

FOOD

Grilled Shrimp with Lemon Aioli

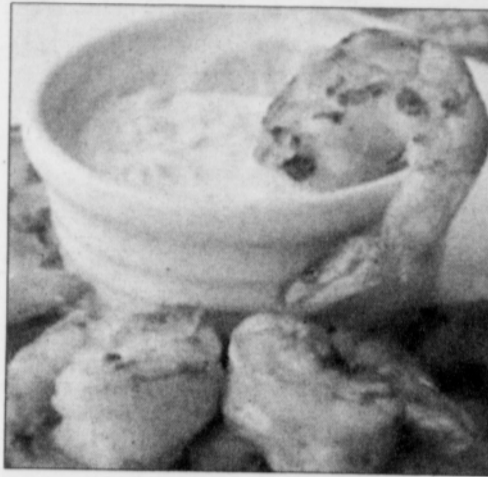
Directions:

1. Soak cured lemons briefly in a bowl with cold water to remove curing brine, about 10 minutes. Dry lemons with paper towels and finely mince.
2. Stir minced lemon, mayonnaise, tarragon, and lemon juice together in a bowl. Cover bowl with plastic wrap and chill aioli in the refrigerator until cold, at least 15 minutes.
3. Preheat an outdoor grill for high

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Ingredients:

- 2 slices cured lemon
- 1/2 cup mayonnaise
- 1 tablespoon minced fresh tarragon
- 1 teaspoon lemon juice
- 1 pound extra large shrimp, peeled and deveined
- 2 teaspoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon kosher salt



Recipe makes 4 servings. You can buy cured (preserved) lemons at specialty stores. Or you can make your own (see p.20).

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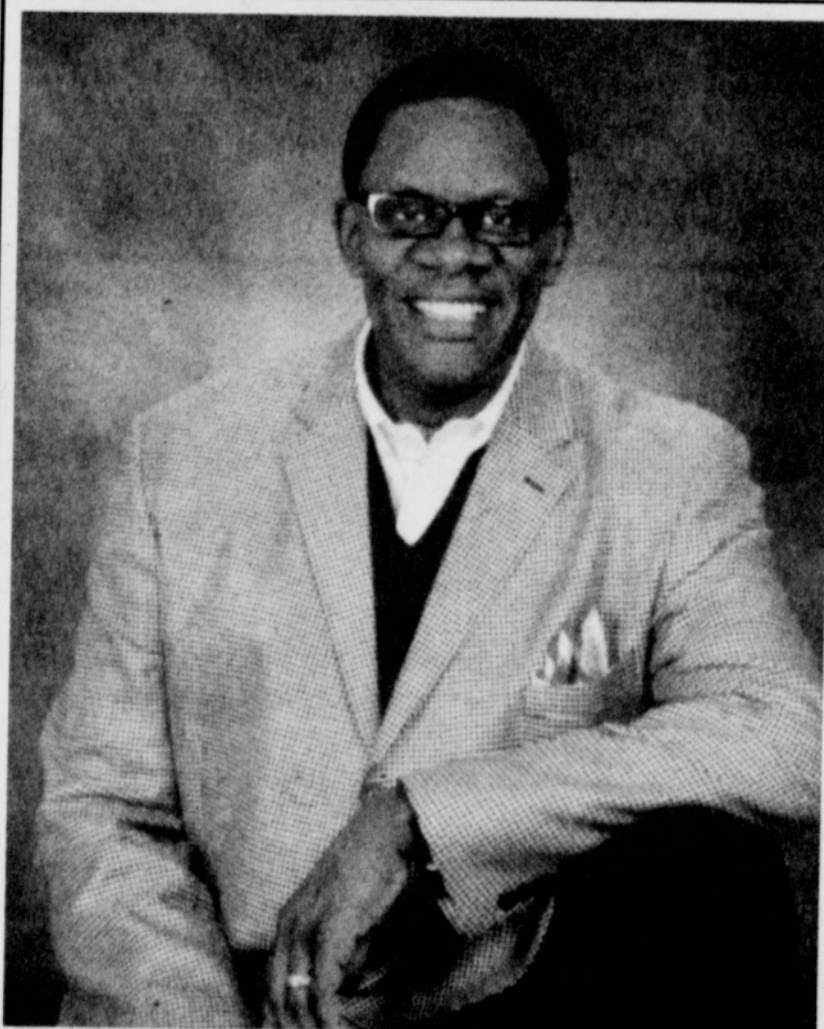
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Dr. Billy R. Flowers

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Part 27. Chiropractic VS Migraines:

Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20

years for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all here for

only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

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