



FOOD

Green Salad Plus

This meal for six is hearty and nutritious. Eat one serving of each dish and you'll get incalculable amounts of antioxidants. Makes 6 servings.

Berries & Yogurt Ingredients:

- 1 cup blueberries
- 1 cup strawberries
- 1 cup raspberries
- 1 cup fat-free yogurt, lemon or vanilla flavored

Salad Ingredients:

- 6 cups mixed baby greens

- 2 medium pears, sliced
- 1 large bulb fennel, chopped or sliced
- 1/3 cup toasted walnuts

Dressing Ingredients:

- 5 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1/4 cup orange juice
- 2 ounces blue cheese, crumbled

Directions:

1. Combine salad ingredients. Whisk together dressing and add to salad. Toss.
2. Combine berries. Serve with a dollop of yogurt.

Perfect Breakfast Treat

Original recipe makes 1 open-faced sandwich.

Ingredients:

- 2 teaspoons butter
- 2 eggs
- 1 slice sourdough bread, toasted
- Dijon mustard
- 1/2 avocado - peeled, pitted, and sliced
- 2 tablespoons grated Parmesan cheese, or more to taste



Directions:

1. Melt 2 teaspoons butter in a skillet over medium heat; add the eggs. Allow the egg whites to cook until mostly firm before breaking the yolks; continue cooking until eggs are completely cooked and no longer runny, 2 to 3 minutes.
2. Spread one side of toasted sourdough bread slice with Dijon mustard.
3. Arrange avocado slice onto the mustard.
4. Top avocado with cooked eggs.
5. Sprinkle Parmesan cheese over eggs.

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Breakfast Zinger Juice

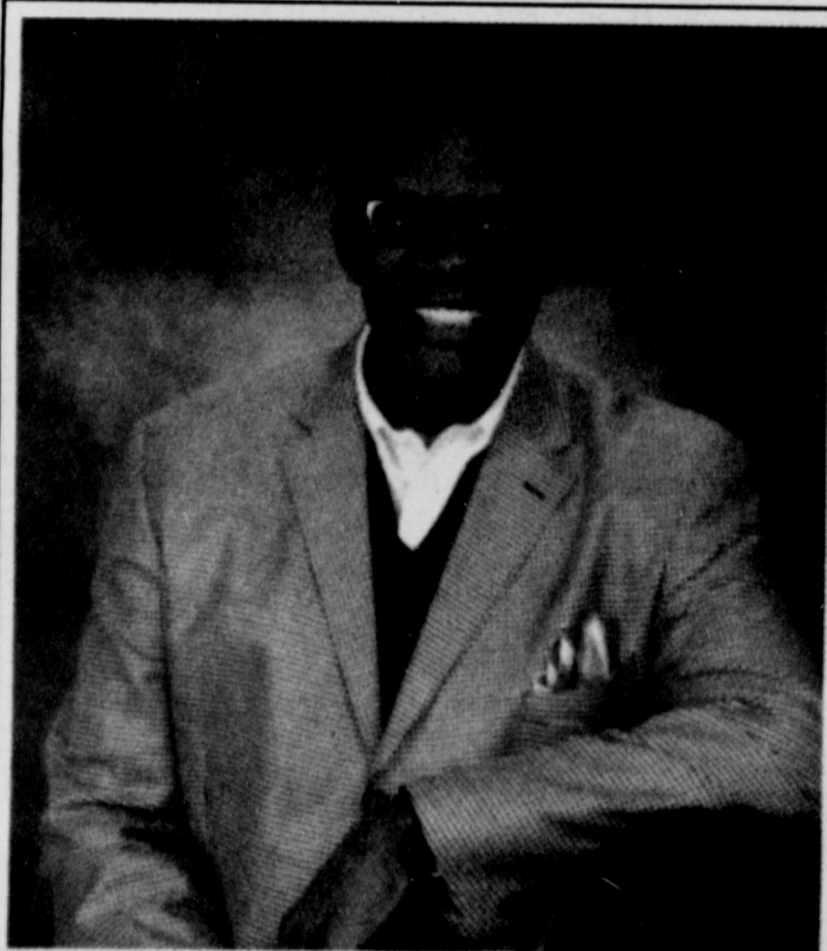
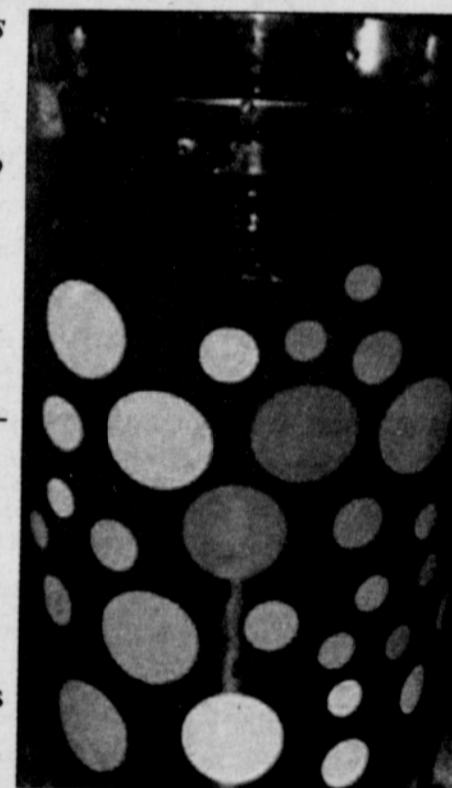
A delicious, cleansing juice that's great in the morning. Great way to kick start your day, while getting necessary vitamins. Try to leave on the peel on the carrots and apples as many of their nutrients are in the skin.

Ingredients:

- 2 lemons - peeled, seeded, and quartered
- 2 carrots, chopped
- 2 apples, quartered
- 2 beets, trimmed and chopped

Directions:

Press lemons, carrots, apples, and beets through a juicer and into a large glass.



Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 19. The Golden Years: Keeping in full swing throughout the autumn of life

Q: Back when I was younger, I loved playing golf. Now some-thing is always hurting so I don't dare play! Could you help?

A: It is so unfor-tunate that millions of our senior citizens have worked and saved and give to their Community only to find the "golden years" more "old" than "gold". Right at the height of their freedom, they often find it difficult

to get around, their old activities. Unfortunately, it is often thought that they must "learn to live with it" or be given yet another pain pill. Actually that may be anything but true. In our office we commonly see people in their seventies and eighties. And they love

the spring in their step and the twinkle in their eyes they get through Chiropractic. Why don't you get back in the swing of things again? Give us a call today. Isn't it time you stepped up to Chiropractic? Life's "golden years" truly can be golden once again!

Flowers' Chiropractic Office

2124NEHancock, Portland Oregon 97212 • Phone: (503) 287-5504