



Symmetry

Chiropractic

A different approach to chiropractic

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THINK GREEN!

When you hear this phrase do you only think of recycling? Well, not only should you include recycling into your daily living but also making sure dark green leafy vegetables are included into your daily diet.

Dark green leafy vegetables are perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients which the latest scientific research shows may help in:

*Lowering the risk of cancer, diabetes, heart disease & stroke

*Regulating inflammation, and may also help protect us from inflammatory diseases including arthritis

*Protecting bones from osteoporosis

*Boosting the immune system and diminishing allergy symptoms

DR. B'S SEAWEED SALAD

- 1-2 Bunches of Raw Kale (regular or dinosaur)
- 1/4 c. dried hiziki seaweed soaked in water for 10 min and drained
- 1/4 c. Bragg's Liquid Aminos
- 1/8 c. canola oil
- 1 Tbsp. sesame oil (regular or toasted)
- 1 Tbsp. finely diced or grated fresh ginger
- 1 garlic clove finely diced
- 1-2 pinches crushed red pepper
- 2 Tbsp. rice wine vinegar
- 1 tbsp black, white or mixed-sesame seeds

Combine all ingredients. Adjust ingredients to taste.

Salad is best after a few hours of refrigeration., and gets better the next day. It has a 3-4 day shelf life if it lasts that long!

All ingredients can be found at the fabulous Alameda Market Place!

Can you imagine eating a grocery bag full of greens each and every day? Unfortunately, few of us even eat the minimum USDA recommended 3 cups of dark green vegetables per week. The thought of eating greens with every meal may seem unattainable to some, which is why I highly recommend including NanoGreens in your daily diet. A 6-8oz serving will provide the body with the phyto-nutrition and antioxidant power of more than 10 servings of fruits and vegetables!

For parents of picky eaters, NanoGreens flavor is kid-friendly and suitable for all ages! A favorite of many children is to have their daily serving of NanoGreens mixed with yogurt or applesauce to enjoy as a midday snack.

Spring is here, which means to many of you-ALLERGIES!

NanoGreens, taken daily can reduce allergy symptoms; making this the perfect time to take the first steps to wellness.



KALE. . .is considered to be a highly nutritious vegetable, with powerful antioxidant properties. It can be found in grocery stores year round, and comes in many varieties and a spectrum of colors. It can be juiced, eaten raw or sautéed with olive oil and garlic. Take some time this spring and try putting together this simple and tasty salad. You can use the salad as a side, or the base of a meal. Try serving it with seared sea scallops, a grilled rib eye or some marinated tofu. You would be surprised how easy this tasty dish can get even the biggest carnivores to eat their greens.