



How Salad Dressing Changed my Life

Every day I battle in my head two voices: the deceitful voice of negativity that whispers “you don’t have what it takes” or “you have nothing worthy to offer the world”, which is often a loud voice, and the voice of God which whispers constant loving encouragement, “You are CHOSEN and blessed to change your life and the life of the people around you.” Which voice I decide to agree with makes all the difference. Today I choose to believe that I was CHOSEN to change the lives of the people around me.

The title of this newsletter may sound absurd. But it is full of truth. Let me explain. Whether it is climbing Mount Everest or running a marathon or losing 100 pounds or starting a new business every dream is merely thousands of connected steps. If you can eat one meal with health and restraint then you can do that for 6 months and lose 100 pounds!! If you can take one step up a stair case then you COULD climb the highest mountain in the world!!

“Take the **FIRST STEP** in faith. You don’t have to see the whole staircase, just take the first step.”

~Martin Luther King

One good habit or EVEN ONE STEP TOWARD starting one good habit has the ability to start a wave that becomes a tidal wave and can transform your life and the lives of the people around you. We encourage and invite you this month to join us in celebrating your healthy habits. When we see other people doing something it gives us HOPE that we could do the same. Let’s share our healthy habits and give each other hope.

Join us this month in taking that “first step” toward your next healthy habit. This first step could be **making healthy salad dressing** which could lead to losing 100 pounds and become the spark for hundreds of others to change their lives!!!!

****This month we’re having a Photo Contest!! Share with us your healthy habits****

Photo Contest Instructions:

- 1) Like us on Facebook and/or Follow us on Instagram
- 2) Post a photo of you doing your healthy habit
- 3) Tag @cedarspringschiro in the photo and use the hashtag #cscwellnesscontest



WHY I WAKE UP AT 4:30 AM. ~ DR. MARK

14 years ago I hired a coach from “Warrior Coaching” to help me with my Chiropractic Business. That coach was Dr. Yuriy Chewpa. 14 years ago he promised me that if I got up early each day and spent time in God’s word and prayer and listening that it would change ME and my life. I wanted him to give me procedures and techniques that would help me with my business and didn’t understand how getting up early would help with my business. He said that to change the world around us we must first change the world inside of us and that renewing our minds with God’s living Word each morning would change my life.

14 years later Yuriy is still my coach and a friend and father figure to me. I now spend 45-60 minutes every day in my morning time and “YES” I have to get up at 4:30 to get that time in. Although when I started it was the hardest thing I ever had to do, I can now say that it is my FAVOURITE and MOST IMPORTANT time of the day. I RECEIVE all I need in my morning time TO BE ABLE TO GIVE to all the relationships that need me. Yes I do sleep in on weekends to 6:00 but still get in my morning time.

HOW SALAD DRESSING CHANGED MY LIFE ~ DAYLE

Making things from scratch can seem like a lot of unnecessary work. Why not save yourself the time and buy that “same” product in the store? The reason, I have come to realize, is that nearly every packaged food item has multiple unwanted and unhealthy ingredients. Just look on the back of a bottle of Kraft Caesar dressing, for example. What a long list of ingredients, half of which I have no idea what they are!

By making my own salad dressing I can choose healthy oils, natural sweeteners, and entirely skip the preservatives to keep my salad from becoming a toxic meal. A few other items that I take the time to make from scratch are granola, chicken stock, and energy bars. What is one thing YOU can start making from scratch?

Kraft Caesar Dressing Ingredients:

Soybean Oil, Water, Parmesan and Romano Made From Cow's Milk, Cheeses (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Vinegar, Egg Yolks, Sugar, Contains Less than 2% of Salt, Sodium Lactate, Red Wine Vinegar, Dried Garlic, Spice, Phosphoric Acid, Lemon Juice Concentrate, Anchovies, Whey, Butter (Cream, Salt), Dried Onions, Molasses, Xanthan Gum, Corn Syrup, Modified Food Starch, Buttermilk, Sodium Phosphate, Autolyzed Yeast Extract, Defatted Soy Flour, Disodium Guanylate, Disodium Inosinate, Natural Flavor, Caramel Color, Vitamin E, Tamarind.

EVERY BIT OF MOVEMENT MATTERS ~ GRACE

According to the Canadian Physical Activity Guidelines, those from the ages of 12-17 should be doing 60 minutes of activity PER day and adults age 18-64 should be doing at LEAST 150 minutes of aerobic activity per week. 150 minutes per week comes to approximately 20-25 minutes per day. With work, other activities and people that are pressing for our attention, it’s hard to always find the time. Working in an office, I know that it is especially important that I get up and move during the day otherwise I will just be sitting all the time. I aim to take 20 minutes of my lunch break to get outside and move. It isn’t hard when the sun is shining and the weather is warmer but if I can’t do that, it’s easy to find a quick 10-20 minute workout video online that I can do without any equipment. Every little bit of movement counts! How do you fit in your activity?