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The Power of Turkey Soup

There is nothing like a soothing bowl of hot chicken soup when you are feeling under the weather. But what is it about chicken soup makes us feel so much better? And can turkey soup offer the same benefits? **Absolutely!**

Dr. Stephen Rennard at the University of Nebraska Medical Center tested the effects of adding chicken soup to neutrophils (white blood cells). He found that chicken soup did, in fact, help inhibit the movement of neutrophils, determining that chicken soup has an anti-inflammatory effect. This helps reduce chest congestion!

The benefit of turkey soup is the same as chicken soup, with the added benefit of *tryptophan* which helps to calm and soothe, providing the perfect relief from cold weather and for feeling under the weather.

<http://www.healthguideinfo.com/nutrition-basics/p53810/>

Staff Member of the Month!

Erika is our newest employee and has become the new smiling face at the front desk. She has quickly become an integral piece of the *Balance* family, making sure that every day is organized and smooth. She makes sure that everything is ready before you show up to your appointment.



In her spare time this girl likes to bake! If you get the opportunity, you should never turn down her delicious peanut butter swirl brownies... **heavenly!** Welcome Erika to the team!

Homemade Turkey Soup

Ingredients:

- 1 leftover turkey bones (10-12 pound turkey)
- 2 quarts water
- 1 medium onion, cut into wedges
- 1/2 tsp. salt
- 2 bay leaves
- 1 cup chopped carrots
- 1 cup uncooked long grain rice
- 1/3 cup chopped celery

- 1/4 cup chopped onion
 - 1 can condensed cream of chicken or cream of mushroom soup, undiluted
- Directions:**
- Place the turkey bones in a stockpot; add the water, onion, salt and bay leaves. Slowly bring to a boil over low heat; cover and simmer for 2 hours.
 - Remove bones; cool. Strain broth and skim fat. Discard onion and bay leaves. Return

broth to the pan. Add the carrots, rice, celery and chopped onion; cover and simmer until rice and vegetables are tender.

- Remove turkey from bones; discard bones and cut turkey into bite-size pieces. Add turkey and cream soup to broth; heat through.



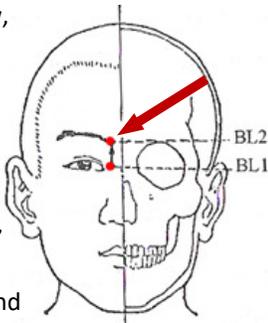
<https://www.tasteofhome.com/recipes/homemade-turkey-soup>

Point of the Month

Bladder 2 - Bamboo Gathering: Benefits the eyes, clears heat, expels wind.

On the face, in the depression on the medial end of the eyebrow, on the supraorbital notch.

This point is used to treat pain in the supraorbital region, blurring of vision, redness, swelling and pain of the eye. It can also assist with hiccups or spasms of the diaphragm. Dr. Strand finds this is also a very important point in the treatment of head trauma, or motor vehicle accident.



Stretch or Exercise



Forearm Plank

How to: This plank is done at the top of a push-up position. Kneel on all fours with hands directly under shoulders. Come onto toes, contract abs and straighten legs; keep body in line from head to heels.

For a list of 20 ways to do a plank visit [health.com](http://www.health.com/health/gallery/0,,20813896,00.html#straight-arm-plank) (<http://www.health.com/health/gallery/0,,20813896,00.html#straight-arm-plank>).

How to: Lie facedown with legs extended and elbows bent and directly under shoulders; clasp your hands. Feet should be hip-width apart, and elbows should be shoulder-width apart. Contract your abs, then tuck your toes to lift your body (forearms remain on the ground); you should be in a straight line from head to heels. Hold for 60 seconds, or as long as you can.



Straight-arm Plank

Upcoming Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daylight Savings Time Ends			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		

Daylight Savings Time Ends

Veteran's Day

CLOSED 23 & 24



Looking Ahead

12/22 Closed
 12/25 Closed
 12/29 Panther Jam Spud Monkey's 6:00-10:00pm
 1/1/18 Closed
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

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

PRACTITIONERS

Doctor of Acupuncture, Eric Strand, Clinic Director

Doctor of Chiropractic, Daniel DesJardins

Licensed Acupuncturist, Christina Lambert

Doctor of Chiropractic, Megan Gomez

Licensed Massage Therapist, Jessica Ulmer

Licensed Massage Therapist, Brooke Braga



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