



**River Heights Family**  
**CHIROPRACTIC**

#1 – 1682 Grant Avenue, Winnipeg, MB R3N 0M7

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Our aim is to create a reliable, up to date source where our patients can find information on natural health and nutrition.

We hope you enjoy it!

*Dr. John and the staff at River Heights Family Chiropractic*

Summer is finally here! The sights, the sounds, the smells have all started to change and it's about time! The kids will soon be done school and plans for family vacations will begin, if not already made. For those of you who can't afford the flights or perhaps the time off work, don't let that ruin it for you. I'm sure by now you've all heard the new catchphrase "staycation". According to Wikipedia, a "staycation (or stay-cation, or stacation) is a neologism for a period of time in which an individual or family stays at home and relaxes at home or takes day trips from their home to area attractions. Staycations have achieved high popularity in current hard economic times in which unemployment levels and gas prices are high". So, for those of you who won't be touring the Rockies or jetting to Europe this summer, why not check out some local attractions? Take the family to the Assiniboine Park Zoo, go to The Forks Market or head to Fort Whyte Centre. If you're a camper or want to get out of the city for a day or two to do some hiking, try one of our Provincial Parks. Did you know that Manitoba Provincial Parks have free entry for 2 years (2009-2010) to encourage tourism around our wonderful province? Even with the gas prices being higher than we'd like, it's an affordable trip. Whatever you decide to do this summer, have fun! Life is too short not to!

## **GET GROWING!**

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There's nothing like the feeling of the sun on your back, your hands in the mud and the ability to create beauty. Designing flowerbeds, planting vegetables or herbs, and pruning shrubs can be very enjoyable quiet time for some people. Not only is gardening relaxing, it can be good exercise too.

Did you know? .....

Calories burned with general gardening = 272 calories per hour

Calories burned with Mowing Lawn, using a power mower = 374 calories per hour

Calories burned with Weeding = 306 calories per hour

Calories burned Picking Up Yard (Light), Picking Flowers or Vegetables = 204 calories per hour

*(Above calculations based on body weight of 150lb)*

If you are in an area of the city that has deer frequenting the neighbourhood, you may find the following information helpful. I speak from experience in saying that it is very disheartening to spend your time and money on plants, only to see them get eaten by deer!

## **Deer Resistant Plants**

### **Annuals:**

Ageratum, Allyssum, Cleome, Dusty Miller, Lantana, Nicotiana, Snapdragon

### **Ferns:**

Japanese Painted Fern, Wood Fern, Ostrich Fern, Sensitive Fern, Cinnamon Fern, Royal Fern, Christmas Fern

### **Ground Cover:**

Ajuga, Convallaria (lily of the valley), Galium (sweet woodruff), Lamiastrum, Lamium, Vinca minor, Pachysandra

### **Deer Resistant Perennials:**

Achillea (yarrow), Asclepias tuberosa (butterfly weed), Kniphofia (red-hot-poker), Lavandula (lavender), Paeonia (peony), Stachys (lamb's ears, betony), Thymus (thyme)

### **Shrubs:**

Berberis (barberry), Chaenomeles (flowering quince), Kerria japonica (japanese rose), Sambucus (elderberry)

*For a more extensive list, see <http://www.planandplant.com/deer-resistant-plants.html>*

## **RECIPES**

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### Barbecue Orange Chicken

#### INGREDIENTS:

2 pounds boneless skinless chicken breast  
1/2 Cup chopped onion  
2 cloves garlic minced  
1 Tbsp olive oil  
2 tsps orange zest  
1/3 Cup orange juice  
1 Tbsp wine vinegar (balsamic is better)  
1/3 Cup bourbon whiskey  
1/2 Cup molasses  
1/2 Cup ketchup  
1 Tbsp steak sauce  
1/4 tsp dry mustard  
salt and freshly ground black pepper to taste  
Tabasco to taste  
1 tsp chili powder  
1 pinch cloves

#### DIRECTIONS:

*Mix all ingredients other than chicken well. Marinate chicken 4 hours. Remove from marinade and grill, basting with marinade frequently.*

## Classic Potato Salad Recipe

4 cups potatoes, cooked, peeled and cubed (about 6 or 7 whole potatoes)  
1 cup Miracle Whip or mayonnaise  
1 teaspoon mustard  
1/2 teaspoon celery seeds  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 hard boiled eggs, chopped  
1/2 cup onion, chopped  
1/2 cup celery, finely chopped  
1/2 cup sweet pickles, finely chopped

*Boil potatoes whole, with the skins on, in salted water for about 15 to 20 minutes until they are tender in the middle when you prick with a fork. Do not over boil or the salad will be mushy.*

*Cool the potatoes a bit then peel them, cut into cubes and place in a large bowl.*

*In a separate smaller bowl combine the mayonnaise, mustard, celery seeds, salt and pepper. Mix well. Add the chopped eggs, onion, celery and pickles and mix together to combine.*

*Pour dressing over the cubed potatoes and mix lightly so as not to break up the potatoes too much. Cover and chill until time to serve. Makes 6 servings*

## **Your Story!**

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In each newsletter we will be featuring a story of one of our patients whose life has been touched by Chiropractic. If you have a story to share, let us know next time you are in or send it via email – we would love to hear it!

### **Patient Success Story**

“Our daughter, Kirsten B., age 9 awoke one morning in March of 2009 in extreme pain and obvious distress with her head ominously tilted 45 degrees to one side with very limited movement of her neck and head. We immediately arranged to make an appointment with Dr. John Alevizos, Kirsten’s Chiropractor. After Dr. John had examined Kirsten, he determined that she had a condition known as Acute Tortocolis common in children. He provided Chiropractic care to Kirsten, and advised other measures to Kirsten and her parents to ameliorate and assist in Kirsten’s recovery. We had a follow-up visit with Dr. John a few days later. Her painful (and for her parents extremely frightening) condition improved remarkably during the week.

Less than a week later, Kirsten, a very enthusiastic and highly accomplished Highland Dancer successfully competed in the Manitoba Highland Dance Competitions and medalled in all 6 of her 6 dances (Golds and Silvers!!) and won the overall competition trophy for her dance category. Needless to say, Kirsten’s parents and relatives were very proud and thankful for Kirsten’s remarkably quick full recovery and her success. We are extremely grateful and thankful to Dr. John and his staff for making Kirsten’s recovery possible and providing expert treatment, guidance and reassurance at a most difficult time. Our Dancer is completely and fully Back in Step and Dancing to the Beat, thanks to Dr. John the Chiropractor!!” Kris B.