

## In this edition:

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UPCOMING EVENTS & SPECIALS



### High Cholesterol

Did you know that people with high cholesterol have twice the risk for heart disease compared to those with normal cholesterol levels?

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs cholesterol to make hormones, vitamin D, and substances that help digest foods. High cholesterol is a condition in which you have too much cholesterol in your blood. By itself, the condition usually has no signs or symptoms. Thus, many people don't know that their cholesterol levels are too high.

High cholesterol can be caused from inactivity, obesity, and an unhealthy diet. There are some factors that are out of our control like genetic makeup keeping your cells from removing "bad" cholesterol from your blood efficiently or causing your liver to produce too much cholesterol.

Good news, there are some things you can do to help. Diet can help regulate your cholesterol levels. Foods that are high in soluble fibers, such as vegetables, fruits, and legumes increase cholesterol lowering compounds. As well as reducing processed foods, salt, and saturated fats can help as well.

For more information Dr. Gomez is speaking at Natural Grocers, in Gresham, on September 15th at 11:30am.

### Staff Member of the Month!

Jessica has been with balance for over three years and continues to be an integral part of the *Balance* crew. Though her primary role of Massage Therapist has her tucked away within Tranquility three days a week, you can also find her helping out the doctors or even greeting you at the front desk. Her versatility makes her an invaluable part of the team and *Balance* wouldn't be the same without her! So whether she is helping you to kick your stress to the curb, taking notes, or checking you in, make sure and give her a crisp high-five for being the September employee of the month!



### Garlic Chicken Tenders

#### Ingredients:

1 1/2 pounds boneless, skinless chicken breast halves  
1/4 cup butter  
6 cloves crushed garlic  
2 cups seasoned dry bread crumbs

#### Directions:

- Preheat oven to 375F

- In a small saucepan melt butter with garlic
- Dip chicken pieces in garlic butter then coat with bread crumbs
- Place coated chicken in a lightly greased baking dish.
- Bake for 45 minutes to 1 hour.

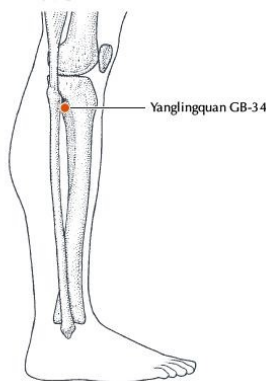


<http://www.allrecipes.com/recipe/8918/easy-garlic-chicken/>

### Point of the Month

Gallbladder34 - Yang Hill Spring: benefits the joints, activates the meridian, and relieves pain.

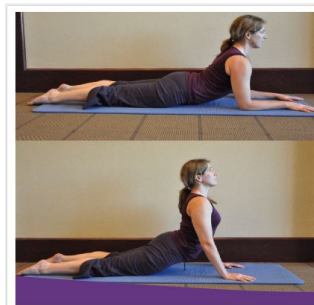
On the lateral aspect of the lower leg in the depression anterior and inferior to the head of the fibula.



This point helps with pain in the shoulder, weakness, numbness and pain of the lower extremities, or swelling of the knees.

### Stretch or Exercise

**How to:** Lie on your stomach with legs extended. Slowly, push your body upwards, so your weight is resting on your forearms. Once you reach a comfortable position that gently stretches your abdominal muscles and lower back, hold for ten seconds.



**The benefits:** This movement helps to stretch tight abdominal muscles and the lower back.

<http://www.apmhealth.com/education/healthy-living/stretching---strengthening-tips/6-stretches-to-help-back-pain>

## Upcoming 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

**CLOSED**

*Natural  
Grocers Event  
11:30*

*Autumnal  
Equinox*

## Looking Ahead

### Chair Massage

Want *Balance* to come  
take care of your staff?

Kali@BalHiC.com

## 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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## PRACTITIONERS

Clinic Director, Licensed Acupuncturist, Eric Strand

Doctor of Chiropractic, Daniel DesJardins

Licensed Acupuncturist, Christina Lambert

Doctor of Chiropractic, Megan Gomez

Licensed Massage Therapist, Jessica Ulmer

Licensed Massage Therapist, Brooke Braga

Licensed Massage Therapist, Erik Wold

Place

Stamp

Here



[www.balhic.com](http://www.balhic.com)



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