

APRIL 2013

# ASBURY FAMILY CHIROPRACTIC



APRIL SHOWERS BRING  
MAY FLOWERS

## Weekly to-do list

### Monday

#### Happiness

Call your best friend to chat.

### Tuesday

#### Relationship

Hug your significant other as soon as you see each other after work.

### Wednesday

#### Time management

Spend no more than half-an-hour each day on social media sites, such as Facebook

### Thursday

#### Health

instead of carbonated drinks, drink water and get at least twenty minutes of exercise.

### Friday

#### Social

Connect with someone new whether it's by greeting a neighbor you've never spoken to before or a new coworker.

## FUN SPRINGS RECIPES AND IDEAS



### Strawberry Granita

5 tablespoons

sugar

11 quart (4 cups) ripe strawberries, washed and hulled

21 tablespoon fresh lemon juice

- 3 2 tablespoons vodka (optional)
- 4 1/8 teaspoon ground black pepper
- 5 1 tablespoon aged balsamic vinegar
- 6 1 tablespoon basil leaves, cut into thin strips

#### Directions

1. To make the sugar syrup, combine 3/4 cup water and 4 tablespoons sugar in a small saucepan. Cook over medium heat, stirring until sugar has dissolved, about 2 minutes. Cool to room temperature.
2. Place half the strawberries in a blender with the sugar syrup, lemon juice, and vodka, if using. Puree. Transfer to a fine mesh sieve and press on puree, pushing the pulp through. Discard seeds remaining in sieve.
3. Pour mixture into a shallow 8-inch square pan. Freeze 2 to 3 hours, or until almost completely frozen. Scrape granita with a fork to make it flaky. Freeze for another hour and scrape again. When ready to serve, scrape again.
4. About 30 minutes before serving, quarter remaining strawberries lengthwise and transfer to a bowl. Add remaining tablespoon sugar, pepper, and vinegar; mash slightly with a fork, keeping mixture chunky. Add basil.
5. To serve, scrape some granita into four glasses and top with smashed strawberries.

## Quotes On Chiropractic



**"I didn't know how much I could improve until I started seeing a chiropractor. Since I've been in chiropractic, I've improved by leaps and bounds, both mentally and physically."**

**~Gerald Wilkins, NBA player 1985-1999**



**"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing."**

**~Tiger Woods**



**Mel Gibson** - "Chiropractic is about health and fitness. Chiropractic is about natural, preventive health care. What you are doing, and I have experienced this for the last 30 years myself on my own body, means that whenever I have a problem—or even if I don't have a problem—and I go to a chiropractor, my problems are gone for a long time."

**"Bodybuilders and fitness people have been using, very extensively,**

**chiropractors in order to stay healthy and fit. Whenever I had a little problem with my body, I always ran to one of**



**my dear friends [Franco Columbo, D.C.], he was always right there with the adjustments. This is how I found out the best way of going, is to use chiropractors, not only after injuries, but also before injury."**

**~Arnold Schwarzenegger-former actor and governor of**

*"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."*

**-Buddha**



## Product of the month

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