



Health & Happiness News

September 2009

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From the Desk of Dr. Steve

Autumn is here!

You are important to us and we value the fact that you trust us with your health. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



A Laugh A Day...

Top Ten Things You Don't Want to Hear in Surgery

1. Don't worry, I think it's sharp enough.
2. Nurse, did this patient sign the organ's donation card?
3. Oh NO! Page 84 of the manual is missing!
4. Everybody stand back! I lost my contact lens.
5. Hand me that... uh... that uh... thingie there.
6. Better save that; we'll need it for the autopsy.
7. "Accept this sacrifice, O Great Lord of Darkness"
8. Whoa, wait a minute, if this is his spleen, then what's that?
9. "Ya know, there's big money in kidneys and he's got two of 'em!
10. What do you mean you want a divorce?

Healthy Green Beans

Now that harvesting is right around the corner, one of the best vegetables to eat fresh out of the garden is green beans. With similar nutritional benefits as other common beans (lima, mung, kidney, pinto, and navy beans), you can expect:

- ♦ A good source of vitamins K, C, A and manganese as well as fiber;
- ♦ Low calories (44 per cup)
- ♦ Anti-inflammatory effects (beneficial for asthma, rheumatoid arthritis)
- ♦ Strengthened immune system
- ♦ Maintenance of strong and healthy bones
- ♦ Protection against heart disease
- ♦ Lower risk in developing colon cancer
- ♦ A good source of energy

- ♦ Rich levels of iron, minerals and nutrients such as omega-3, calcium and protein
- ♦ Help in reducing the amount of free radicals and helps maintain healthy cholesterol levels
- ♦ Lower blood pressure
- ♦ Reduction in migraine headache frequency

Quick Serving Ideas:

Sauté green beans with shiitake mushrooms

Green bean almondine: sprinkle slivered almonds on sautéed beans

Make a salad by roasting green beans, red peppers and garlic, with a dash of olive oil and seasonings.

3 Supplements for Healthy Bones

As men and women age, we experience normal wear and tear on our bodies. Small preventive measures can help to protect joints and keep bones strong—speak to Dr. Steve about the following supplements:

1. **Calcium:** A lack of calcium may cause loss of bone mass faster and fracture bones more easily. Taking half as much magnesium with supplemental calcium will help offset any constipating effects.
2. **Vitamin D:** It facilitates the absorption of calcium, helping to support healthy and strong bones. It also promotes bone mineralization. Getting regular sun exposure (about 20-30 minutes a day is adequate) is essential.
3. **Vitamin K:** It helps activate certain proteins that are involved in the structuring of bone mass. Low intake of vitamin K has been linked to low bone density. You can get adequate amounts of vitamin K through a diet rich in leafy greens such as Swiss chard, kale, parsley and spinach, broccoli and cauliflower, Brussels sprouts, liver soybean oil and wheat bran.



Green Lake Chiropractic and
Nutritional Healing

9750 3rd Ave NE
Suite 103
Seattle WA 98103

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A Healthy Way to Cook

Finding ways to cook that are clean, efficient and maintain nutritional value of foods may seem daunting. Steaming, however, is a simple technique that fits the bill. Vegetables, fish, buns and dumplings can all be steamed, with minimal reduction of nutrient value. You can also try "steam-frying": sauté foods briefly in a little oil, then add water, stock or wine, cover the pan and let the foods steam until they are cooked. If too much liquid remains once the food is thoroughly steamed, simply uncover the pan and let the excess liquid boil off.

From the desk of Dr. Steve



It is a bright sunny Tuesday morning and we just got back from our family trip overseas. Theresa lived in Paris for four years so we were able to stay with a friend; a short train ride outside of the big city.

We started each day with a walk to the "Boulangerie". Their bread is amazing! You feel good eating it and it tastes wonderful!

Two days of our trip was spent visiting London where we tried to have tea with the Queen but they would not let us in—bummer!

We did however have a great time in a pub, enjoying great beer (and a bad one too) with the locals watching a soccer game. There was some enthusiastic yelling and a lot of laughing; we loved every minute of it.

I hope your summer has been good.

We'll see you soon.

Dr. Steve

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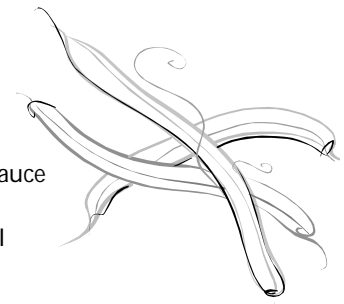
Chinese Green Bean Salad

Bursting with Asian flavors, this bright green, crunchy salad is easy to prepare. Ginger root, one of the main flavors, is well known for its anti-inflammatory properties and as a treatment for nausea.

- 1 lb fresh organic green beans
- 1 tbsp finely chopped fresh ginger root
- 1 cup slivered red onion

Dressing:

- 4 tsp dry mustard powder
- 1 tbsp cold water
- 2 tbsp reduced sodium soy sauce
- 3 tbsp rice or cider vinegar
- 2 tsp dark roasted sesame oil
- 2 tsp of sugar



Trim and cut the green beans into 1 inch lengths. Cook in rapidly boiling water, about 5 minutes or until crunchy tender. Drain beans, immerse in cold water to stop the cooking until they are cool, then drain well.

Mix the dressing ingredients in a small bowl with a whisk until well blended.

Toss the green beans with the ginger root, red onion and dressing. Serve immediately.