

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 thru Thursday
See Posted Hours

Office Number
(816)903-3248



Our office will be Closed

Monday May 30th

May Office Hours

Monday	6:45am-10:45am (or last patient) 1:45pm-4:00pm (or last patient)
Tuesday	6:45am-10:45am (or last patient) 1:45pm-4:45pm (or last patient)
Wednesday	6:45am-10:45am (or last patient)
Thursday	6:45am-10:45am (or last patient) 1:45pm-4:45pm (or last patient)



Heart Sound Recorder

Testing

**SIGN UP TODAY! Time Slots
Available**

Monday May 23rd

Talk to Andi to schedule your time

**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...”*

The birthstone of May, the
emerald, symbolizes
success and love

The birth flower
for May is Lily of
the Valley.

The Empire State
Building opened on
May 1, 1931

Health Benefits of Cruciferous Vegetables

Cruciferous vegetables are plant foods of the Brassica family like kale and Brussels sprouts provide health benefits like supporting the immune system and reducing risk of heart disease.

These plant foods are highly prized for their nutritional value and even more so for their phytonutrient content. Cruciferous vegetables are high in vitamin C, fiber, folate and other B vitamins, vitamin K, potassium, calcium, and magnesium. They are also rich sources of important phytonutrients including carotenoids, polyphenols, and glucosinolates. The combination of vitamins, minerals, and health-promoting phytonutrients give cruciferous vegetables (or brassicas) their many health benefits.

1. Addressing Hyperthyroidism
2. Supporting the Immune System
3. Supporting Detoxification

Cruciferous Vegetables and Cancer: Reducing Risk with Antioxidant Activity

[Research](#) has long linked a diet rich in cruciferous vegetables with a reduced risk for certain cancers, namely breast, colorectal, lung, and prostate cancers. While their anti-inflammatory benefits certainly play a role in decreasing the risk for these cancers, the ability of these vegetables to support [healthy detoxification pathways](#), via DIM and indole-3-carbonol, may also play a protective role against cancer. [Glucosinolates](#) may offer protection against certain cancers by modulating the activity of enzymes that detoxify carcinogens and metabolize sex hormones.

Cruciferous Vegetables Support Cardiovascular Health

Observational studies around the world have connected [diets high in cruciferous vegetables with decreases in heart disease risk and mortality](#). The same pathways that support the immune system, and quell inflammation and oxidative stress in the body, such as Nrf2, have also been shown to reduce inflammation in the cardiovascular system.



Ingredients

Pound cake 1 keto lemon pound cake

Raspberry Jam

12 oz raspberries

1/4 cup powdered sweetener, such as Swerve Confectioners

2 tsp gelatin

Custard

8 eggs yolks

1 cup unsweetened almond milk

1/3 cup powdered sweetener, such as Swerve Confectioners

1/2 cup melted butter

1 tsp vanilla extract

1/4 tsp xanthan gum

Whipped Cream

2 cups heavy cream

1/2 cup powdered sweetener, such as Swerve Confectioners

Berries

12 oz fresh organic strawberries, sliced

4 oz fresh blueberries

Custard 1. Place the egg yolks, almond milk, and sweetener in a blender. Blend on high for 30-40 seconds then turn down to medium blend. While the machine is still going, pour in the melted butter and process for another 20 seconds. 2. Pour the mixture into a saucepan and warm to a medium heat, whisking vigorously until it coats the back of a spoon, 3-5 minutes. (Alternatively, cook in a bowl over a saucepan of water to prevent the eggs from curdling). 3. Remove from the heat and whisk in the vanilla extract and xanthan gum. Set the bowl in the fridge (or in ice water) until chilled.

Sugar-Free Raspberry Jam 1. Use a premade sugar-free raspberry jam you have on hand or easily make your own. 2. Put 12 oz of raspberries in a medium saucepan. If fresh, add 2 tablespoons of water. If using frozen berries, omit the water. 3. Warm the berries on medium heat and smash them with a potato masher or other utensil. Stir and crush until the berries are the desired chunkiness for jam. 4. Whisk in the sweetener and simmer for 8-10 minutes, stirring often. Once it starts to thicken, remove from the heat and sprinkle with the gelatin. Whisk in the gelatin and let cool then refrigerate until ready to use.

Whipped Cream 1. Beat the heavy cream and sweetener until the whipped cream forms stiff peaks. 2. Fold half the cream into the cooled custard.

Trifle Assembly 1. Cut the pound cake in slices about 3/4 of an inch thick. 2. Spread a thick layer of sugar-free raspberry jam on the pieces of pound cake and place one layer in the trifle bowl. Over that, spoon on the custard and cream mixture and even it out with a knife or spoon. 3. Sprinkle a few blueberries and sliced strawberries evenly over the custard. 4. Place another layer of pound cake with raspberry jam on the custard and berries. 5. Top it with the rest of the whipped cream in an even layer. 6. Decorate with remaining sliced strawberries and blueberries. Chill until ready to serve.

Keto Berry Trifle

