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Poole's Corner



FEBRUARY '11 ISSUE
HAPPY VALENTINE'S MONTH!

Miracle of the Month!

"I came to see Dr. Poole after spending four days in the hospital for numbness in both legs. The doctors at the hospital assured me that I had no other choice but to have surgery and were reluctant to let me go home. After two and a half weeks of working with Dr. Poole I am able to walk again unassisted, do housework and even hopefully go back to work soon! I feel amazing from being practically paralyzed from the waist down to where I am today! Thank you Dr. Poole and your wonderful staff for all your positive energy! - Michelle



Product of the Month!

EquoSLIM—A Breakthrough in Weight Loss & Management!

EquoSLIM is a nutritional supplement that brings together some of the latest advances in weight management. The primary ingredient is Equol (a Des-Bio "exclusive"), one of the most studied isoflavinoids—with proven patent-pending application in weight loss.

- Reduce Appetite
- Reduce Adipose Tissue (fat)
- Boost Energy & Metabolism
- Improve Blood Sugar Regulation
- Support Serotonin Production
- Reduce Prostate Symptoms (in men)

EquoSLIM can be used in conjunction with any diet, including the HCG Diet. It will help you lose weight faster during your diet and help you maintain the weight loss.

Condition of the Month — Heart Disease!

Recent guidelines issued by the *American Heart Association* recommend medication as a last resort for chronic pain patients at risk for heart disease. The guidelines also encourage doctors and patients to first consider non-drug treatments such as chiropractic care, according to the American Chiropractic Association (ACA). ACA President Richard Brassard, DC, said, "With recent studies linking many nonsteroidal anti-inflammatory drugs or NSAIDs with an increased risk of heart attack and stroke, it is more important than ever for patients to have access to conservative treatments such as chiropractic care. At Poole Chiropractic we offer homeopathic pain relief supplements, including KAPREX & INFLAVONOID that are safe and helpful.

CHIROPRACTIC HISTORY: Helping Patients Since 1895!

D. D. Palmer devised chiropractic medicine, the theory that most human illness derives from dislocations of the spinal column, and that manipulation or adjustment of the spine cures ailments from headaches to high blood pressure. In 1895, he said he had cured deafness in a patient, one Harvey Lillard, by making two adjustments to Lillard's displaced vertebra. Lillard was deaf for 17 years because of a spinal injury. He subsequently claimed to have cured another patient's heart disease with similar spinal manipulation, and in 1896 he established the Palmer School of Magnetic Cure, now known as Palmer College of Chiropractic. (www.chiro.org)

SPECIAL OFFERS IN FEBRUARY!

Give the Gift of Massage!

Get a MIGUN THERMAL MASSAGE CERTIFICATE for only \$20!



Pick up your certificate today! For more information about the MIGUN, visit www.migunworld.com

Heart 2 Heart



Refer a loved one to **POOLE CHIROPRACTIC** & they'll receive a **FREE EXAM**, plus **50% off any product or service!**

Offer Expires: 2/28/11

TOP 15 HEART HEALTHY FOODS!

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|-----------------------------------|---------------|--------------------|
| 1. SALMON | 6. WALNUTS | 11. BLUEBERRIES |
| 2. FLAXSEED (Omega-3 fatty acids) | 7. TUNA | 12. CARROTS |
| 3. OATMEAL | 8. TOFU | 13. SPINACH |
| 4. BLACK BEANS | 9. BROWN RICE | 14. BROCCOLI |
| 5. ALMONDS | 10. SOY MILK | 15. DARK CHOCOLATE |

BANANA OAT BREAKFAST COOKIE - A Heart Healthy Treat!

- * 1 large banana, mashed (1/2 cup)
- * 1/2 cup chunky natural peanut butter (unsalted and unsweetened)
- * 1/2 cup honey
- * 1 teaspoon vanilla
- * 1 cup rolled oats
- * 1/2 cup whole wheat flour
- * 1/4 cup nonfat dry milk powder
- * 2 teaspoons ground cinnamon
- * 1/4 teaspoon baking soda
- * 1 cup dried cranberries or raisins



Directions: Preheat oven to 350 Degrees. Lightly coat two cookie sheets with cooking spray. In a large bowl, stir together banana, peanut butter, honey, & vanilla. In a small bowl, combine oats, flour, milk powder, cinnamon, and baking soda. Stir the oat mixture into the banana mixture until combined. Stir in dried cranberries. Using a 1/4-cup, drop mounds of dough 3 inches apart on prepared baking sheets. With a thin metal or small plastic spatula dipped in water, flatten and spread each mound of dough to a 2 3/4-inch round, about 1/2-inch thick. Bake for 14 to 16 minutes.