

FOOD

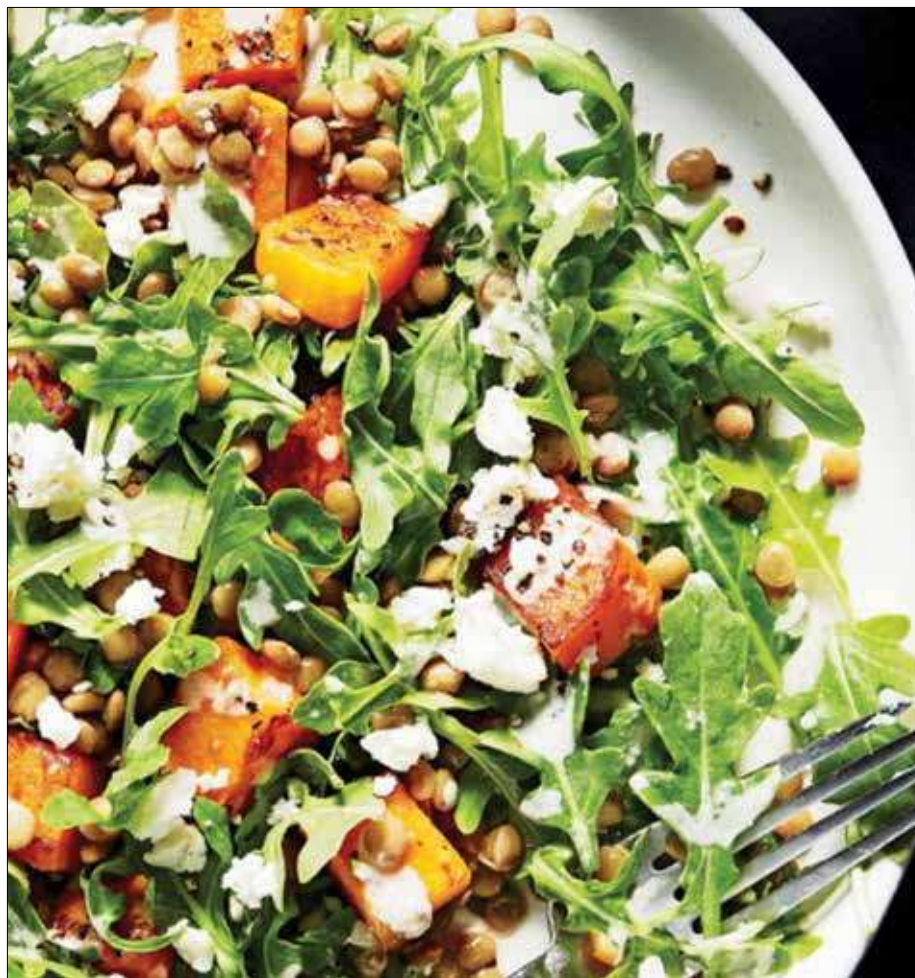
Autumn Glow Salad

Ingredients:

- 1 (2-lb.) butternut squash, peeled and cut into 1/2-in. cubes
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon ground black pepper
- 1/2 cup dried green lentils
- 1/2 teaspoon cumin
- 1/2 teaspoon red wine vinegar
- 2 cups arugula
- 1 tablespoon crumbled feta cheese
- 2 tablespoons All-Purpose Tahini Dressing

Directions:

1. Preheat oven to 400°F.
2. Place squash, oil, 1/4 teaspoon salt, and pepper in a bowl; toss to combine. Spread mixture in a single layer on a foil-lined baking sheet. Bake at 400°F for 28 to 30 minutes, tossing once halfway through.
3. While squash bakes, place lentils in a medium saucepan. Cover with water to 3 inches above lentils; bring to a boil. Reduce heat, and simmer 20 minutes or until lentils are tender. Drain. Stir in remaining 1/4 teaspoon salt, cumin, and red wine vinegar. Let stand 10 minutes.
4. Arrange arugula on a plate. Top with 1 cup butternut squash (reserve remaining for Butternut-Kale Frittata), 1/2 cup cooked lentils (reserve remaining for Poached Egg Power Bowls), and cheese. Drizzle All-Purpose Tahini Dressing over top.



This plant-powered salad delivers over 50% of your daily fiber and one-third of your daily potassium goal. Butternut squash is an excellent source of eye-healthy vitamin A and a good source of immune-boosting vitamin C and blood pressure-supporting potassium.



All-Purpose Tahini Dressing

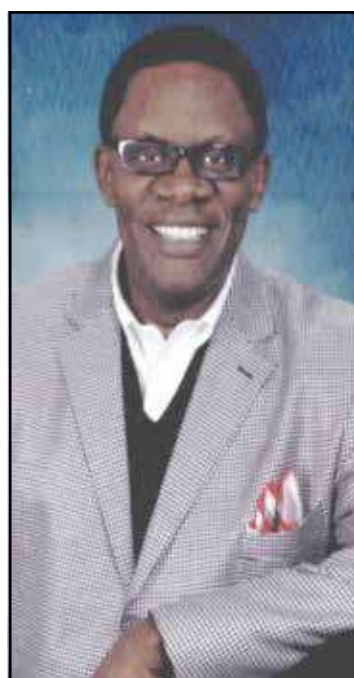
Tahini is made from toasted ground hulled sesame seeds, which are especially rich in cholesterol-lowering phytosterols. Rich and nutty, we look to this pantry staple to add savory depth and sumptuous creaminess to salads and grains. Look for tahini that is well blended (little to no separation) and make sure to give it a good stir before using. If the dressing thickens up too much after refrigeration, mix in an extra teaspoon of water.

Ingredients:

- 3 tablespoons tahini (sesame seed paste), well stirred
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 3 tablespoons warm water

Directions:

Combine tahini, lemon juice, garlic powder, salt, and pepper in a bowl; mix well. Whisk in water, 1 tablespoon at a time, until dressing reaches desired consistency. Refrigerate in an airtight container.



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed

to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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