

OCT 2011

EVERY BODY FOR LIFE

Total Natural Health



RASPBERRY VINAIGRETTE
HOMEMADE

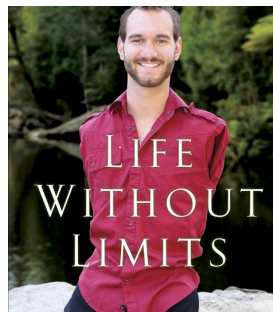
From "The Real Food Diet Cookbook"

Ingredients: 3/4 cup olive oil, 1/4 cup apple cider vinegar, 1 tsp. sea salt, 2 Tbsp. honey, 1 tsp. dried basil, 1/2 cup fresh or frozen raspberries, 1/4 cup water **Directions:** Place all ingredients in a blender. Puree to desired consistency.

LEARNING LIBRARY

Looking for a motivational book to read? Ask one of our staff about Nick Vujicic's inspiring book called *Life Without Limits*. Born without arms or legs, Nick Vujicic overcame his disability to live not just independently but a rich, fulfilling life, becoming a model for anyone seeking true happiness. Now an internationally successful

motivational speaker, his central message is that the most important goal for anyone is to find their life's purpose despite whatever difficulties or seemingly impossible odds stand in their way.



Tips To Live By

Recycling

Soap Wrappers
Place them inside your shoe cabinet or shoe box. It's an inexpensive way of filling the air with a nice smell.



Cleaning

Household Cleaners
Lower your toxin load by switching to natural cleaners such as Seventh Generation, Green Works, or Shaklee.



Connecting

Social Media
"Like" our *Chiropractic Today* page on Facebook to get daily updates - including office hours, upcoming events, and the latest healthy recipes! It's also a great way to stay connected with the CT family!

