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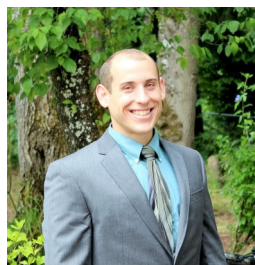
Car Accident Blues

The unusual snow and ice we have been experiencing this year has led to several of our friends and neighbors being involved in a motor vehicle accident. According to the U.S. Department of Transportation Federal Highway Administration, 44% of weather-related crashes and 32% of weather-related injuries in the country are due to winter weather (snow/sleet/ice/slush).

Car accident injuries should be taken seriously. If you have been a driver or passenger involved in a car accident, give us a call and let our team of experts help guide you through the process. We can help you navigate your car insurance, regain your pre-accident health, and if necessary, help you find legal advice. It is our way of helping you regain your life of *Balance*.

US Department of Transportation, Federal Highway Administration: How Do Weather Events Impact Roads?, www.ops.fhwa.dot.gov/Weather/q1_roadimpact.htm

Balance Adds Primary Care!



Dr. Dustin Moffitt joined the Balance team in October 2016. He is a naturopathic doctor that is currently on panel with Oregon Health Plan. We are hard at work continuing to credential him with many other insurance companies.

Dr. Moffitt is able to be anybody's primary care physician helping to relieve everything from constant pain to nutrient deficiencies. He can help with any request or even refer to another specialist if needed.

The next time you are at *Balance* set up a consultation with Dr. Moffitt and see if he can help relieve some of your pain today!



Chicken Soup with Cordyceps

Make an immune boosting soup for winter by adding Chinese herbs!

Ingredients:

- 1 chicken thigh
- 2 cordyceps (dong chong xia cao)
- 6 red dates (hong zao)
- 7 Chinese wolfberries (gou ji zi)
- 4 ¼ cups water

Directions:

- Cut chicken into pieces. Parboil for 2 minutes. Wash and trim excess fat.
- Rinse cordyceps, Chinese wolfberries and red dates.
- Place chicken pieces, Chinese wolfberries, cordyceps and red dates into large soup bowl.
- Add water.

- Cover with cling wrap.
- Steam for 1 ½ hours.
- Add salt to taste before serving.

It is important to eat warm, hearty foods in winter to prevent illness.

<http://www.homemade-chinese-soups.com/herbal-chicken-soup.html>

Why Vitamin B₁₂?

Vitamin B₁₂ has many benefits, some of which include: increased energy, healthier immune system, improved sleep, increased metabolism, improvement in seasonal allergies and mood stabilization.

If you are feeling increased anxiety, asthma, chronic pain or dizziness vitamin B₁₂ could be the answer.

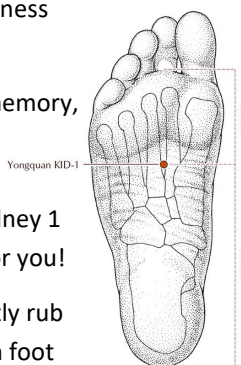
Schedule an appointment with Dr. Moffitt today for a consultation and see if your symptoms can be resolved with vitamin B₁₂.

Point of the Month

Kidney 1 - Gushing Spring: calms the spirit, descends excess from the head, revives consciousness

If you suffer from insomnia, poor memory, hot flashes, nose bleeds, or hypertension, Kidney 1 is a great point for you!

Instructions: gently rub the point on each foot for one minute to achieve a therapeutic effect.



Stretch & Exercise

How to:

While lying on your back, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "bridge" with your body. Hold for 10-30 seconds, 3-9 times each morning.



Bridge

The benefits:

This exercise will help to stabilize the hips and work to reduce or prevent low back pain. It is especially beneficial for people who sit for long periods.

January Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WE'RE
OPEN!

Vitamin B₁₂
Special!

Vitamin B₁₂
Special!

Looking Ahead

February Diabetes
Screening Special

2/9 HSE Expo
1:00-4:00pm

3/9 Health & Wellness
Lecture - Dr. Moffitt
7:00-9:00am

Vitamin B₁₂ Special!

January 19th and 30th vitamin B₁₂ injection
is 50% off after your first consultation and
injection.

MISSION STATEMENT:

We are committed to providing fully integrated,
safe and effective patient-focused healthcare;
with an emphasis on education and prevention,
and a belief that we all deserve a life of **Balance**.

Balance

Health & Injury Clinic, PC

1217 NE Burnside Rd, Suite 301, Gresham OR 97080
503.492.2625 www.BalHIC.com

PRACTITIONERS

Clinic Director, Licensed Acupuncturist, Eric Strand

Doctor of Chiropractic, Daniel DesJardins

Licensed Acupuncturist, Christina Lambert

Naturopathic Doctor, Dustin Moffitt

Doctor of Chiropractic, Tyler Burke

Licensed Massage Therapist, Jessica Ulmer (18838)

Licensed Massage Therapist, Erik Wold (18785)

Licensed Massage Therapist, Brooke Braga (22187)

Place

Stamp

Here