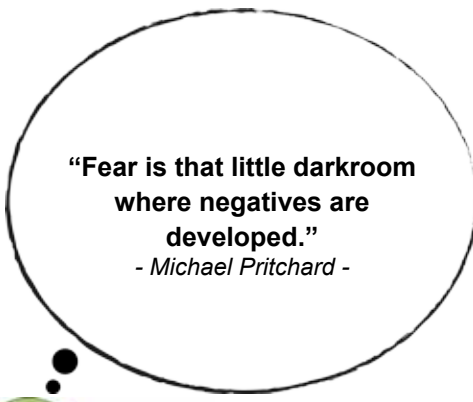


Spelling Error

Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

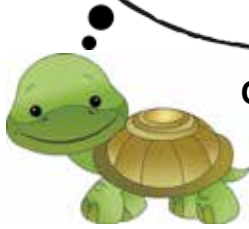
Congratulations to this month's Winner!

Steve



"Fear is that little darkroom where negatives are developed."

- Michael Pritchard -



Quote to ponder...

Care To Share

This month's Care to Share winner is

Allysha

A **BIG** thank you to this month's winner *and Chris, Edher and Heather* for referring friends and family to us for care.



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Source: https://d1u1ey2okk9ec.cloudfront.net/pub/medical/productsattachment/ImmuneResilience_SellSheet_ND699--.pdf



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Mark Your Calendar

Closings

Saturday, 10/28

October 30th

HALLOWEEN PARTY!

Dare to join us in dressing up, and a special treat may come your way. All of us at CCC await you...



Health HACKS

Green Apple Monsters



Ingredients:

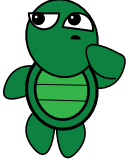
- 3 green apples
- 3 tablespoons creamy peanut butter
- 2 ounces of sliced cheddar or Colby jack cheese
- 2 tablespoons of pumpkin or sunflower seeds
- 1 package of candy eyes (you'll use around 20 pieces)

Instructions:

1. Quarter the green apples and slice off the core and seeds. Carefully cut out a v-shape into the center of the apple quarter to create the mouth of the monster. Repeat with all the apple pieces.
2. Spread a thin layer of peanut butter into the monster mouths. Repeat with all apple slices.
3. Press several pumpkin or sunflower seeds onto the top of the mouth along the edge to form teeth. Repeat with all apple slices.
4. Place a triangular piece of cheese into each monster mouth.
5. Using the remaining peanut butter, spread a small amount onto the back of the candy eyes and place them on top of the apple slices.
6. Serve immediately!

Source: <https://thishealthytable.com/blog/apple-monsters/>

THE POOPIE LINE-UP AND POOPIE POLICEMAN



Your body is a large kinetic chain; all your parts are interconnected, with one part affecting another.

I developed the Poopie Line up and Policeman to teach clients and their children how to recognize symptoms of dehydration, poor digestion and toxicity. There is a lot you can learn about your digestion through self-examination of your stool.

The Poopie Policeman represents a healthy bowel movement. For a bowel movement to qualify as a "Poopie Policeman," it must:

- Be well shaped and consistent in contour
- Pass easily and pleurably
- Be light brown in color
- Smell natural, almost earthy- not foul
- Flat, yet doesn't require multiple attempts to flush

Familiarity with the following bowel bandits will help diagnose an irregular or dysfunctional digestive/elimination system.

The Flasher: The flasher gives you a peek at the undigested particles in the stool. It's not normal to see food particles in your stool, as it's a sign of the food intolerance or inflammatory disorder of the digestive system.

Diarrhella: "Diarrhella's" crime is one of passion. It's the body's desperate attempt at detoxification. Even if you're constipated and dehydrated, your body will scavenge extra water to remove toxins from your body. If you fluctuate between constipation and diarrhea once a month or more within a one year period, its time to re-evaluate your diet.

Pellet Man: Pellet poops resemble rabbit or sheep manure and may indicate altered states between peristalsis of the colon and dehydration.

The Bodybuilder: Bodybuilder poops are often larger in diameter than a Poopie Policeman and are harder to pass. Such bowel movements sometimes come from eating too many dehydrated and processed foods especially protein bars and shakes.

Olympic Swimmer: Lighter in color than the Poopie Policeman to the high content of undigested fat, I call them Olympic Swimmers because they're difficult to flush. The Olympic Swimmer may indicate a deficeincy in bile, which breaks down fats.

Mr. Sinker 'n' Stinker: This means little bowel bandit often appears after being exposed to processed foods, a toxic environment or medical drugs-particularly after undergoing a surgical procedure where general anesthesia was used. Mr. Sinker 'n' Stinker is one of the meanest little fellas you'll ever encounter in the bathroom. If he's yours he's very hard to get rid of and if he's not, his smell is enough to make your hair stand on end! If Mr. Sinker 'n' Stinker comes to call **take steps to detoxify your body.**

Source: *How to Eat, Move and Be Healthy* by Paul Check



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