

816.903.3248 or 816.804.2515

A Touch of Health Chiropractic Clinic

"putting you on the path to optimum health"

CHIROPRACTIC NEWSLETTER BY DR. JULIE HOLTZ

Kearney Office
925 W. Hwy 92

Monday-Thursday
See Posted Hours

Office
(816)903-3248



Our office will be Closed
November 11-Afternoon
November 15th , 24th and 25th

Office Hours

Monday 6:45am-10:45am
1:45pm-4:45pm (or last patient)

Tuesday 6:45am-10:45am
1:45pm-4:45pm (or last patient)

Wednesday 6:45am-10:45am

Thursday 6:45am-10:45am
1:45pm-4:45pm (or last patient)

November 6th 2021



**A TOUCH OF
HEALTH
CHIROPRACTIC**

925 W Hwy 92, Kearney MO
(816) 903-3248

Dr. Julie Holtz

E-mail:

atouchofhealthchiro@gmail.com

Web:

www.atouchofhealthchiropractic.net



*“putting you on the
path to optimum
health...”*



*Thanksgiving is Thursday
November 25th, 2021

*It is the last month of the Fall
season

*Elections are held in the
United States on the Tuesday
after the first Monday
in November.

*Veteran's Day, when we
honor those who have served
in the United States Armed
Forces, falls annually on
November 11. It also coincides
with Armistice Day and
Remembrance Day, which
mark the end of World War I.

Cold & Flu Season????

The best defense against cold and flu is a healthy immune system.

The best defense against cold and flu is a healthy immune system? Its not vaccines, anti-bacterial soap or high dose synthetic Ascorbic Acid (which is NOT the essential whole Vitamin C complex.)

Here are some of our Standard Process and Medi Herb immune favorites:

Congaplex– an Essential to have on hand in your first aid cabinet; be sure to take it at the first sign of a cold, flu, or acute infection.

Andrographis Complex– a natural “antibiotic”; great for acute infections without the concern of killing healthy bacteria that comes with antibiotic use.

Thymex– a powerful, quick acting tool to support immune cell production: great support for prevention or acute & chronic conditions.

Echinacea Premium– great long term immune support to keep the body primed to handle immune stresses: supports healthy aging

Epimune Complex-The BIG guns when it comes to prevention or support during acute/chronic/autoimmune situations; contains a powerful Maitake mushroom extract

Immuplex-core product for long term immune support

Herbal Throat Spray– you can’t beat this for sore throat when speaking a lot or with acute infections

Also consider Sesame Seed Oil (supports bone marrow where T cell production originates) and Calcium Lactate (to reduce fevers and help the antibodies identify pathogenic invaders)



Cranberry Pecan Cauliflower Rice Stuffing

Total Time: 40 minutes

Yield: 10 servings

- $\frac{3}{4}$ cup raw pecans
- 2 tablespoons butter
- 1 shallot, thinly sliced
- 1 cup chicken stock
- 6 cups riced cauliflower
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley
- $\frac{1}{2}$ cup grated Parmesan cheese
- $\frac{1}{4}$ cup Low Carb Sugar Free Dried Cranberries

Instructions

1. Preheat the oven to 350°F. Spread the pecans in a single layer on a rimmed baking sheet and roast them for 8 minutes.
2. Meanwhile, heat the butter in a large skillet over medium heat. Add the shallot and sauté until it is soft and translucent.
3. Add the stock to the skillet and, using a rubber spatula, scrape and mix in any bits that are stuck to the bottom of the pan.
4. Add the riced cauliflower, thyme, bay leaf, salt, and pepper to the skillet. Cook for about 15 minutes, until all of the liquid has evaporated and the cauliflower is completely cooked and tender.
5. Remove the thyme sprigs and bay leaf and discard. Mix in the roasted pecans, Parmesan cheese, and dried cranberries. Taste and add more salt and pepper, if desired.

Store leftovers in the refrigerator for up to 1 week.