

VITAL 24

THE OFFICIAL NEWSLETTER OF
24 BONES CHIROPRACTIC



*Happy
Valentines
Day!*

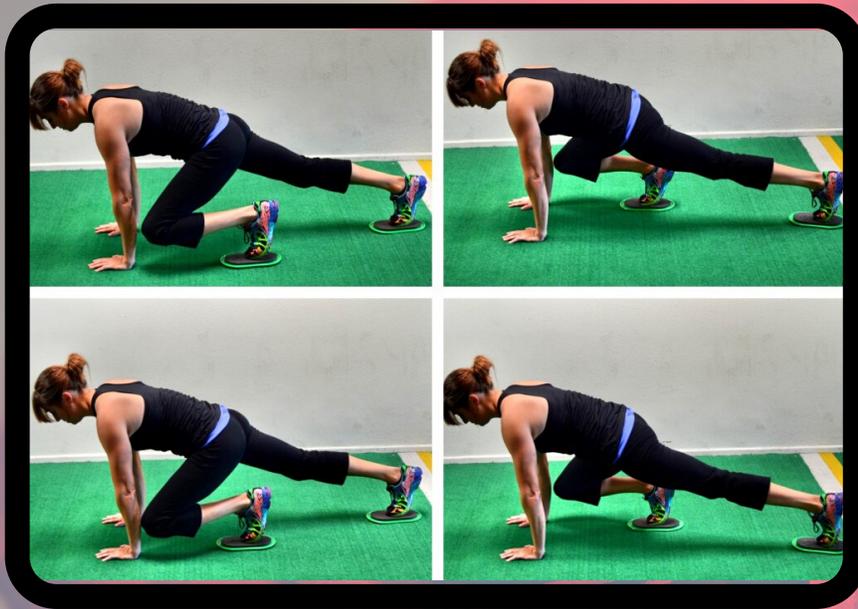
Heart Health Month!

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Exercise of the Month

Mountain Climbers with Towels



Targeted Areas:



This is a great exercise that not only engages the whole body but also improves your cardiovascular system (symbolized by heart in targeted areas above). Use a timer to help get the most from this exercise. Implement this into your workout especially your high intensity routine (HIIT). Make sure to keep a moderate speed and consistent flow. When performing this exercise, pay attention to your form by keeping your head in alignment with your shoulders, your back straight, your bottom down, and always engage your core. The towels or gliding tools will help you keep your knees close to the floor and keep good form. This culminates into better results. Enjoy!

Do three, 30-second rounds with a 15 second break in between each round.

Heart Healthy Foods:

- GREEN LEAFY VEGETABLES
- FATTY FISH AND FISH OIL (NOT FARM RAISED; WILD CAUGHT ONLY)
- AVOCADOS
- WALNUTS
- 70-80% DARK CHOCOLATE & ORGANIC ONLY
- OLIVE & AVOCADO OIL
- HEMP OR FLAX SEEDS
- EGGS
- TURKEY (GROUND/BREAST)
- BLUEBERRIES
- BROCCOLI
- BRUSSELS SPROUTS



Non-Heart Healthy Foods to Avoid:

- SOME PEANUT BUTTERS
- PACKAGED COOKIES/CAKES
- DONUTS & MUFFINS
- ANY FRIED FOOD
- WHEAT (BREAD & PASTA)
- PASTEURIZED DAIRY
- CEREAL
- SUGAR
- CANDY
- FRUIT JUICES
- SOFT DRINKS
- SWEETENED YOGURT
- IODIZED SALT (USE SEA SALT)
- PROCESSED MEAT

Good To Know!

Heart Facts

- Laughing brings about less stress and gives your immune system a boost, thus making a healthier heart!
- The modern heart shape used as a symbol of love today came from the seed pod shape of a plant called Silphium. It was used as an herbal birth control during the reign of the Roman Empire. Unfortunately, it was used to the point of extinction.
- Every day your heart makes enough energy to fuel a truck for 20 miles.
- The heart begins beating at 4 weeks after conception and doesn't stop until death.
- Early Egyptians believed that the heart along with other organs had a will of their own and moved around in the body.

Sage has been proven to help with cognition and has even helped people with Alzheimer's to have better memory retention.

Not all chocolate is created equal. If you read ingredients, you'll see either **cocoa** or **cacao**. Cocoa is much more processed than cacao and cacao has much more nutrient value than cocoa. You can find good quality cacao online.



Superfood of The Month: *Goji Berries*

- High levels of antioxidants and nutrients.
- Improves immune function.
- Promotes healthy skin.
- Protect eye health.
- Stabilizes blood sugar.
- Improves anxiety and depression.
- Detoxifies the liver.
- Boosts fertility



Chocolate Covered Strawberry Cheesecake Bites

Ingredients:

- $\frac{3}{4}$ cup raw and organic cashews, soaked in water for at least 4 hours
- 2 tbsp coconut oil
- $\frac{1}{3}$ cup organic strawberries, thawed if using frozen
- 3-4 tbsp organic maple syrup
- 1 tsp vanilla extract
- $\frac{1}{2}$ cup 70-90% organic dark chocolate
- optional: organic freeze dried strawberries to garnish

Instructions:

- To your blender, add the soaked cashews (NOT with the soaking water), coconut oil, strawberries, maple syrup, and vanilla. Blend until smooth and creamy.
- If it's not pink enough, add a couple more strawberries. Taste and adjust the sweetness to your liking.
- Line a loaf pan with parchment paper. Pour the cheesecake into the loaf pan. Cover with some more parchment paper and place in freezer. Freeze until completely solid.
- Once completely frozen, remove from loaf pan, and cut into 32 squares (8 by 4).
- Place back in the the freezer on a parchment lined baking tray as you melt the dark chocolate over a double broiler.
- Place the melted chocolate in a bowl and have your freeze dried strawberries crushed and ready.
- Remove the cheesecake bites from the freezer. One by one dunk into the chocolate and get it completely coated, place on baking tray, and sprinkle with freeze dried strawberries. Repeat with the rest of your bites. Place back in the freezer until the chocolate hardens.
- Alternatively, drizzle all with dark chocolate.
- Keep stored in the freezer. Let thaw for a few minutes before enjoying.