

# THE TRILLIUM THREAD



The Monthly Newsletter of Trillium Chiropractic



## November Updates

- NO PAIN November
- Weekly FLASH deals
- \$20 Bonus Adjustments
- Vegan Autumn Soup Recipe



## NO PAIN November



Week 1- **Push up challenge**

20 reps/day



Week 2- **Meditation challenge**

10 min/day



Week 3- **Sit-up challenge**

30 reps/day



Week 4- **Squat challenge** 40 reps/day



Week 5- **Pay it forward/ good deed**



This month we will be focused on getting our patients out of pain & promoting wellness initiatives in office. We hope you join in the fun!

## Weekly Flash Deals

Each week we will have a different flash deal in the office!

**Week 1- 10%** off Fruits & Greens & all Nutridyn products

**Week 2- 10%** off elderberry syrup

**Week 3-** Purchase a 60 Min trigger point massage for **\$59.99**

**Week 4- 10%** off all CBD products



## Bonus Adjustments in November

Are you feeling like you need an extra tune up in addition to your scheduled adjustments?! Add a bonus adjustment for just **\$20/visit (originally \$40/visit)**. This offer is good all month long! Schedule your bonus adjustment now!

## Slow Cooker Butternut Pear Soup

This Slow Cooker Butternut Pear soup with a hint of ginger is vegan and dairy-free and so simple to make. Great as a starter or serve it as a meal with a salad or a sandwich.

### Ingredients

- 2 lbs butternut squash (halved, seeds removed (1 medium) )
- 2 small ripe pears (peeled, cored and diced)
- 2 large shallot (quartered)
- 1 tablespoon fresh grated ginger
- 2 1/4 cup chicken or vegetable broth
- 1/2 cup coconut milk (plus more optional for garnish)
- pinch nutmeg
- 1/4 teaspoon kosher salt

### Instructions

- Place the squash, pears, shallots, ginger and broth in the slow cooker.
- Cook on low for 8 hours or high 4 hours, until soft and cooked through, a knife should easily be inserted.
- Remove squash from skin and discard the peel.
- Stir in coconut milk and nutmeg.
- Blend in a blender or using an immersion blender until smooth.
- Season with 1/4 teaspoon salt and black pepper and garnish with more coconut milk, if desired.

