

March 2025 Newsletter

FEELING LUCKY?

Pick a Golden Coin
with each appointment during
the week

MON. MARCH 17th-FRI. 21st
you might just be **LUCKY**
enough to **WIN A PRIZE!**

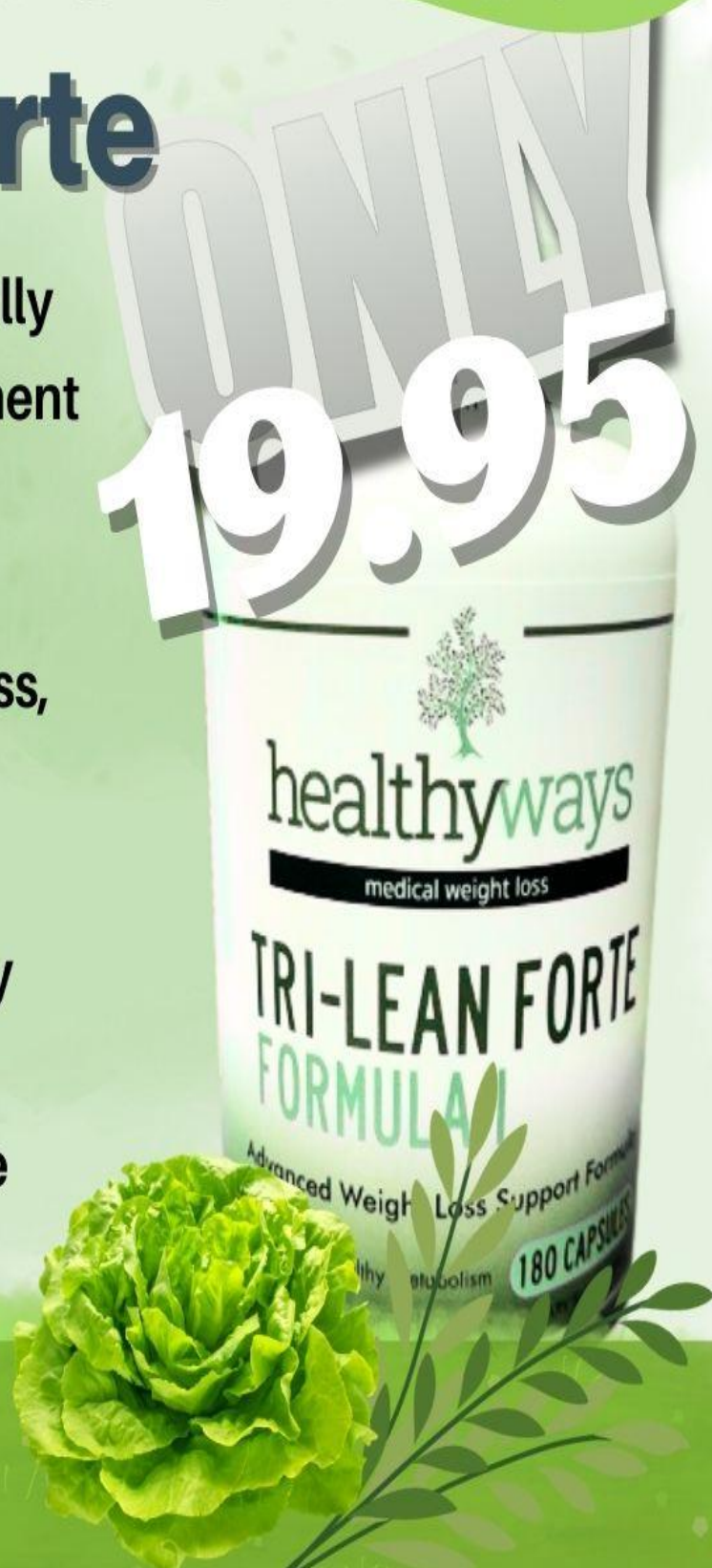
Boost YOUR WEIGHT LOSS NATURALLY!

Tri Lean Forte

Tri-Lean Forte is Our Specially formulated Natural Supplement Combination that works together for many natural benefits including weight loss, appetite suppressant and energy boost. If you are looking to lose a few to many pounds, our Tri Lean Supplement will help get the job done!

Get yours today!

ONLY
19.95



GET CLEAN - GET LEAN



*It's time to
achieve your*

GOAL

Nutritional Frontiers Clean & Lean Kit is a three-phase, 30-day program that provides a holistic approach to reduce oxidative stress, optimize nutrition, and regenerate mitochondrial strength. The program is perfect to optimize health and can easily be implemented into your fitness or weight loss plan and detoxify your GI System

CHEERS & BLESSINGS

**Congratulations
to Amy S.**

**March Patient of the
Month!**

**We are pleased to name Amy
as our patient of the month!**

**She will be awarded a
restaurant and HealthyWays
Gift Certificate to thank her
for being an exemplary
patient. Look for your name
here in coming months.**

*“May the
blessings of
each day be the
blessings you
need the most.”*

—IRISH BLESSING

RD

Welcome New Patients

| | | |
|---------------|------------|-------------|
| Christine D. | Joey H. | Gretchen W. |
| Bailey A. | Kurt W. | Mike M. |
| Rick M. | Bill M. | Lisa P. |
| Molly Z. | Anthony S. | Tyler W. |
| Rachel H. | Carol D. | Jim P. |
| Sara Marie B. | | |

Thank You for Your Referrals

| | | |
|----------|-------------|----------|
| Pat A. | Brian S. | Diana C. |
| Steve P. | Gretchen W. | |
| Renee Z. | | |

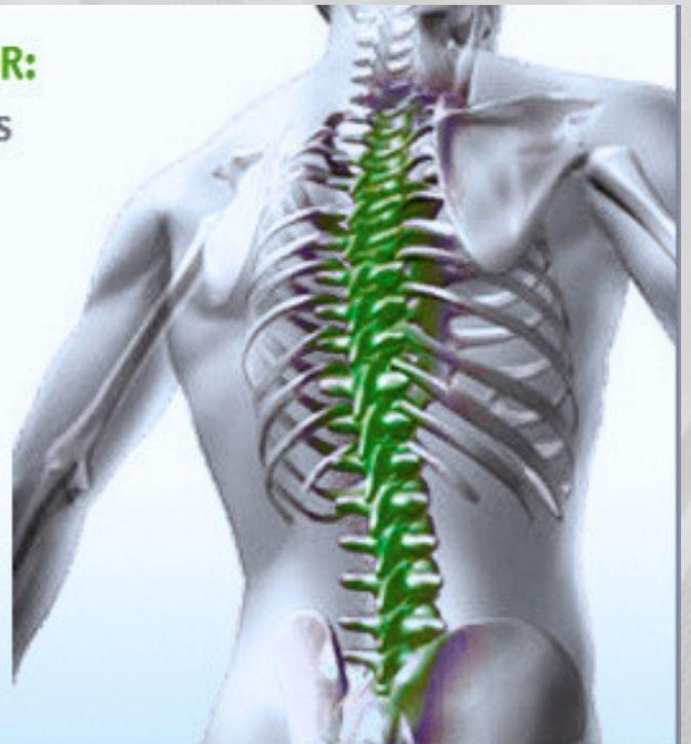
HealthyWays Wellness is pleased to offer

Spinal Decompression

Spinal decompression works by gently stretching the spine. That changes the force and position of the spine. This change takes pressure off the spinal discs, which are gel-like cushions between the bones in your spine, by creating negative pressure in the disc. As a result, bulging or herniated discs may retract, taking pressure off nerves and other structures in your spine. This in turn, helps promote movement of water, oxygen, and nutrient-rich fluids into the discs so they can heal.

SPINAL DECOMPRESSION IS EFFECTIVE FOR:

- * Bulging, prolapsed, or herniated discs
- * Spinal stenosis
- * Spinal Arthritis
- * Sciatica
- * Facet syndrome
- * Degenerative disc disease
- * Neck pain
- * Pain radiating down the arms or legs
- * "Pinched nerves"
- * Spondylosis



**Find Out if you are a candidate for
Spinal Decompression Therapy.**

Ask about a complimentary consultation!

ARE THE FOODS YOU ARE EATING MAKING YOU SICK?

DO YOU SUFFER FROM:

HEADACHES - MIGRAINES -

INDIGESTION - BLOATING -

GASTROINTESTINAL

DISTRESS - JOINT

INFLAMMATION - SKIN

ISSUES - FATIGUE-

DEPRESSION/ANXIETY -

FREQUENT ILLNESS -

SUGAR CRAVINGS



HealthyWays is offering Food Sensitivity Testing that measures sensitivities up to 176 different foods, coloring and additives using a simple Food Inflammation Test!

Schedule Your Personal FIT Test
Start Feeling Your Best!



Grains

Amaranth
Barley
Buckwheat
Gliadin
Millet
Oat
Quinoa
Rice
Rye
Sorghum
Spelt
Wheat, Gluten
Wheat, Whole

Fruits

Acai Berry
Apple
Apricot
Avocado
Banana
Blueberry
Cantaloupe
Cherry
Cranberry
Eggplant
Fig
Grape, White
Seedless
Kiwi
Goji Berry
Grapefruit
Honeydew Melon
Lemon
Lime
Mango
Monk Fruit
Olive, Green
Onion, White
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Strawberry
Watermelon

Additives

Aspartame
Benzoic Acid
BHA MSG
Polysorbate 80
Red #3 Red #40
Saccharin
Stevia
Yellow #6

Vegetables

Artichoke
Arugula
Asparagus
Beets
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carob
Carrot
Cauliflower
Celery
Cilantro
Collard Greens
Corn
Cucumber
Kale
Lettuce
Parsley
Chick Pea
Pea
Green Pepper
Potato, Sweet
Potato, White
Pumpkin
Spinach
Summer Squash
Tomato
Zucchini

Dairy

Casein
Cow's Milk
Goat's Milk
Egg Yolk & White
Sheep's Milk
Whey

Microbes

Candida
Yeast, Baker's
Yeast, Brewer's

Beans

Black Bean
Cocoa
Coffee
Green Bean
Kidney Bean
Lentils
Navy Bean
Pinto Bean
Soybean

Spices

Basil
Cinnamon
Cloves
Cumin
Garlic
Ginger Hops
Mustard
Oregano
Paprika
Pepper, Black
Pepper, Chili
Peppermint
Rosemary
Turmeric
Vanilla

Fish

Anchovy
Codfish
Flounder Halibut
Mackerel
Sardine
Salmon
Sea Bass
Snapper
Swordfish
Trout
Tuna

Meats

Beef
Bacon
Chicken
Duck
Lamb
Pork
Turkey
Venison

Extracts & Misc

Canola Oil
Coconut Oil
Hemp Protein (CBD)
Honey
Maple Syrup
Mushroom
Spirulina
Sugarcane
Tapioca
Tea, Black
Vinegar
Wine, Red

Seeds

Chia Seed
Dill Seed
Flax Seed
Hemp Seed
Sesame Seed
Sunflower Seed

Shellfish

Clam
Crab
Lobster
Oyster
Scallops
Shrimp
Squid

Nuts

Almond
Brazil Nut
Cashew & Pecan
Coconut
English Walnut
Hazelnut
Macadamia Nut
Peanut
Pine Nut & Pistachio

March's Healthy Recipe

KALE QUINOA SALAD

Cook Time 30 minutes

Total Time 40 minutes

Ingredients

3-4 cups kale chopped

2 cups cooked quinoa

1 cup roasted butternut squash*

¼ cup dried cranberries

**2-4 ounces light feta OR goat cheese crumbled
dressing**

¼ cup olive oil

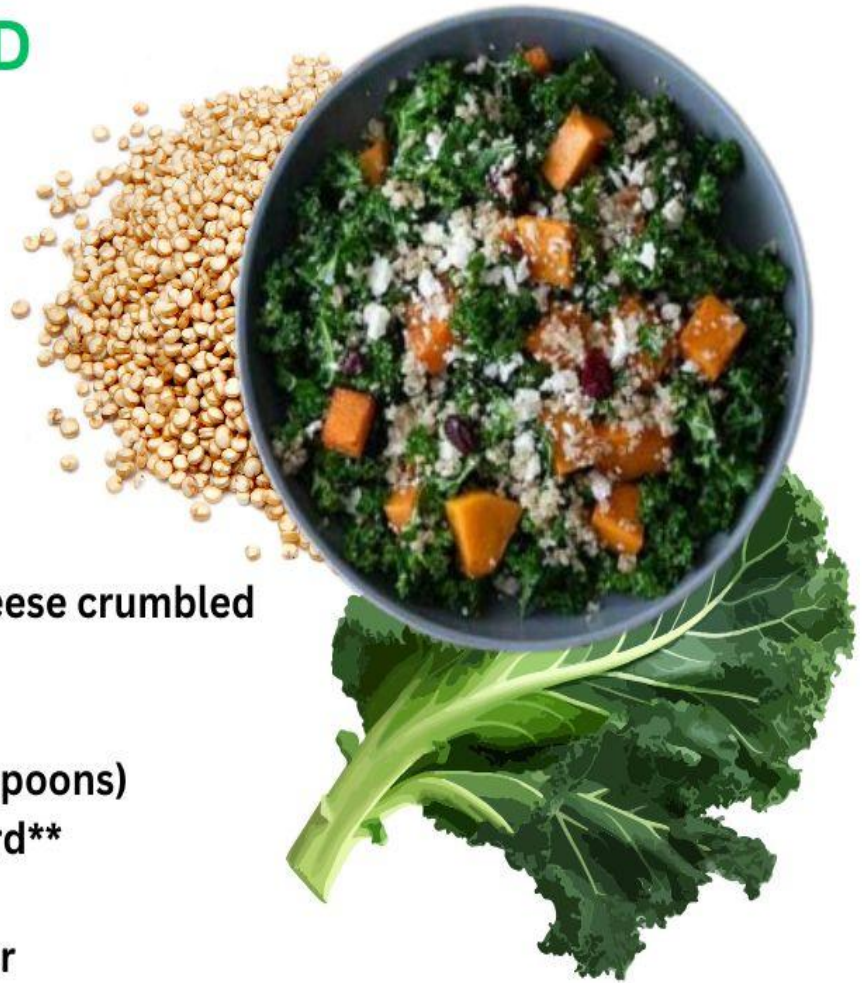
½ lemon juiced (approx. 2 Tablespoons)

1 tablespoon honey dijon mustard**

¼ teaspoon salt

⅛ teaspoon fresh cracked pepper

⅛ teaspoon ground ginger



Instructions

Combine salad ingredients in large bowl.

Whisk together dressing ingredients. Pour half of dressing into salad. Mix thoroughly. Add remaining salad dressing in small batches until desired flavor.

*How to Roast Squash: skin and cut squash into 1-inch cubes. Coat with 1-2 Tablespoons olive oil, salt, pepper, and ⅛ teaspoon ginger. Roast for 25-30 minutes at 400°F until tender.

**Honey dijon will have a sweeter and more subtle flavor. Deli mustard is best for mustard lovers.

Nutrition

Calories: 222kcal | Carbohydrates: 23g | Protein: 5g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Cholesterol: 8mg | Sodium: 289mg | Potassium: 316mg | Fiber: 4g | Sugar: 6g | Vitamin A: 5870IU | Vitamin C: 37mg | Calcium: 154mg | Iron: 2mg

St. Patrick's Day

St. Patrick's Day has become a holiday synonymous with heavy drinking and wearing the colour green. The holiday is meant to celebrate Saint Patrick, the patron saint of Ireland, who is accredited for converting the Irish pagans to Christianity. March 17 marks the date of his death in 461.

1762



First St. Patrick's Day Parade held in New York.

Held as a way of showing the political organization of Irish immigrants who were treated poorly at the time.

The shamrock is the symbol of St. Patrick. He used its three leaves to help explain the holy trinity to the Irish pagans and convert them to Christianity.



2013



On St. Patrick's Day an estimated 4.2 billion pints of beer were consumed world wide.

1903 - 1970

St. Patrick's Day classified as a religious holiday meaning pubs were closed.

Reclassified as a national holiday in 1970.





MAY your TROUBLES be LESS

your BLESSINGS be MORE,

and NOTHING but HAPPINESS

come THROUGH your DOOR.

