

September 2015

# Today's Chiropractic Monthly Newsletter



## BEST SUPPLEMENTS FOR SUPPORTING YOUR IMMUNE SYSTEM

A great supplement to help strengthen your immune system is Immuplex. This supplement acts as a foundation for all immune system support! Immuplex is a comprehensive multivitamin and has trace mineral formulation power packs that support the entire immune alliance system (this includes the thymus, spleen, lymphatic, blood, liver, long bones, marrow, stomach, and intestinal flora). This product is the ideal supplement for building and strengthening the immune system!\*

Another great supplement for immune health is Cataplex C. This is quite a powerful supplement with the complete matrix of the whole food vitamin C complex. Vitamin C is a very important antioxidant that is an essential nutrient for supporting healthy immune function. The great thing about Cataplex C is that it works synergistically in the body to support immune resistance, a proper stress response, vascular integrity, and overall healing!\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

What can you do to stay healthy this fall?

1. Regular chiropractic adjustments!
2. Take these great supplements we featured above!
3. Add extra vitamin C to your diet!
4. Exercise daily!

## Today's Chiropractic Clinic

614 S. 225th Street  
Des Moines, WA 98198  
206-878 BACK (2225)  
[www.todayschiropractic.net](http://www.todayschiropractic.net)

~ Serving Our Community Since 1990 ~

Dr. Charles M. Laycock

**HEALTH TIP OF THE MONTH:** An easy way to get extra vitamin C in addition to your supplements is to add some to your diet! Strawberries, citrus fruits, bell peppers, dark leafy greens, and tomatoes are great sources of vitamin C, just to name a few! :)

## Tailgate Turkey Chili

- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 garlic cloves, chopped
- 1 pound ground turkey
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 3 tablespoons tomato paste
- 1 (28-oz.) can diced tomatoes
- 1 (16-oz.) can red kidney beans, rinsed and drained
- 1 cup chicken broth
- 1 cup beer\*
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup chopped fresh cilantro



Directions:

1. Sauté chopped onion in hot oil in a large Dutch oven over medium-high heat 5 minutes or until tender; add garlic, and sauté 1 minute.
2. Add turkey, chili powder, and cumin, and cook, stirring often, 8 minutes or until meat crumbles and is no longer pink. Stir in tomato paste, and cook 2 minutes. Add tomatoes and next 5 ingredients. Bring mixture to a boil; cover, reduce heat to low, and simmer, stirring occasionally, 30 minutes. Stir in cilantro. Garnish, if desired.

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm