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Control Your Cholesterol

It may surprise you to hear that cholesterol is not actually all bad; in fact, it is just one of the many things our body does that keep us healthy. Did you know that cholesterol is the backbone for most of our hormones?

Cholesterol comes from your body and food. Your body, especially your liver, makes all the cholesterol you need and circulates it through the blood. It is also found in foods from animal sources, such as meat, poultry and dairy products. Too much cholesterol in the system it can lead to increased risk of clogged arteries, chance of heart attack or stroke.

Making healthy eating choices and increasing exercise are important first steps to improving your cholesterol. A thorough history and analysis performed by your physician is recommended to help reduce the risk of heart attack and stroke.



Liver Friendly Salad

Ingredients:

5 medium carrots, grated
2 medium beets, grated
1/4 cup extra virgin olive oil
1 lemon, juiced
Salad green mix (be sure to include



some bitter greens like arugula or dandelion)

Directions:

-grate carrots and beets finely and place in a glass or Pyrex food container.

-squeeze out lemon juice and add to beet/carrot mixture.

-Add olive oil and mix with a fork

-Refrigerate for two hours and mix with salad greens or serve the beet/carrot mix as a separate side salad.

Cholesterol Screening

There are many types of cholesterol; the most important ones to keep track of are triglycerides, LDL, and HDL.

LDL is often referred to as "bad" cholesterol as when we have too much in our body its small size can lead to increased damage to the arteries.

HDL, the "good" cholesterol is attributed to keeping cholesterol at a safer size. HDL is increased by reducing stress and exercising more.

Triglycerides are another cholesterol that when elevated are usually directly related to dietary carbohydrate and sugar consumption.

If you have questions about your cholesterol schedule with Dr. Moffitt today!

Staff Member of the Month!

Christina Lambert, LAc is a 2005 graduate of Oregon College of Oriental Medicine. She has worked at Balance for over 3 years and is in the office treating patients all day Tuesday, Thursday and Friday mornings. Prior to working at Balance she practiced acupuncture in Arizona before moving back to the Northwest.



Christina is also certified in Animal Acupuncture and is Secretary of the American Board of Animal Acupuncture and volunteers at the Multnomah County Animal Services Center.

When she is not treating patients Christina enjoys spending time with her husband, daughter and two dogs. She loves the outdoors (when its not raining) going hiking and taking trips to the Oregon coast.

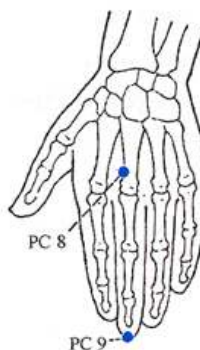
Point of the Month

Pericardium 8 - Labor Palace: clears heart heat and calms the Shen.

If you suffer from bad breath, cardiac pain, vomiting or changes in complexion

Pericardium 8 is a great point for you!

Most commonly used during meditation this point can be found in the center of the palm, between the 2nd and 3rd metacarpal bones. When a fist is made, the point is where the tip of the middle finger touches.



Stretch & Exercise

How to:

Kneel and sit on your feet, heels facing outward, knees about the width of your hips. Slowly place your forehead to the floor with your arms stretched in front of you. With your head resting, bring your arms to your sides palm up.

Child's Pose



The benefits:

This exercise will help stretch the hips, thighs and ankles while reducing stress and fatigue. It gently relaxes the muscles on the front of the body while softly stretching the muscles on the back of the torso.

Upcoming Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Health & Wellness Lecture		
5	6	7	8	9	10	11
		Vitamin B₁₂ Special!				
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Vitamin B₁₂ Special!			CLOSED		CLOSED
26	27	28	29	30	31	

Looking Ahead

April Vitamin D screening special

3/30 Balance Training Day

3/30 CLOSED

3/31 CLOSED

Chair Massage

Want *Balance* to come take care of your staff?
caterina@BalHiC.com

Vitamin B₁₂ Special!

March 14th and 27th 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

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Place
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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

Licensed Massage Therapist, Erik Wold

Licensed Massage Therapist, Brooke Braga