



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

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

---

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*

---

Has Spring finally sprung? Time will tell, but as the weather gets warmer and the days get longer, we are reminded of the bright and beautiful season to come. Take advantage of the increased daylight and your increased energy level as you get yourself and your surroundings ready for Spring.

## **EXERCISE & SPRING-CLEANING**

---

### **Spring-Cleaning Workout**

It's that time of year and like it or not, it has to be done. Spring-cleaning that is. Now, while strolling around with a feather duster is not likely to get your heart rate up, there are ways to increase the intensity and kill two birds with one stone. Try to move quickly while cleaning and keep in mind that if you have to walk extra steps to get the broom, that's even better.

Here are some other tips for making housework a workout:

- Put on some fast music. This helps you pick up speed.
- Whenever you're doing chores, tighten your abs. This prevents you from slouching, protects your back and will give you a mini abdominal workout too.
- Stretch extra-high to knock down those cobwebs or prune your tree. You should feel it along your side.
- Strive for large up-and-down movements. When cleaning a shower door, for example, make big circles.
- If you're physically able, climb on a stepladder every chance you get. Consider it a free step class!
- Do lunges while vacuuming (keep toes pointed straight ahead, and don't bend your knees further than 90 degrees). You'll feel it in your thighs.
- Dust those high up areas that get neglected and take the opportunity to reach on your toes -- like a calf raise.
- Pouring mulch or fertilizer from a heavy bag requires a squat. Remember to use your legs, not your back.
- If you have area rugs, take them outside and beat them using a clean broom rather than vacuuming. This means more steps to get outside and more exercise for your arm muscles.

According to [www.fitsugar.com](http://www.fitsugar.com), even without adding the extras suggested above, you can get a decent workout while cleaning.

ACTIVITY	CALORIES BURNED/30 MIN. (BASED ON A 150 LB PERSON)
Doing Laundry	73
Dusting	85
Gardening	184
Ironing	77
Mopping the Floor	153
Mowing the lawn w/Push Mower	148
Raking the Lawn	135
Rearranging Furniture	225
Washing Dishes	77
Washing the Car	153
Washing the Windows	105
Weeding the Yard	153

## **EASTER RECIPES**

---

### **Breakfast Muffins**

1/3 cup safflower oil  
1 cup of oatmeal  
1 banana  
1 cup apple sauce (homemade without sugar)  
1 cup soy milk  
1 egg (free range)  
2 cups of whole wheat flour  
1 tsp. non-alum baking powder  
1 tsp. baking soda  
1 cup raisins  
1/2 tsp. sea salt

*Mix first 6 ingredients together and let sit until oatmeal is soft.*

*Mix together remaining ingredients.*

*Add oatmeal/applesauce mix to dry ingredients. Stir until all ingredients are combined. Spoon into oiled muffin tins and bake at 400°F (204°C) for 35 minutes. Makes 12 muffins*

### **Fragrant and Healthy Carrot Cake**

This carrot cake uses very little sugar and is very fragrant and sweet from molasses and dried figs, used as a substitute for sugar. Citrus fruit and spices give it a very fresh taste. It is a very moist and tasty cake.

#### **Ingredients**

- 3/4 cup whole wheat flour
- 3/4 cup cake flour
- 1/2 cup packed brown sugar
- 1 tablespoon ground cinnamon
- 1 tablespoon carob powder (optional)
- 1 teaspoon baking powder

- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 tablespoons molasses
- 1/4 cup vegetable oil
- 2 eggs
- 1 orange, juiced and zested
- 1 1/2 teaspoons grated lemon zest
- 1/2 cup raisins
- 5 dried figs, chopped
- 2 tablespoons poppy seeds
- 2 cups grated carrots
- 1/4 cup chopped pecans

### Directions

1. *Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch Bundt pan.*
2. *In a large bowl, stir together the whole wheat flour, cake flour, brown sugar, cinnamon, carob, baking powder, baking soda and salt. Make a well in the center and pour in the molasses, oil, eggs and orange juice. Mix until the dry ingredients are moistened, then stir in the orange zest, lemon zest, raisins, figs, poppy seeds, carrots and pecans until evenly distributed. Pour into the prepared pan.*
3. *Bake for 1 hour and 10 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool for 30 minutes before removing from the pan.*

## **Your Story!**

---

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**

*“Before coming to see Dr. John, I had regular headaches and fatigue. I also had a lot of muscular tension in the back and neck area. My natural way to sit had become hunched over to my side. I now sit up straight and rarely have headaches. I can honestly say there are noticeable changes because it is no longer comfortable when I hunch over to the side. I don’t have as many problems with muscular tension either. Dr. John is great to talk to and knows what he is doing. His whole view on healthy body and mind is greatly appreciated.” - T.L.*