

THE TRILLIUM THREAD



The Monthly Newsletter of Trillium Chiropractic



September Updates

- Chiropractic B-day
- Autumn Woods Classic
- Recipe: Tuscan White Bean Soup



Chiropractic Turns 127 Years Old!



On September 18th, 2022, the natural health modality that has given millions of people across the globe their health back turns 127 years old, and we couldn't be more proud to continue to help bring the power of gentle, focused adjustments to patients every single day.

To celebrate that day, we're helping people understand more about the history of chiropractic care. Here are six little known facts about chiropractic, its beginnings, and how it could benefit you and your loved ones.

1. The first chiropractic patient was treated in 1895 by Dr. Daniel David Palmer. Palmer developed chiropractic care after he observed that a man who had lost his hearing had his hearing restored after a vertebra was adjusted.
2. In 1897, Palmer founded the first school of chiropractic in Davenport, Iowa.
3. Chiropractic care is based on the belief that the relationship between the body's structure (primarily the spine) and its functioning is a significant factor in overall health.
4. The most popular reason that people visit a chiropractor is lower back pain, followed by neck pain.
5. There are more than 100,000 licensed chiropractors world wide, making access to chiropractic care available in many countries across the globe.
6. Chiropractors focus on discovering the root cause of the problem in your body instead of just relieving your symptoms. Our goal is to get you back to living a pain-free, happy, and healthy life without the need for over-the-counter painkillers or prescription medications.



Join Us At The Autumn Woods Classic

Trillium is sponsoring Autumn Woods Classic. Come & stop by our booth!

Autumn Woods Classic is an experience for the whole family, whether you're running, walking or just enjoying the fun of Camp S'More! Elm Creek Park Reserve provides the backdrop for stunning fall colors.

Looking to join in the fun without racing? We are looking for volunteers to help out at the finish line. Volunteers are needed from 8AM-12PM. Let us know if you'd like to participate.

Follow the link for more information:

<https://www.threeriversparks.org/page/autumn-woods-classic>



Saturday, October 8th

7 AM: Registration, Packet Pickup
& Camp S'more Open

8 AM: 10K Graham Cracker Run Start

10 AM: 5K Chocolate Run/Walk Start

11 AM: 1K Marshmallow Run/Walk Start

12 PM: Camp S'more Closed

Start Location

Elm Creek Park Reserve

12400 James Deane Parkway

Maple Grove, MN 55369

Creamy Tuscan White Bean & Kale Soup



Ingredients

- 1 Tbsp olive oil
- 1/2 large yellow onion, diced
- 2 medium carrots, peeled and diced
- 2 large stalks celery, diced
- 3/4 tsp sea salt (DIVIDED // plus more to taste)
- 1/2 tsp black pepper (DIVIDED)
- 2 Tbsp tomato paste
- 4 cloves garlic, minced
- 1/4-1/2 tsp red pepper flakes, to taste
- 1 Tbsp freshly chopped rosemary or thyme
- 1 tsp dried basil
- 3 cups vegetable broth
- 2 (15-oz.) cans white beans, drained and rinsed
- 1 (15-oz.) can diced tomatoes
- 4 cups chopped kale leaves (or sub baby spinach)
- 1 Tbsp balsamic vinegar
- 3/4 cup full-fat coconut milk (or sub cashew cream)



Recipe Continued...



Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, celery, 1/4 teaspoon salt, and a few cracks of fresh black pepper, and cook (stirring occasionally) until softened — about 5 minutes. Add the tomato paste, garlic, red pepper flakes, rosemary (or thyme), and basil and cook for 1 minute, until fragrant.
2. Add the broth, beans, tomatoes, and 1/2 teaspoon each salt and pepper. Scrape up any browned bits on the bottom of the pan and bring to a simmer. Reduce the heat to low, cover, and simmer for 15 minutes, until the veggies are fork-tender and the flavors are well developed.
3. Optional (skip this step if you prefer a chunkier soup): Use an immersion blender to purée the soup in short bursts, only puréeing part of the soup (mostly the beans) and leaving plenty of whole pieces of vegetables.
4. Return the soup to a light simmer. Then add the kale, turn off the heat, and cover the pot for 5 minutes. Once the kale is softened, uncover the pot and stir in the vinegar and coconut milk (or cashew cream). Taste and adjust as needed, adding more red pepper flakes for heat, vinegar or tomato paste for richness, coconut milk for creaminess, or salt for overall flavor.
5. Serve warm garnished with vegan parmesan cheese, thinly sliced basil, and croutons (all optional).
6. Store cooled leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Thaw from frozen before reheating. Reheat in the microwave or on the stovetop in a saucepan or pot over medium heat (covered) until warmed through. Add more broth or water as needed to thin.