



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Wendy Lanser's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

You may not have thought about it before, but your brain is the central computer that runs your body. When your brain is healthy, your body gets good direction and you have good health. But if your brain gets stressed, your body starts to suffer.

So what can you do to keep your brain healthy?

1. Get enough sleep. Sleep gives your brain a chance to recover from the day's work, to replenish energy and to prepare for the next healthy day.
2. Eat a brain-healthy diet. Examples of good brain foods are blueberries, avocados, nuts and seeds, carrots, spinach, sage, eggs, flax, salmon, curry, broccoli, olives, and of course water. Foods that stress your brain are fried foods, salty foods, fatty foods, sugary foods, processed foods, alcohol and artificial sweeteners.

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3. Do something to de-stress emotionally – examples are exercise, meditation, prayer, breathing, yoga, massage, or any practice that relieves your stress. Make it a regular habit, or include several approaches to keep it interesting.
4. Get a check-up from a doctor of chiropractic. Latest research shows that chiropractic care reduces brain stress.

When your brain is healthy, your body can regulate and heal itself  
**Healthy Summer Recipes**

FoodandWine.com offers these healthy recipes for your summer barbecues and parties.

**Tomato Salsa with Cucumber "Chips"**  
*(contributed by Doris Esther Ayola Orozco)*

- 1 1/4 pounds tomatoes, finely chopped
- 1 small jalapeño, seeded and minced
- 1/2 cup finely chopped sweet onion
- 2 tablespoons fresh lime juice
- 1/2 cup finely chopped cilantro
- Salt and freshly ground pepper
- 1 large seedless cucumber, sliced 1/4 inch thick

In a bowl, toss the tomatoes with the onion, cilantro, jalapeño and lime juice and season with salt and pepper. Serve the salsa with the cucumber chips for dipping. (from "Healthy Recipes From A Fitness retreat, The Best salsa Recipes," May 2009)

**Tangy Green Zebra Gazpacho (Contributed by Katie Lee)**

- 2 pounds Green Zebra tomatoes, cored and coarsely chopped
- 1 Green Zebra tomato cut into small wedges for garnish
- 1 seedless cucumber, unpeeled and coarsely chopped
- Finely diced unpeeled cucumber for garnish
- 1 medium sweet onion, coarsely chopped
- 1 Hass avocado—halved, pitted and peeled
- 1 small jalapeño, stemmed and seeded
- 2 garlic cloves
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons mint leaves, plus more for garnish
- 2 tablespoons cilantro leaves
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- Salt and freshly ground pepper

In a blender, combine half each of the coarsely chopped green tomatoes, cucumber and onion with the avocado, jalapeño, garlic, lime juice and 1 cup of cold water and puree until smooth. Transfer the puree to a large bowl.

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Add the remaining coarsely chopped green tomatoes, cucumber and onion to the blender along with the 2 tablespoons of mint, the cilantro and 1/4 cup of olive oil and pulse to a chunky puree. Add the puree to the bowl and stir well. Refrigerate the soup until well chilled, about 1 hour. Season the gazpacho with salt and pepper and ladle it into chilled bowls. Garnish the cold soup with the tomato wedges, diced cucumber, mint leaves and a drizzle of olive oil and serve.

(from "The Best Gazpacho Recipes, A Party for Red Hook Winery, by Katie Lee, published September 2009)

## Healthy Summer Recipes

*(continued from page 2)*

### Black Bean Burgers (contributed by Laurence Jossel)

1 1/4 cups dried black beans, rinsed and picked over,  
then soaked 4 hours and drained

Kosher salt

3 1/2 tablespoons extra-virgin olive oil

1/3 cup farro

1 small onion, finely diced

1/4 teaspoon crushed red pepper

1 garlic clove, minced

2 large eggs, lightly beaten

1 cup coarse fresh bread crumbs

1/4 cup chopped basil

1/4 cup chopped cilantro

1/4 teaspoon freshly ground pepper

Vegetable oil, for sautéing

8 toasted buns

In a saucepan, cover the beans with 2 inches of water. Simmer over moderately low heat, stirring occasionally, until tender, about 1 hour; add water as needed to keep the beans covered by 2 inches. When the beans are tender, season them with salt and let stand for 5 minutes; drain.

Meanwhile, in a saucepan, heat 1/2 tablespoon of the olive oil. Add the farro and cook over moderately high heat, stirring, 2 minutes. Add 1 1/2 cups of water and a pinch of salt and bring to a boil. Cover and simmer until the grains are al dente, 30 minutes.

In a small skillet, heat the remaining 3 tablespoons of olive oil. Add the diced onion and cook over moderate heat until softened. Add the crushed red pepper and garlic and cook until fragrant, 2 minutes.

In a food processor, pulse all but 1/2 cup of the beans to a chunky puree; transfer to a bowl. Fold in the remaining 1/2 cup of beans, the farro, the onion mixture, eggs, bread crumbs, basil, cilantro, pepper and 1 teaspoon of salt. Form the mixture into 8 patties. Cover and refrigerate for 30 minutes.

In a large, nonstick skillet, heat 1/8 inch of vegetable oil. Add the burgers and cook over moderate heat, turning once, until browned and heated through, about 6 minutes. Transfer the burgers to the buns. Top with the Smoky Red Pepper Spread and the onion slices, close the burgers and serve.

**Serve with some Smoky Red Pepper Spread (recipe below) and thick sliced red onions.**

1 small red bell pepper

*Find recipes ...*  
**"From Seven Terrific  
Bean Recipes,"  
November 2008."**

1 cup feta cheese, crumbled  
1/2 teaspoon hot pimentón de la Vera (smoked Spanish paprika)  
Roast the pepper over a gas flame until charred and softened. Let the pepper cool; peel, seed and chop. In a food processor, puree the pepper with the feta and pimentón; transfer to a bowl and serve. (From “**Seven Terrific Bean Recipes**,” November 2008.)

## **Seven Keys To Longevity**

Over the last fifty years, researchers in Alameda County, California, have studied the relationship between lifestyle and health, and they recommend the following seven habits:

1. **Don't smoke** – smoking is linked to cancer, heart disease, and many other dangerous disorders.
2. **Exercise regularly** – about 30 minutes three times a week is sufficient for most people
3. **Maintain a healthy body weight** – find the optimal weight for your size and body type
4. **Sleep at least seven hours each night** – your brain and body recover from the day's stresses while you sleep, and that takes 7-8 hours each night
5. **Drink alcohol in moderation** – the study says less than five drinks at a sitting, but you're probably better off with less than that
6. **Avoid snacks** – especially sugary, salty or fried foods, or foods with pesticides or preservatives in them
7. **Eat breakfast every morning** – that's why they call it “breaking the fast,” so get your day started with a healthy meal.

That doesn't seem very difficult, does it? And yet, so few of us follow even this common sense advice.

*"Let's all commit to making ourselves a little healthier by choosing one or more of these health habits to practice regularly."*

Let's all commit to making ourselves a little healthier by choosing one or more of these health habits to practice regularly. Ask your doctor of chiropractic what he or she suggests, and travel the shortest distance to good health.