

Wellness Today

October 2010

Volume 2, issue 10

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

Giving Thanks

Make today the day you stop and be thankful for something special in YOUR life

Things to be Thankful For:

- A beautiful song
- A comfortable chair
- A cool breeze
- A drink of cool water
- A full moon
- A gentle rain
- A glass of cold milk
- A good book to read
- A good coat
- A good husband
- A butterfly kiss
- A child laughing
- A crisp morning
- A crackling fire
- A beautiful flower
- A nice compliment
- A Hug
- A playful puppy

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Raising Healthy Families the AIM WAY

The AIM event was a success on September 25th 2010.

A huge thanks to all who helped make it a great meeting. There was valuable information shared, inspirational video and testimonials.

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Live your best life, get
adjusted!

ON THE WEB AT

WWW.CHIROLAURA.COM

Mark on Your Calendar

Sat. Oct. 30th 2010

1:00pm-4:30pm

Afternoon of Abundance—For Ladies Only!!

An afternoon to relax, enjoy, get pampered , do some shopping and enjoy wonderful food and music. Engaging speakers, mini wellness workshops, exquisite vendors, optional sound healing.

2 informative speakers

2 mini one-on-one wellness sessions (pre selected from 11 services e.g.: massage, reiki, reflexology, personal coach, make over, meditation)

Brought to you by Gravelle Chiropractic and Downtown Holistic Yoga Studio (location of event– 236 Dundas street. London).

Registration forms available, contact Dr. Laura to reserve your spot.

Invest in yourself \$40.00

(or \$55.00 with a group sound healing experience).

Limited to 35. Filling fast.

Registration closes October 15th 2010

Pumpkin Cheesecake

Ingredients

- 1-1/2 cups (375 mL) graham cracker crumbs
- 2 tbsp (30 mL) granulated sugar
- 3 tbsp (45 mL) melted butter
- 4 eggs
- 2 (250 g) pkgs regular cream cheese, at room temperature
- 1 cup (250 mL) table cream
- 3/4 cup (175 mL) granulated sugar
- 3 tbsp (45 mL) all-purpose flour
- 1 tsp (5 mL) vanilla
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2 mL) each of ground ginger and nutmeg
- 1 cup (250 mL) canned pumpkin puree (not pie filling)
- 1 cup (250 mL) regular sour cream
- 2 tbsp (30 mL) granulated sugar
- 1/2 tsp (2 mL) vanilla



1. Preheat oven to 325F (160C). In a medium-size bowl, stir graham crumbs with 2 tablespoons sugar until blended. Then, stir in butter. Press mixture firmly into bottom of a 9-inch (23-cm) springform pan. Bake in centre of preheated oven until edges are lightly browned, about 5 minutes. Cool on a rack while continuing with recipe.
2. Separate eggs, placing yolks in a large bowl and whites in a small bowl. Beat yolks with cream cheese. Then, beat in cream, 3/4 cup sugar, flour, 1 teaspoon vanilla and spices until smooth. Beat in pumpkin.
3. Then, using an electric mixer, beat whites until soft peaks form when beaters are lifted. Fold whites into pumpkin mixture until no white streaks remain. Pour evenly over warm crust. Smooth top. Bake in centre of oven for 1-1/2 hours or just until top is slightly firm to the touch.
4. While cheesecake is baking, stir sour cream with 2 tablespoons sugar and 1/2 teaspoon vanilla. Spread sour cream mixture over top of warm cheesecake. Return to oven and bake for 8 to 10 more minutes or until sour cream appears set.

Remove cake from oven and immediately run a knife around inside of pan to prevent cracking. Without removing sides, place pan on a cooling rack. When cool, refrigerate for several hours, preferably overnight for best flavour. Cheesecake will keep well, refrigerated, for up to 2 days. Enjoy!

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*

law of

attraction or

the law of

love...they are

one and the

same

-Charles

Haanel

(1866-1949)

New Thought

Author

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.