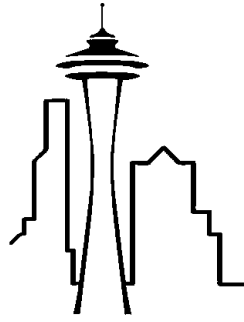


MAY 2009



James A. Devine, DC
www.SeattleChiropractor.com

Yummy, Calcium-rich Smoothies

A smart and delicious way to feed your bones.

Banana Peach Smoothie

Yield: 2 8-ounce servings

Ingredients:

10 oz. of nonfat yogurt, kefir, or coconut milk
1 tablespoon of extra-virgin coconut oil**
1 tablespoon of flaxseed oil or hemp seed oil
1-2 tablespoons unheated honey
1 tablespoon of Perfect Protein® powder
½-1 cup fresh or frozen peaches
1 fresh or frozen banana
½ teaspoon vanilla extract (optional)

Berry Smoothie

Yield: 2 servings

Ingredients:

10 oz. of nonfat yogurt, kefir or coconut milk
1 tablespoon of extra-virgin coconut oil **
1 tablespoon of flaxseed oil or hemp seed oil
1-2 tablespoons of raw honey
1 tablespoon of Perfect Protein® powder
½-1 cup of fresh or frozen berries
vanilla extract (optional)

Creamsicle Smoothie

Yield: 2 8oz. servings

Ingredients:

6 oz. of nonfat yogurt or kefir
4 oz. freshly squeezed orange juice
1 tablespoon of flaxseed oil or hemp seed oil
1-2 tablespoons unheated honey
1 tablespoon of Perfect Protein® powder
1-2 fresh or frozen bananas
vanilla extract (optional)

Directions: Combine all ingredients in a high-speed blender and blend until smooth.

**optional

Healthy Bones Resist

When it comes to bone health, many people immediately think of vitamin D and calcium. While these two nutrients are important for strong bones, exercise—especially weight-bearing and resistance-training exercises—are just as essential.

Weight-bearing exercises require the bones to support your body's weight, which bolsters bone growth, bone density and bone strength. Interestingly, these types of exercises can also increase your calcium absorption and stimulate osteoblasts—the cells that contribute to normal bone re-mineralization. Common weight-bearing exercises include walking, hiking, dancing, climbing stairs, and elliptical training.

Resistance training exercises are forms of strength training that develop the size and strength of your musculoskeletal system. Regular resistance training, including **weights, water exercises, resistance bands and medicine balls** can strengthen and tone muscles, while increasing bone mass, slowing down bone mineral loss, and maintaining bone density.

Dancing. This weight-bearing exercise is one fun way to keep your bones strong and healthy. Whether it's aerobic dancing, *Dance Dance Revolution* (DDR), swing, salsa or Jazzercise—there's likely a bone-strengthening dance that's right for you.

Resistance bands. They're compact, inexpensive, portable, and can add variety to your resistance training exercises. By their very nature, resistance bands create tension for specific muscle groups, resulting in strength for your muscles and your bones. Dr. Devine has resistance bands as well as specific exercises designed to tone and strengthen your neck and back. "Ask for a demonstration at your next visit!"

Hiking. It's walking at its finest and the ideal way to enjoy the great outdoors and support bone health.

Some of my favorite local hikes are:

Washington Park Arboretum – One mile of easy walking in marshland and gardens.

Seward Park –Nearly two miles of easy trails with natural shoreline and forest.

Discovery Park Nature Loop - Eight miles of easy hiking right in Seattle.

Burke Gilman Trail - 14 miles of paved trail from Fremont to Kenmore.

Tiger Mountain- a very busy 3,000' hill. One to twelve miles of easy to moderate trails.

Little Si - Five miles round trip of easy to moderate hiking.

Big Si- Eight miles round trip of difficult hiking on the state's most popular trail. Spectacular views! For directions to these hikes and a complete list of the best day hikes within an hour of Seattle, visit www.washington-hiking-advisor.com/seattle.hikes.

CoQ10

Coenzyme Q10 is necessary for basic cellular functioning. CoQ10 is a fat-soluble, vitamin-like antioxidant substance that is found in every cell of your body that also goes by the name ubiquinone — derived from the word *ubiquitous*, which means "found everywhere."

The body produces CoQ10, but its levels decrease as you age. Lowered CoQ10 amounts are found in those who take certain prescriptions, have heart conditions, muscular dystrophies, Parkinson's, diabetes, and a variety of other ailments, according to the Mayo Clinic.

Interestingly, CoQ10 is present in the body's mitochondria, the body's "cellular power plants" that create much of the body's cellular energy. Mitochondria signal cellular differentiation, cellular growth, cellular respiration and cellular death, while controlling cell cycles and regulating cell metabolism. Up to 95 percent of the human body's energy is supplied via the mitochondria. The bodily organs, therefore, that require significant amounts of energy—such as the liver and the heart—may have the greatest concentrations of CoQ10.

Luckily, for those who may be running a little short on CoQ10, there are some foods that contain more of it than others. Those include: organ meats such as the heart, liver, and kidney as well as beef (organic, of course), sardines, herring, mackerel, and peanuts. Other food favorites that contain some CoQ10 are: rainbow trout, sesame seeds, pistachios, cooked broccoli and cauliflower, oranges, strawberries, and hard-boiled eggs. Add a CoQ10 supplement or CoQ10 foods to your diet to keep your cells keep humming along!

**Do you love the care you receive? Is there anything we could do to improve?
We would love to hear from you!**

The greatest compliment a doctor can receive is the referral of a friend or relative. In the past, ninety-five percent of our new patients have come from your referrals, and I'd like to THANK YOU for your overwhelming support. New patients are increasingly finding us through the internet, especially through the use of social networking sites. Dr Devine is now on Facebook! To help us spread the word about Devine Chiropractic, please consider reviewing us on Yelp or Citysearch. Search for us under Dr. James Devine or Devine Chiropractic.

Let us know if you write a review or refer a friend and we will THANK YOU with a free canister of Green's First®!
-Dr. Devine and Dr. Moore