



Larsen Family Chiropractic:
A Creating Wellness
Center



July 2007

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Focusing On...

The 3 Dimensions of Wellness.

Your life is made up of multiple dimensions that are separate, yet profoundly connected. You can move toward wellness in one dimension while moving away from it in another. Addressing these dimensions simultaneously is a foundational piece of the Creating Wellness System. In the upcoming months we will focus on each of these three dimensions separately: **Physical, Bio-Chemical and Psychological.**

The Bio-Chemical Dimension (What you do and don't put into your body)

Within the bio-chemical dimension of the Creating Wellness System, we look at direct indicators to see if what you are doing bio-chemically is working for you. We also look to your consumption of fats, food cravings, levels of chemical exposure, usage of over the counter and/or prescription drug as well as many other factors.

We examine your existing eating routine. Are you serving your body fairly by supplying it with not only healthy nutritional food but doing it in a timely manner? We also look at the ways that you may be seeking comfort or reward within your food choices. Not all people are looking for weight reduction, some look to maintain or even gain weight (hard concept for some to wrap their minds around!!) and we can address those goals as well.

Within the Creating Wellness System the members are supplied with great tools such as customized meal planners and top end nutritional supplements. These will aid them on their way to great success in the bio-chemical dimension. For a lot of people this is an area that needs a lot of focus and big overall changes. We work hard with the individual to introduce each component in a manner that is easily understood and implemented. We want the changes to be livable, doable and over time, become a part of that person's way of life. Life should not be about depriving yourself but of moderation and choice.

[Info for Everyday Life](#)

Financial Health

To be healthy and well balanced within our lives we sometimes need to address things that are less than glamorous. Things like budgets, spending, saving for emergencies and retirement funds can often make our eye cross. But by focusing on our financial health we will help lessen negative stress in the psychological dimension. Try visiting [Credit Counseling Services of Alberta](#) which teaches Albertans how to budget, get out of debt, use credit wisely, and get the most from their money. There is a plethora of information provided as well as a great *"Printed Materials"* page that has all types of quick tips sheets from **'Children and Money'** to how to **"Take a Bite Out of Your Grocery Bill"**. CCSA is a not-for-profit service governed by a volunteer board of directors.

Farmer's Markets

A very definite sign of summer is the opening of the local farmers' markets. Shopping at your local farmers' market decreases the amount of miles your food travels, supports local agriculture, and supplies your table with food that is often fresher and tastier than what you would find at the grocery store. A lot of markets have live music, guest speakers, ready-to-eat food like bratwurst, kettle popcorn and in the case of Red Deer's market, the great Nossack's breakfast sandwiches. There are usually treats available for our four legged friends as well. Try <http://www.agric.gov.ab.ca/app21/rtw/markets/markets.jsp> to find a market near you.

[Interesting Things and Things That Interest](#)

Well, its official....mom was right; breakfast is truly the most important meal of the day. It is also the one meal that most people skip due to time restraints or not knowing what to have. Here is the answer!! The recipe that follows is not only nutritious but can be made ahead of time and frozen. Add a piece of fruit and a hard boiled egg and it becomes a fantastic way to start your day. It can even be a 'grab and go' if that is what you need. The muffin alone would also work great for an after workout refuel or as an am/pm snack. Just remember, m-o-d-e-r-a-t-i-o-n, you don't want or need to be eating 4 in the same day!! Enjoy.

Total Health Muffins (courtesy of www.healthstandnutrition.com)

What you need

1 ½ cups whole wheat flour	¾ cup flax meal (ground flax seeds)
¾ cup oat bran	1 cup brown sugar
2 tsp baking soda	1 tsp baking powder
1 tsp salt	2 tsp cinnamon
¾ cup skim milk	2 eggs
1 tsp vanilla	2 tbsp oil
1 ½ cups shredded carrots	2 peeled and shredded apples
½ cup raisins	1 cup chopped nuts (pecans, sunflower seeds)

How to prepare

Combine dry ingredients. Combine milk, eggs, vanilla and oil. Stir in dry ingredients until just moistened. Stir in carrots, apples, raisins and nuts. Bake at 350°F for 15-20 minutes.

Nutritional information

Per Serving (1 muffin)

Calories – 167

Protein – 4 g

Carbohydrates – 25 g

Fat – 7 g

Dietary Fiber – 4 g

The Hub

We are a team of 4:

Dr. Stacy Larsen (Doctor of Chiropractic) stacy@docstacy.com

Carol Simpson (Wellness Coach) carol@docstacy.com

Janice Doherty (Chiropractic Assistant) jan@docstacy.com

Brad MacLeod (Registered Massage Therapist)

The core of all we do is located in downtown Red Deer AB at #102 4706 48 Ave. (2 blocks south of City Hall and across the street from the Associate Clinic). You can reach us at 340.0278 or via email. Office hours are Monday, Wednesday and Friday 8-12:30 and 2-5:30, Tuesday 8-12:30 and Thursday 1-7:30.

“You better cut the pizza in four pieces because I'm not hungry enough to eat six.” ~Yogi Berra

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