweets and treats and large quantities of food have been consumed we can relax a little, right? It's interesting how over the holidays, even though many of us tend to eat way too many unhealthy foods we are acknowledging the fact and thinking about what we should be eating to be healthier or at least what we shouldn't be eating. However, when the holiday season passes and we go back to eating our standard diet, are you looking at the foods you eat with such a watchful eye? With all the clever marketing of foods these days it is difficult to know what is good for you and what is not. So, here are some general rules to eat by:

- Never shop hungry. We tend to make poor food choices when hungry.
- Avoid foods with artificial sweeteners, such as aspartame.
- Avoid High Fructose Corn Syrup
- Avoid foods with large numbers of ingredients. If you can't pronounce a name on the ingredient label, chances are it's not good for you (found



*Drink mostly  
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soda.*

primarily in highly processed foods).

- Try to do most of your shopping around the outside perimeter of the grocery store where most of your fresh foods are kept.
- Buy organic when you can (Look up the Dirty Dozen and the Clean Fifteen as a guideline for economical organic eating)
- Make sure 70-80% of your plate consists of fresh raw or lightly steamed vegetables or fruits.
- Eat reasonable portion sizes and slow down your eating if you tend to be the first one done at the dinner table.
- Drink mostly water and avoid sugary drinks like soda.
- Take interest in the food you prepare! Learn to prepare healthy foods by reading books or watching cooking programs on healthy cooking.

And remember these two important rules!

- If you put garbage in, what can you expect to glean from it? You probably guessed it...garbage!
- If you want to be more alive than dead, then eat foods that are more alive than dead!

By following these simple rules you will greatly increase your ability to be healthy and well all year long, especially during the holidays!

## *The Amazing Body*

As we go about our lives from day to day and year to year, it can be easy to become complacent and bored with mundane activities. This can be easy, in spite of all the incredible miracles going on around us. So, I thought it would be nice to shed some light on one of the greatest miracles in life...YOU! Here are some fun facts about your amazing body:

- There are 30-40 billion white blood cells (WBC's) circulating in your body on any given day; these blood cells only live for a couple of days and are then replaced.

- One drop of blood (1/25th of an inch) contains 5 -million red blood cells (RBC's), 7,000 WBC's, and thousands of platelets.
- RBC's live approximately 120 days and make 300,000 trips through the blood stream; that's almost 2 trips per minute.
- 3 million RBC's are made per minute.
- The heart weighs less than one pound and yet beats approximately 40 million times per year.
- The heart pumps 2.5 gallons per minute or 1,314,000 gallons per year.
- The energy output of the heartbeat in a 24-hour

# The Amazing Body *...continued*

period alone is enough to raise three fully-loaded Greyhound buses off the ground.

- If stretched out, the arteries and veins in your body would cover 12,000 miles.
- The lungs use about 90 gallons of pure oxygen per day.
- Because of the alveoli (tiny projections in the lungs), the surface area of the lungs is approximately 40-60 square miles.
- You take approximately 9 million breaths per year.
- Your lungs pump approximately 2 gallons of air per minute while at rest and approximately 26 gallons of air per minute while exercising.
- There are more than 600 muscles in your body; to press a barbell over your head takes 200 of them, 31 in your face alone.
- Your nerves transmit their signals at 300 mph.
- Stomach acid (hydrochloric acid) is so strong that one drop of it on the skin will leave a painful

blister, but the stomach is left unharmed.

- The stomach produces 2.5 quarts of acid per day.
- Over the course of a 70-year life span, the stomach will have produced 60,000 quarts of acid to help digest 40 tons of food.

All of these and every other action and reaction in your body are controlled by your Innate/Inborn Intelligence within. This intelligence uses your nerve system to transmit messages throughout your body to maintain an organized state. Chiropractic adjustments remove subluxations, which adversely affect the transmission of these vital messages. For more information please visit our website or contact us by phone today at [www.MyAbsoluteWellness.net](http://www.MyAbsoluteWellness.net) or 847-438-0055, and go out there and enjoy the miracle, which is you! **Isn't Gods creation miraculous!!!**



## Recipe of the Month: Warm Snow Pea & Chicken Salad



**Prep & Ready Time:** 40 minutes

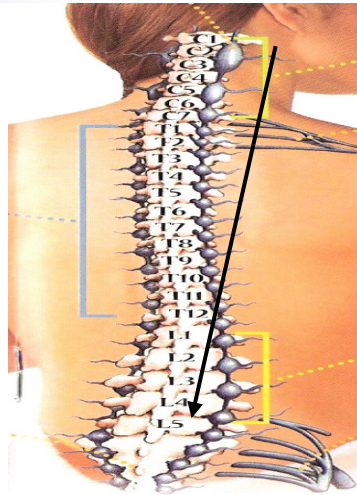
**Yields:** 4 Servings

### Ingredients:

- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-oz. can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons toasted sesame oil, divided
- 2 tablespoons tahini or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews

### Directions:

- Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)
- Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini or cashew butter in a large bowl until smooth.
- Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3-4 minutes. Transfer to the bowl with the dressing.
- Add the chicken to the bowl with the peas; toss to combine.
- Serve sprinkled with Cashews and Enjoy!
- Enjoy!



L5—A subluxation or interference at this spinal level can affect the lower legs, ankles, feet, prostate.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

[www.MyAbsoluteWellness.net](http://www.MyAbsoluteWellness.net)

-or-

847-438-0055

## Inside the April Issue:

- Yeast Overgrowth Syndrome
- Natural Treatment of Depression
- Team Building for the Family
- Spring Clean Up
- Recipe of the Month

## About Absolute Wellness and Rehab



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At Absolute Wellness and Rehab we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

### Our Mission Statement:

OUR PURPOSE IS TO PROVIDE HIGH QUALITY, INDIVIDUALIZED CHIROPRACTIC AND REHABILITATIVE CARE. OUR FOCUS IS TO EXCEED OUR PATIENT'S EXPECTATIONS, PROMOTE WELLNESS FOR THE FUTURE, AND MAKE LIFE TIME FRIENDS ALONG THE WAY.