

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 September 5, 2022

September 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

FREE EVENT!

Tuesday October 18th

**Morning and Afternoon Appointments
Available**

Talk to Andi to schedule your time

**A TOUCH OF
HEALTH
CHIROPRACTIC**

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

Dr. Julie Holtz

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

***September 5**—the first
Monday in September—
is **Labor Day**

***September**

11 is **Patriot Day**, held
in honor and
remembrance of those
who died in the
September 11 attacks
of 2001.

***September 11** is
also **Grandparents
Day** this year. Honor
your grandparents
today—and every day!

Dr. Jamie's Detox Group

Starting Soon!

The 28 Day Standard Process Detox Program is an amazing tool! We have designed a Facebook group just for this purpose! The next group Detox/Purification will start on September 19th. Search for “Dr. Jamie's Detox Group” on Facebook to join.

Daily Education— Each day we will post a video or info on different health topics: Sleep, toxins exposure, water intake, exercise, etc.

Accountability—Nightly posts to check in to keep on track

Support— Dr. Jamie will help you answer your questions during the program

Dr. Jamie Trent has been practicing as a chiropractor and using whole food nutrition in her clinic for over 17 years. She is also a mother of 3 very busy boys and one sweet girl. For the last 2 years she has successfully run Facebook groups leading and educating people about lifestyle modifications, whole food nutrition and diet improvement

Did You Know.....

**WE DO SCHOOL SPORTS
PHYSICALS!**

Call Today to make your appointment!

KETO CAULIFLOWER "POTATO" SALAD

INGREDIENTS

- 2 large heads cauliflower chopped into bite size pieces
- 1 cups mayonnaise
- 1/2 cup Shredded Cheddar
- 1/4 cup Dijon mustard
- 1/4 cup sour cream
- 1 lb. bacon cooked & chopped
- 1 cup chopped celery
- 6 hard boiled eggs 3 chopped, 3 sliced
- 3 dill pickle spears diced
- 2 tbsp aged sherry vinegar
- 1/4 cup Fresh Parsley Chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp real salt
- 1 tsp black Pepper

Instructions

Cook bacon, hard boil eggs ahead of time so ingredients are ready.

Diced up cauliflower into bite size pieces and boil for about 5-7 minutes in salted water until outer parts are tender but the center is still firm.

Rinse cauliflower in cold water until room temperature to stop the cooking process. Make sure you drain and pat cauliflower dry or your salad will be watery.

Next dice up pickles, celery and fresh Parsley. In a large mixing bowl mix up all ingredients except cauliflower. Fold in cauliflower until fully combined.