

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Wayne Terai

Our Holiday Food Drive

The holidays are here and Dr. Terai is spreading the spirit of the season with an innovative program to assist those in need. Dr. Terai is working with local, charitable organizations to generate food donations by sponsoring a food drive during the month of December. So please bring nonperishable food items with you on your next visit to the chiropractor.

The doctor's staff will sort the donations and transport them to local food banks. You can also help generate additional donations by spreading the word about the benefits of chiropractic. Refer a friend or family member for a chiropractic checkup, and that individual will receive a complimentary evaluation in exchange for donating food items!

Why Help?

Although many people donate to food banks, in these difficult economic times more help is still desperately needed. According to a recent survey, 28 percent of adults and nine percent of children seeking food assistance have missed meals in the last month: simply because there wasn't enough food available. Dr. Terai believes the clinic's food drive will help fill this gap.

Help Others While You Help Yourself

Did you know that participating in charitable activities may help keep you well? There is a proven link between volunteering and health (*J Health Soc Behav* 2007;48:450-64).

Can volunteering lead to a longer life? Yes. A new study of volunteers over the age of 60 found that donating one's time is associated with reduced mortality, even after age, gender and physical health are factored in (*Int*

Psychogeriatr 2008;20:1000-13).

Use the clinic's food drive as an opportunity to begin incorporating community service into your own life — and possibly extending your longevity at the same time!

New Patients: Trade Food for Evaluation

Have you been putting off getting a chiropractic evaluation? Here's your chance to learn if chiropractic can help you, while you help others. Donate nonperishable food items to the clinic's drive during the month of December and receive a complimentary chiropractic evaluation!

This evaluation, offered to new patients only, will include an examination of your posture for imbalances that may predispose you to injury. In addition, Dr. Terai will evaluate your spine for areas where movement is restricted or bones (vertebrae) are out of alignment. These dysfunctional regions are known as **vertebral subluxations**, a condition associated with a prodigious number of ailments including headache, back pain, carpal tunnel syndrome and ear infections.

Doctors of chiropractic specialize in correcting vertebral subluxations using gentle and effective maneuvers called **chiropractic adjustments**. Chiropractic adjustments also protect patients from future spinal problems by keeping their spines mobile and in top condition.

A limited number of time slots for new patient evaluations are available. So don't delay, schedule your appointment today — and don't forget to bring along nonperishable food items to donate!



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Holiday Quiz

Test your holiday knowledge with our timely quiz. The answers are printed at the end. (No fair peeking!)

1. What significance does December 26 have in Great Britain?
2. What does the word Kwanzaa mean in Swahili?
3. The poinsettia was named for Joel R. Poinsett, the first American minister to Mexico. True or False?
4. There are two cities named Santa Claus in the United States. True or False?
5. The words to the holiday carol "Silent Night" were originally written in what language?
6. Which of Santa's reindeer is never mentioned in the story "The Night Before Christmas?"
7. What country started the tradition of exchanging gifts?
8. What is the most popular tree topper?
9. After red and green, what are the two most popular holiday colors?
10. What holiday carol contains the line, "O tidings of comfort and joy?"

Answers: 1) December 26 is Boxing Day 2) First fruits 3) True 4) True 5) German 6) Rudolph the Red-Nosed Reindeer 7) Italy 8) Angel 9) Silver and gold 10) "God Rest Ye Merry Gentlemen"

Healthy Stuffing Recipe

Instead of a high-calorie boxed mix stuffing, try this homemade version instead: only 292 calories and five fat grams per eight-ounce serving. Use homemade breadcrumbs, which are free of hydrogenated oils, unlike store-bought varieties.

1/2 teaspoon olive oil
1 cup minced onion
3/4 cup chopped celery
1 1/2 cups sliced mushrooms
1 cup reduced fat, reduced sodium organic chicken broth (no MSG)
8 cups wheat bread crumbs
3/4 teaspoon dried sage
3/4 teaspoon dried thyme
1/2 teaspoon dried parsley
Salt and pepper to taste

Start by preheating your oven to 325 degrees. Next, spray a two-quart, oven-safe casserole with nonstick cooking spray and set aside. Heat the olive oil in a large, nonstick skillet over medium heat until hot. Add onion, mushrooms and celery and sauté until tender. Combine the chicken broth and the bread crumbs and mix well. Add the onion mixture and spices, thoroughly mixing them into the rest of the ingredients. Place stuffing in prepared casserole, cover and cook for 45 minutes.

This recipe makes 12 servings.

Did You Know That ...

- One cup of bread stuffing (from a mix) has 420 calories, 40 grams of carbohydrates and 26 fat grams (See our adjacent recipe for a healthy, low-cal version!); one cup of unsalted cashews has a whopping 785 calories and 63 grams of fat; and one cup of eggnog has 340 calories and 19 fat grams.
- A person who weighs 150 pounds will burn up 504 calories during an hour of ice skating, 720 calories playing 60 minutes of water polo and 432 calories skiing downhill for an hour (including lifts back up to the top).
- You can reduce your stress level by shopping at non-prime hours. You can save your sanity even more by shopping from catalogs and ordering online.
- Indulging in family rituals — such as baking, decorating and watching movie classics like "It's a Wonderful Life" — can also reduce stress.
- Limiting social obligations is OK. More is not necessarily merrier during the holiday season.
- Eating a small snack before you go to a holiday party will reduce the chances of your belly shaking like a bowlful of jelly on January 1!