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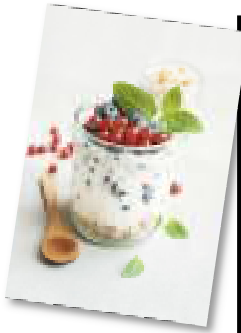
Homemade Yogurt is the Cure?

Have you ever made homemade yogurt? Neither have I; but now, there just may be a reason to start.

According to Medscape on December 7, 2017 the results of a study on homemade yogurt revealed that 2-3 cups of yogurt every day drastically improved or even completely resolved irritable bowel syndrome (IBS).

Manju Girish Chandran, MBBS from the Mary Breckinridge ARH Hospital in Hyden, Kentucky states their shock and surprise, "We had 189 patients in this study, and 169 had remission within 6 months." The article then goes on to explain that some of the participants had lived with IBS for 9-10 years.

Their study was, "...based on the fact that there is an internal gut-brain microbiome axis," said Dr. Chandran. "If you modulate the intestinal microbiome, you can actually achieve remission in some cases."



Homemade Yogurt

Ingredients:

1 Gallon of milk (whole mild recommended but reduced-fat or skim can be used) *The amount of fat in the mild determines the*

thickness of the yogurt at a finished product.

1 Cup Dannon Plain Yogurt

Directions:

Boil a gallon of Milk for 5 minutes and let cool to lukewarm

Mix 1 cup of Dannon Plain Yogurt (starter for *Lactobacilli*)

Place in oven with the light on over night (do not turn on the oven)

Refrigerate the next morning

Save 1 cup from each batch to use as

starter for next batch

***Note: this does not have to be eaten as plain yogurt. This can be mixed with fruit, honey, or even blended into a smoothie.



<https://www.medscape.com/viewarticle/889752>

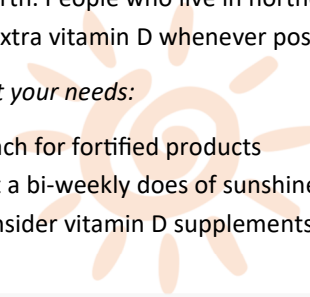
Vitamin D

What is vitamin D? Actually, vitamin D is not even a vitamin, it is really more of a hormone, or more specifically, a pro-hormone. It is the primary building block of calcitriol, a powerful steroid hormone in the body. While it is already known to do so many actions in the body, research is always uncovering more functions it is responsible for all the time. While it is well known that severe vitamin D deficiency leads to rickets, osteoporosis and osteomalacia, it is now becoming known that mild deficiencies may cause problems such as muscle weakness, fibromyalgia, impaired balance and depression.

Although the body has the ability to make vitamin D there are many reasons that deficiency occurs including the angle at which the sunrays hit the earth. People who live in northern latitudes should aim to consume extra vitamin D whenever possible.

Three tips to meet your needs:

1. Reach for fortified products
2. Get a bi-weekly dose of sunshine
3. Consider vitamin D supplements



Chiropractic Corner

It's Saturday night, your back pain is killing you, pain medication is barely taking the edge off, and the thought of being like this until Monday is unbearable. Sound familiar? Fortunately, there are several things that you can do at home to help make life less miserable until you can get an appointment. Try rolling your shoulders forwards and backwards or using a tennis ball on painful and tight muscles.

If pain does not subside, pain is severe, or if you lose muscle, bowel, or bladder function go to Urgent Care or the Emergency Room immediately.

Even on the weekends, you can always call the office and leave a message requesting an appointment for Monday. Our great receptionist will give you a call bright and early Monday morning. You can also request an appointment on our Facebook page.

Upcoming Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED: Happy New Year	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			

2017 DieDaJiu
Release!

Looking Ahead

Open on Presidents Day
Closed Friday, March 16th

Chair Massage

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

Want the Pivot each month in your email? Signing up is quick and simple. Ask us for directions any time!

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**.”

Did you know??

Balance is on Facebook, Instagram, and Twitter. Make sure to follow us on all social media platforms in order to stay up to date with all specials and promotions.

Once there you will find posts about our events and upcoming specials for our followers only! You can expect to see facts about acupuncture, chiropractic, and massage as well as funny pictures of the staff, and perhaps a stretch or exercise that has been particularly helpful in the past couple of days.

If you would like to see *Balance* on any other social media platforms please don't hesitate to ask!

Balance

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PRACTITIONERS

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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, Holly Barnett



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