



Helping You Live Better

Newsletter - February 2020

Letter from the *The Front Desk*

Hi everyone, it's Mary again!

In case you missed my Juice Class last month, I wanted to go over the basics of what it's about.

Getting started

To start, juicing gives you an immediate intake of the nutrients in the food you would normally eat. It has been called "liquid sunshine" and "life juice" because it's the main reason that your body breaks down the food! For me, it's a great feeling to know that I just drank all my servings of vegetables, an amount I wouldn't possibly be able to eat in one day. It's a great way to kickstart a new taste palette, do a cleanse, or even just add more nutrients to your meals.

Quiet foods vs loud foods.

Whether you're juicing or just buying produce in general, it's always a good idea to buy organic. When you do this, you are supporting organic farmers, and keeping as far away from pesticides as possible. If you do have to choose between organic and non-organic, there is the [EWG Food Shopper's Guide](#) to help you pick out which produce is okay to buy. The next thing I talked about was the difference between "quiet" foods and "loud" foods in the grocery store. The quiet foods are the fruits and vegetables located at the perimeter of the store that is not loaded with fake ingredients and additives. The loud foods are the packaged foods in the middle of the store that scream "healthy, 100% natural, gluten free, sugar free, fat free!" These are the ones you want to be weary of, because if they need a marketing plan to sell you something healthy, then it probably isn't the best for you....

What's next?

I briefly went over the next step after bringing your produce home from the store, and that is cleaning them! Think about how far your food travels to reach you: from the farmers, to the truck, to the grocery store employees putting it away, to your grocery cart, conveyor belt, and car trunk! I like to keep it simple and use things I already have, so I wash them with hot water, dish soap, and a vegetable brush.

The benefits...

I know juicing can feel like an investment of money and time, but your health is worth it. Even if you don't juice, but are trying to make good changes in your lifestyle, it will take time and practice. Every time you fail, you are just one step closer to doing it right! As the saying goes, nothing that is easy is worth doing, and nothing worth doing is easy. Excel Family Chiropractic encourages living a life of well-being, and we're here to help you do that.

See you soon,

P.S. I've included an image of the EWG Food Shopper's Guide for your convenience.



Upcoming Events

2/1 Dr. Brown open 8am-10am ~ Thermography 8am-12pm ~ Massage open 8am-12pm

2/18 Dr. Brown closed ~ Massage open 1pm-4pm

2/24 Happy Birthday Laura!

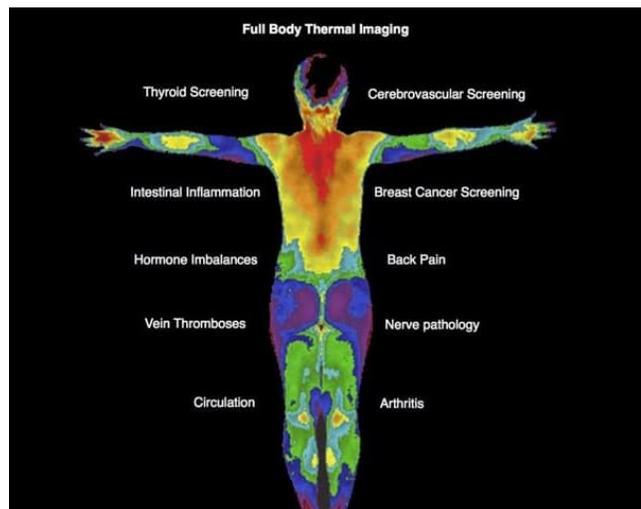
2/24-27 Dr. Karl filling in for Dr. Brown - usual hours for the week

3/3 Happy Birthday Sara!

3/7 Dr. Brown open 8am-10am

Thermography is a noninvasive diagnostic technique wherein a camera or other infrared detector is used to sense and record hot and cold areas of the body. Pathological conditions that manifest increased or decreased blood flow present thermographic patterns that can be distinguished from those of normal areas. When used for medical purposes, this technique is commonly referred to as non-contact thermography, thermographic imaging, DITI (Digital Infrared Thermal Imaging), or thermology.

For more details or to schedule an appointment call Jenny Steger at 262-424-5776



Happy Valentine's Day!

Puzzled? Not sure where to find the missing

piece for your loved one this Valentine's Day?

We can help, when you purchase a **massage gift certificate**.

In addition to our standard services, we have added: Hot Stone, Vibrational Sound Therapy and Total Relaxation Massage!

Giving the gift of health will surely complete the puzzle.

Inquire at front desk or with a massage therapist.

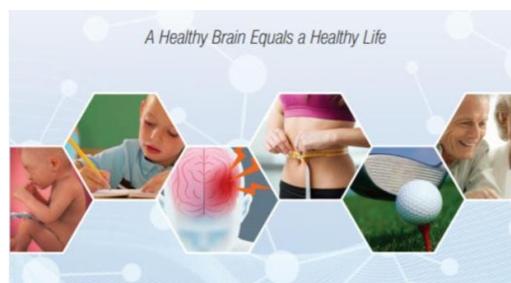


Brain Span - Special Offer

Find out the status of your health a new way!

Brainspan testing can detect and measure

- inflammation
- cognitive flexibility
- cell toxicity
- memory capacity
- attention span
- processing speed and
- omega 3 to 6 ratio!



\$99.00 Offer for February 1 - 29th
includes Brainspan test kit and consult to review your results
Inquire at front desk



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