



MARCH 2013 ISSUE

In honor of St. Patrick's Day and Dr. Seuss's birthday, this month we are including two healthy GREEN recipes for your (and your kids') enjoyment!

REGULAR CHIROPRACTIC CARE FOR THE WHOLE FAMILY!

Because Drs. Dennis and Adam Poole believe in the importance of chiropractic care at an early age, they make it affordable for their patients to bring the whole family.

Adjustments are only \$15 for children ages 0—12 years old!

Scientific research has proven that regular chiropractic care for people of all ages throughout their life has wonderful health benefits, including:

- Increased Immune System Function
- Increased Range of Motion
- Decreased Stiffness & Muscle Spasms
- Migraine & Headache Relief
- Arthritic Joint Relief
- Increased Balance & Coordination
- Slows or Stops Spinal Degeneration
- Improved Posture
- Muscle & Nerve Impulse Relaxation
- A Natural Alternative!

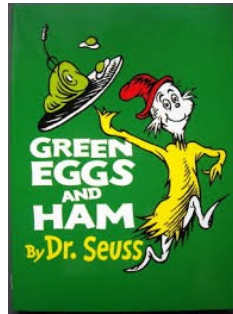
Lucky You!!

For this month of March, bring your child, age 12 and under, (new patients only, please) for a free examination and consultation.

On us!!



Dr. Adam's Dye-Free Green Eggs and Ham



In a blender or food processor, add desired number of eggs, a handful of spinach (enough to achieve your desired shade of green*), and some fresh cilantro to taste. Season as desired with salt and pepper, or even toss a bit of onion in your blender. Pour the puree into a skillet and cook over medium-low heat, stirring until scrambled.

Thanks to the blender, those eggs will be light and fluffy! Serve with ham. You won't taste the spinach, and your kids will go nuts over it—just like Dr. Adam's kids do. Try this recipe and you may find yourself saying, "I do so like green eggs and ham! Thank you! Thank you, Sam-I-am!"

*For an even truer shade of green, blanch the spinach before blending.

Leprechaun Smoothies

The beauty of a green drink is that you can't really go wrong. Add some green veggies such as spinach, celery, cucumber, or kale leaves. Add some fruit for sweetness: fresh or frozen grapes, peaches, apples, strawberries, or kiwis, etc. For texture, try banana, avocado, or peanut butter. Control thickness by adding ice, water, milk, frozen fruit, or juice. Use your imagination! Here is one example from blendtec.com to get you started:

- 2 c milk
- 2 Tbsp honey
- 1 banana
- 1 orange, peeled
- 1/2 c raspberries
- 5 fresh or frozen strawberries
- 3 c spinach
- 2 c ice cubes



Put all ingredients in a blender and blend until smooth.

Condition of the Month: Carpel Tunnel Syndrome??

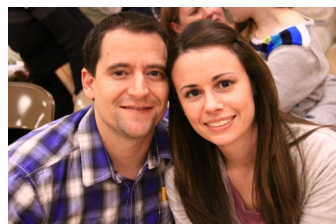
Is your hand going numb? Aches and pains in your wrist? Did you know that carpal tunnel syndrome is often misdiagnosed? Your discomfort could actually be coming from a bone out of place in your neck, shoulder or elbow. We all know that chiropractic care helps the neck and the back, but it can also help with many other conditions, including wrist, shoulder, knee, ankle, hip, and other joint pains. Dr. Adam and Dr. Dennis Poole can perform a thorough examination and evaluation of your condition to determine the source of the problem. Before undergoing the pain and cost of carpal tunnel surgery, send your friends and loved ones to Poole Chiropractic to see if their condition can be treated naturally.



GET TO THE ROOT OF THE PROBLEM AT POOLE CHIROPRACTIC!

Poole News

Dr. Adam has spent the last 6 months developing a new talent. He has been singing in a large choir of angels in preparation for an Easter musical drama, "Savior of the World". (Don't worry...Dr. Adam won't be quitting his day job!!) Also in the play are Dr. Adam's wife, Dana, and daughter, Katelyn (the youngest in a cast of about 200). Dr. Dennis Poole's wife, Adrienne, is also in the Angel choir, along with his daughter, Angela, and two other granddaughters, Courtney and Jessica. Performances begin March 21st.



Dr. Adam and wife, Dana, at rehearsal



Cousins, Courtney and Katelyn, at rehearsal

(Tickets are available online at www.anaheimsotw.com.)