

# Wellness Today

November 2010

Volume 2, issue 11

## Office Hours

Mon: 11-1, 4-6

Tues: 11-1, 4-7

Wed: 12-1, 3:30-6

Thurs: 11-1, 3:30-6

Fri: 11-1

Sat: 10-12

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## Dumping, Delegating and De-Stressing...

Isn't it interesting how different people choose to unwind? Some of us relax with a hot bath. Others schedule down time or a massage. And still others prefer to stay ahead of their stress by jogging every morning. What's most important, say the expert providers in our community, is understanding your options, knowing which tools work best for you, and employing them. Which tool will you choose today?

1. **Dump**– This is a helpful method of clearing things off your plate. At the beginning of the week construct a list of all the things you THINK you need to do. Put the list aside. Come back to it in about 1 hour. Rethink everything on the list and scratch off things that can be dumped and are not pressing
2. **Delegate**– With that same list, think about others in your team, life, family whom can help you deal with these tasks. Perhaps YOU do not have to take on the entire WORLD. Use your resources and leverage the strengths of people around you
3. **De-Stress**– Take time for YOURSELF. This is of the utmost importance. Take time out of your day to unwind, calm down, take a pause and just BE. It could be simple breathing techniques, listening to a beautiful piece of music, going for a walk or run. Whatever it is make sure it is meaningful for you and helps you deal with the treadmill of life that we are upon.

Hope this helps!

## *An Afternoon Of Abundance – A great success!*

What an afternoon it turned out to be. With the amazing help of Katernina from the Downtown Yoga Holistic Centre , Dr. Laura created a special day . It was an afternoon of learning, listening, shopping ,food and fellowship. Delicious food was provided by The Springs Restaurant opening early 2011. The Little Red Roaster was the beverage sponsor. The many door prizes were well received. We are so appreciative of this. Enjoy the pictures of some vendors, services and attendees below. Look for the next one to build on this learning experience. For those of you who were there may

### **GRAVELLE CHIROPRACTIC**

1339 Elson Road  
London, ON  
N6G 5R1

Phone: 519-671-4850  
E-mail:  
drlauragravelle@gmail.com

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the last slide  
hold many  
thoughts.!



# Recipe of the Month

## Carrot Cookies

### Estimated time:

15-20 minutes batter prep; 15 minutes-

### Number of servings:

4 dozen

### Ingredients:

1/2 c. butter (1 stick, soften)  
3/4 c. firmly packed dark brown sugar  
1/4 c. granulated sugar  
1 egg  
1 vanilla  
1 full tsp. orange rind, finely grated  
2 1/4 c. all purpose flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
2 tsp. cinnamon  
2 tsp. ground ginger  
1 tsp. ground nutmeg  
1 1/2 c. raw carrot, grated fine  
1 c. shredded coconut  
1 c. golden raisins  
walnuts (optional, up to 1 cup)



### Directions:

Preheat oven to 350 degrees F. In large mixing bowl, combine butter, brown sugar and granulated sugar until smooth. Add egg, vanilla, and orange rind. In a small bowl, thoroughly combine flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. Then add the dry ingredient to the sugar ingredient in the big bowl; mix thoroughly. Gently stir in carrot, coconut, raisins, (walnuts). Drop dough by rounded teaspoonfuls onto greased cookie sheets, about 2" apart. Bake 12-15 minutes or until golden brown. Remove to wire rack (or a cool platter). Store in tightly covered containers.

## Dr. Laura's Picks

### Books

1. [The Power– Rhonda Byrne](#)

### Movies– both documentaries ( library rentals)

1. [The Living Matrix](#)
2. [Food Matters](#)

Monthly

Thought—The

*more you feel  
gratitude, the*

*more love you*

*give; and the*

*more love you*

*give, the more*

*you receive.*

# New Look

Gravelle Chiropractic has expanded once again.

Please feel welcomed in our new space.

We hope this change is embraced by everyone. The waiting area is now downstairs. Please note the product and information table still remains upstairs. The washroom is still in use for patients. The open area adjusting area facilitates ease of adjusting and efficiency in the office.

We know this change is a better reflection of Dr. Laura and the healing occurring in the office.

Please speak to Dr. Laura about the Accountability Agreement now implemented.