



# Chittenden County Chiropractic -Monthly Newsletter-

February 2007

Section A

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## Happy New Year to All!

We apologize for the delay in getting our most recent edition of the Chittenden County Chiropractic newsletter to you. As you can well imagine the holiday season was a busy one.

Thanks again to everyone for your support of the new practice. We are extremely pleased with how things are going and anticipate an exciting 2007.

As a way to ring in the New Year, we would like to extend an offer to all current patients. Refer two new patients to us between now and March 31<sup>st</sup> and you will receive a **complimentary half hour massage**. We are extremely proud of the services we provide and we would be happy to see any friends, family or co-workers whom you think may benefit from Chiropractic Care.

As always, feel free to forward this newsletter on to anyone whom you may think would enjoy the publication. Cheers to health and happiness in 2007!

Sincerely,

*Dr. Cory Pike, Renee Taylor and Kristina Kiarsis*  
Chittenden County Chiropractic  
*For Better Health Naturally*  
**(802) 879-3900**

## Office Hours

**Mondays:** 8am -6pm  
**Tuesdays:** 11:30am -6:30pm  
**Wednesdays:** 8am -6pm  
**Thursdays:** Closed  
**Fridays:** 8am -5pm

# - TOPIC OF THE MONTH -

February 2007

Section B

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## The Truth About Carbohydrates

There are a lot of myths about diet. These myths come from many places; overheard locker-room chat, magazines, even your mother! The primary myth we will be dealing with is carbohydrates and how they affect your weight.

Carbohydrates have been viewed for a long time as the enemy, but in reality they are our friends. Carbohydrates are the primary fuel our bodies need to get through our day. If you try to cut out this fuel for weight loss, numerous things will happen to your body. You can expect to have low amounts of energy; some minor muscle breakdown (remember: muscle burns more calories than fat!); missed variety, lack of vital nutritional components in your diet, and your thinking process won't be so fantastic. When our weight really gets into trouble is when there is an excess amount of carbohydrates supplied to our body that our body cannot burn off. So it's not the carbs themselves, but how much of our caloric intake comes from them.

Some people believe in the no carb diet fad and think cutting carbs out entirely will be the magic bullet for weight loss. If you are using a no carb diet like Atkins, you will experience some minor weight loss in the beginning. The reason for this weight loss is that a diet high in protein causes your body to lose more water than normal, and in general people initially consume less calories when they cut out carbs. It may seem great at first but for most people weight loss is temporary and the diet is not sustainable. "Carb free living" is just not a healthy or enjoyable way to manage your weight.

So how many carbohydrates *should* you be eating through the day? Most nutritionists recommend that 40 –50 % of your calories come from carbs, depending on your activity level. You should also watch *when* you're eating them, which may be the key in staying healthy and still being able to eat our beloved carbs. If you're going to be active for the next 3 –4 hours, say working out, playing with the kids, or cleaning the house, you can and should add carbs to your meal. If you're going to be mostly sedentary: relaxing and watching TV or sitting at your desk, you should lower the amount of carbs that you consume. It doesn't have to be complicated; just a little planning ahead and can stay satisfied, happy, and maintain your weight in a healthy way!

**Written by:**

*Josh Larose - ISSA Certified Personal Trainer - Sports and Fitness Edge - 338-6183*

*Kristina Kiarsis – Certified Massage Therapist – Chittenden County Chiropractic*

# - LOCAL VERMONT EVENTS -

February 2007

Section C

Here's a look at a few events on the Vermont Calendar in February. Enjoy!

## Flynn Center for the Performing Arts in Burlington

Phone: 802-863-5966

Website: [www.flynncenter.org](http://www.flynncenter.org)

### Feb. 10

#### Ned Rothenberg's Sync with Strings

**Description:** Reedman, composer, and bandleader Ned Rothenberg adds a string duo to his acclaimed trio Sync with special guests.

### Feb. 16

#### Savion Glover - Classical Savion

**Description:** Tony Award-winning Savion Glover taps backed by a 10-piece string ensemble and jazz quartet, *The Otherz*.

### Feb. 20 - 21

#### Broadway National Tour - Hairspray

**Description:** This award-winning musical is about a young girl with dreams of becoming a dancer and winning over the boy she loves.

## Localvore Wine Tasting Dinner Inn at Lareau Farm



### February 11

**Description:** Join American Flatbread chef's as they prepare a four course Localvore Dinner paired with wines by VT Wine Merchants.

**Time:** 6:30 pm

**Admission:** \$75.00

**Directions:** Rt 100 just south of Waitsfield Village

#### For More Information, Contact:

Lisabeth Magoun

48 Lareau Road

Waitfield, VT 05673

Phone: (802) 496-4949

Email: [play@lareaufarminn.com](mailto:play@lareaufarminn.com)

Web Site: <http://www.lareaufarminn.com>

## FrogWorld

ECHO Lake Aquarium and Science Center

### February 24 - March 6

**Description:** Experience exotic frogs from different continents in our newest exhibit.

**Time:** 10am-5pm

#### For More Information, Contact:

Customer Service

ECHO at the Leahy Center

Phone: 864-1848

Email: [info@echovermont.org](mailto:info@echovermont.org)

Web Site: <http://www.echovermont.org>



# - HEALTH TIPS -

February 2007

Section D

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## Herbal Remedies

**Spices and herbs boost flavor, cut fat and may help avoid disease**

More and more frequently, doctors are using herbal remedies in the treatment of disease. Herbs and spices have a long history as folk medicine, and not without merit. Today, researchers are working to quantify their merit. Take a look below at what some everyday spices can do for your health!

### **Oregano:**

One of the best-known uses of oregano is as a bacteria killer in the preservation of foods. Its phenols- a type of antioxidant – destroy the cell membranes of bacteria. In 2003, researchers found that applying a concentrated oregano extract to prepared meats may destroy listeria bacteria.



### **Cinnamon:**

Cinnamon affects cholesterol, triglycerides and glucose transport. In a 2003 study, researchers supplemented the diets of 60 diabetic men and women with one, three or six grams of cinnamon daily. After 40 days, subjects levels of LDL cholesterol fell by as much as 26 percent. The effects of one gram were found to be the same as six grams. So, try just more than a teaspoon of cinnamon a day to help with your cholesterol levels!

### **Ginger:**

In a 2001 study, researchers found that highly concentrated forms of ginger helped reduce osteoarthritis related knee pain. It improved pain levels to virtually the same degree as anti-inflammatory medications. Ginger's most consistently proven health benefit is its ability to relieve nausea.

### **Turmeric:**

Some scientists believe that turmeric may play a role in the prevention of Alzheimer's disease. It has demonstrated antioxidant, anti-inflammatory and cholesterol-lowering properties – all thought to be involved in the onset of Alzheimer's.

“Although much research on herbs and spices is preliminary, there is no downside to adding them to your diet,” says Dave Grotto, R.D., spokesman for the American Dietetic Association. He recommends focusing on one of the strongest benefits: Herbs and spices help boost the flavors of food without the added fat!

# - DR. PIKE'S RECIPE PICK -

February 2007

Section E

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Try this fantastic chili recipe from Cooking Light for your Superbowl party! It's sure to be a fan favorite!

## All-American Chili

- 6 ounces hot turkey Italian sausage
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 8 garlic cloves, minced
- 1 pound ground sirloin
- 1 jalapeño pepper, chopped
- 2 tablespoons chili powder
- 2 tablespoons brown sugar
- 1 tablespoon ground cumin
- 3 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 2 bay leaves
- 1 1/4 cups Merlot or other fruity red wine
- 2 (28-ounce) cans whole tomatoes, undrained and coarsely chopped
- 2 (15-ounce) cans kidney beans, drained
- 1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese



Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.

Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.

Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

Note: Like most chilis, this version tastes even better the next day.

Yield: 8 servings (serving size: 1 1/4 cups chili and 1 tablespoon cheese)

### NUTRITION PER SERVING

CALORIES 375(29% from fat); FAT 12g (sat 4.6g,mono 4.1g,poly 1.1g); PROTEIN 28.9g; CHOLESTEROL 59mg; CALCIUM 165mg; SODIUM 969mg; FIBER 8.2g; IRON 5mg; CARBOHYDRATE 33.7g