

Spring Clean Your Diet

Welcome to the
Team!



"Hi, I am Rachel. I am so grateful and excited to join this wonderful and inviting

clinic. I was born and raised in Wisconsin. Since 2018, my family and I have been enjoying the big, beautiful skies of Montana! In my spare time, I enjoy anything that has to do with the outdoors and of course, being a Mom. I look forward to meeting each and every one of you."

OFFICE HOURS

Monday:

7:00am-12:00pm
2:00pm-6:00pm

Tuesday:

8:00am - 12:00pm
1:00pm - 3:00 pm

Wednesday:

7:00am-12:00pm
2:00pm-6:00pm

Thursday:

8:00am - 12:00pm
1:00pm - 3:00 pm

Friday:

7:00am - 2:00pm

Find us on the Web!

www.alcwdrstilson.com

Get Social With Us!

Search for **Activated Life Chiropractic and Wellness** on Facebook.

Visit us and become a fan!



Post a Review or comment, share us with your friends.

Foods for Health

[Celery]

This veggie is considered one of the healthiest foods on earth, packed with phyto-nutrients and antioxidants containing anti-inflammatory properties.

[Peanuts]

This food is a great addition to your diet. Peanuts are high in fiber, protein and helpful antioxidants.

[Eat Raw Foods]

People that eat several servings of raw food or vegetables a day are less likely to suffer from heart disease.

Did you know March is National Celery, Peanut Butter and Nutrition month? It's a perfect opportunity to inventory your diet and do a little "spring cleaning". Adding a few foods like celery and peanut butter is a simple way to include antioxidants in your diet and reduce your inflammation.

It Begins with Food

Changing the way you eat can have huge benefits to your overall well-being. However, this can feel overwhelming to begin. It's all about minor, sustainable changes that will help you in the long run. No need for fads and no need to throw out your entire cupboard; simply include small changes that will uplift each meal.



An anti-inflammatory diet is a good starting point. This diet focuses on fresh fruits and vegetables. Plant-based foods are good sources of antioxidants.

Excellent anti-inflammatory foods include vegetables like kale,

broccoli, spinach, and fruits like blackberries, strawberries, and cherries. Beans, nuts, and olives are wonderful additions, as well as, oily fish like tuna and salmon.

Some foods will trigger and worsen inflammation. Be aware of foods that have been fried in oil multiple times or foods with high sugar content. No one food source will transform your health, but continuous small changes are certainly steps in the right direction.

Spine & Wine: Nervous System 101 **March 10th, 6pm to 8pm**

What would you be without your brain and spinal cord? There are an amazing 37 miles (60km) of nerves in the human body!

Join us on March 10th to get a deeper understanding of your nervous system and how the mind and body are connected.

We will be having wine pairings and food in an educational setting to set the mood for learning about your spine!

Cost is \$25/person Call (406) 770-3800 to reserve your spot.



Reducing Inflammation with Chiropractic Care

What is Inflammation

Inflammation occurs when your body encounters an offending agent (like viruses, bacteria or toxic chemicals) or suffers an injury. Your immune system sends out its first responders: inflammatory cells and cytokines (which are substances that stimulate more inflammatory cells). These cells begin an inflammatory response to trap bacteria and other offending agents or start healing injured tissue. The result can be pain, swelling, bruising, or redness. But inflammation also affects body systems you can't see.

Chiropractic Care

Most people don't realize they are suffering with chronic inflammation until they get diagnosed with a disease. Chiropractic care can help reduce inflammation before it further fuels a disease process. By removing interference from the nervous system, your chiropractor can aid in your overall well-being by optimizing your body's ability to adapt to the environment that you live in.

In the event of chronic inflammation, chiropractic care can help you reduce your inflammatory response. We can apply care, via spinal adjustments, that aid in increasing flexibility, strength, and the body's adaptability to stressors. We can also guide you toward anti-inflammation diets and stress management.

All these, together with chiropractic care, can go a long way in improving your health and providing healing for your chronic inflammation.

Anti-Inflammatory Recipes

No-Bake Turmeric Bars

Nutritional value: These antioxidant and anti-inflammatory turmeric bars are delicious treats requiring zero baking. They're gluten, dairy, refined sugar-free, and packed with healthy fats.

What you need:

Crust

- 3/4 cup coconut flour
- 3 scoops Terra Origin Organic
- Turmeric Blend(Chai)
- 1 tsp cinnamon
- 2 cups almond butter (note: use 100% almond butter with no added oils)
- 1/2 cup maple syrup



Filling

- 2 cups sugar-free chocolate chips
- 1/4 cup coconut oil
- 1/4 cup coconut flakes

How to prepare:

1. Line a deep 8 x 8-inch pan with parchment paper and set aside
2. In a large mixing bowl, add dry ingredients for the crust, mix, and set aside
3. In a microwave-safe bowl or on the stovetop, melt the almond butter with maple syrup until combined
4. Mix your wet and dry ingredients and mix until a thick batter remains
5. Transfer the dough to the lined pan and press firmly in place
6. Refrigerate for 30 minutes
7. Once the dough is refrigerated, melt your chocolate chips and coconut oil on the stovetop and pour over the bars.
8. Top with coconut flakes and additional Terra Origin Organic Turmeric Blend and cinnamon
9. Freeze until firm
10. Store in the refrigerator or the freezer in an airtight container for up to 5 days

Peanut Butter Celery Smoothie

What you need:

- 1 cup almond milk or non-dairy milk
- 3-4 stalks of celery, chopped
- A handful of greens (whatever you prefer)
- 1/2 an apple (Granny Smith works best)
- 2 Tablespoons peanut butter
- 1 cup ice, optional

Place all ingredients in a blender blend until smooth. Serve with a celery stick topped with peanut butter.





Ibuprofen vs. Turmeric for Pain

In addition to adding anti-inflammatory foods to care for your health, take a look in your medicine cabinet. Ibuprofen, or 'vitamin I' as many lovingly refer to it, is a common non-steroidal anti-inflammatory drug (NSAID) that occupies the shelves of many medicine cabinets. Despite its popularity, it has several serious side effects.

Side Effects of Ibuprofen

Common side effects from Ibuprofen include kidney and liver damage, increased risk of heart attack and stroke, and it also hinders cartilage repair. Ibuprofen works by inhibiting a class of hormones in the body known as *prostaglandins*. These hormones are responsible for the pain and inflammation that comes with injury and stress on the body. While this class of hormones serves a purpose by letting us know we're injured and need to rest, *prostaglandins* can be persistent and lead to quite a bit of physical grief when they're being produced in large quantities. Ibuprofen works well at shutting the *prostaglandins* down, but it comes with a cost.

Alternative Pain Relief

There's a natural alternative. The spice *turmeric* has similar anti-inflammatory properties to Ibuprofen, but without the aforementioned side effects. *Turmeric* (a spice derived from India) is a group of compounds - the *curcuminoids* - and specifically *curcumin*. Much research shows that *curcumin* has powerful anti-inflammatory and antioxidant effects as potent as Ibuprofen. Specifically, it has shown promise in its ability to be helpful in preventing and treating several chronic diseases like cancer, heart disease, Alzheimer's, rheumatoid arthritis, depression, and others.

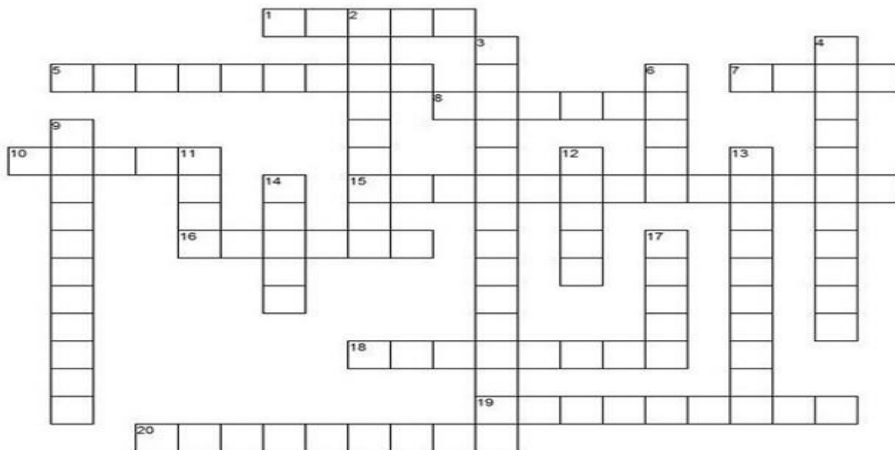
Side Effects of Turmeric

Side effects of turmeric are minimal; however, some people experience stomach upset (and gas). In particularly susceptible people, it can lead to gallbladder contractions (so be careful if you have gallstones!).



Supplements Available for Purchase

- Quick Absorption: *Chiroflex* is Protein Enhanced Turmeric Curcumin making it quick to absorb. Curcumin alone does not absorb in the body. It needs something to help it absorb. Chiroflex is bound to a protein molecule and absorbs 14,000 times better than curcumin alone, is in the bloodstream within 20-40 minutes, and remains for approximately 8-12 hours.
- Liquid: *Rowe Casa Relief* is a newly developed liquid formula for adults and children. It combines the most anti-inflammatory agents into one bottle.



ACROSS

- 1 Largest internal organ and gland in the human body
- 5 Set of veins that deliver oxygenated blood from the lungs to the heart
- 7 Largest organ of the human body
- 8 This organ filters the blood and removes the wastes
- 10 Biggest bone in human body
- 15 Erythrocytes
- 16 Smallest bone in human body
- 18 Blood vessels that carry blood away from the heart
- 19 It connects bones to other bones.
- 20 They are often called as Thrombocytes and are responsible for blood clotting

DOWN

- 2 Bones which protect our spinal cord
- 3 Leukocytes
- 4 Arteries, Capillaries and Veins are all part of _____ system
- 6 Bone in the body that does not meet another bone
- 9 _____ system brings in oxygen and removes carbon dioxide
- 11 Bones that cover the lungs
- 12 _____ support and protect the various organs of the body
- 13 Full form of Hb
- 14 It is a muscular organ that provides blood circulation
- 17 Blood vessels that carry blood towards the heart



We Bought a Building!

We had the opportunity to purchase a building that has been a chiropractic clinic for over 15 years.

Our office will be moving to 906 7th Street South and open for serving patients on May 3, 2022! The last day patients will be seen in our current space will be April 27, 2022.

We are so excited about this move and hope to make this a smooth transition for all! We will be hosting an open house on May 2nd for our patients and the public to welcome our new office!

Activated Life Chiropractic & Wellness Spring Events:

March 10th – Spine & Wine: Nervous System 101

April 7th – Chiropractic, Pregnancy & Kids

**May 2nd – Open House from 5-7pm @ 906 7th Ave S
& Facebook Live Event**

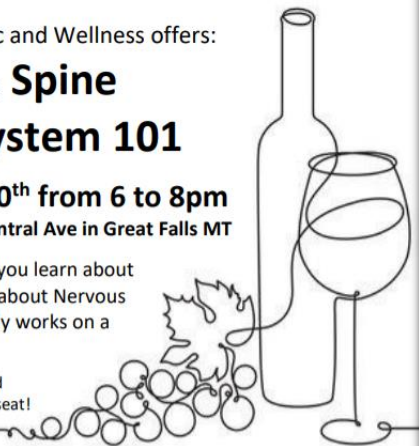
Activated Life Chiropractic and Wellness offers:

Wine & Spine Nervous System 101

Thursday, March 10th from 6 to 8pm
Hosted by Nourish at 220 Central Ave in Great Falls MT

Come enjoy some wine while you learn about your spine! Dr. Justin will talk about Nervous System 101 and how your body works on a fundamental level.

\$25 per person: Dinner Provided
Call (406)770-3800 to reserve your seat!



True You: Mind, Body & Spirit

Hosted by Activated Life Chiropractic and Wellness

November 18th-20th, 2022



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(406)770-3800



Activated Life Chiropractic and Wellness

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Thank you!

The ultimate compliment is when our patients tell their friends and families about Activated Life Chiropractic and Wellness. Thank you for helping us help others!