

*Greetings from Carrie & Marilyn!*

Our newsletter has information about our Christmas hours, upcoming events at Stratford Chiropractic & Wellness Centre and some great Christmas recipes.



We appreciate your feedback. Call or email us to let us know what you think of our newsletter.



*Merry Christmas and Happy Holidays!*

## OUR HOLIDAY HOURS

The Naturopathic Care Centre will be closed for the Holiday Season from December 23<sup>rd</sup> to January 1<sup>st</sup>, reopening on Monday, January 2<sup>nd</sup>, 2012.

**UPCOMING EVENTS FROM Stratford Chiropractic and Wellness Centre and Nourish.**

**Stratford Chiropractic & Wellness Centre is presenting EAT RIGHT, MOVE RIGHT, THINK RIGHT.** This is a series of Lifestyle Workshops specifically designed to enable you to meet YOUR essential needs as a human being. You will receive professional info, and take-home tips on the three basic tenets of health – nutrition, physical fitness, and state of mind. There will be guest experts at each workshop.

To subscribe to (or unsubscribe from) this newsletter, email Marilyn at [reception@carriemeszarosnd.ca](mailto:reception@carriemeszarosnd.ca) with your request.



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- **Eat Right Wednesday, February 1<sup>st</sup>, 7 – 9 p.m.**
- **Move Right Wednesday, February 22<sup>nd</sup>, 7–9p.m.**
- **Think Right - Wednesday, March 21, 7 – 9 p.m.**

**Eat right, Move Right, Think Right seminars will be held at Knox Church**

Investment: \$25 per person for all three workshops  
\$10 per person for individual workshops

Call The Stratford Chiropractic and Wellness Centre at 519-273-9200 to reserve your seat or email at [info@stratfordchiropractic.com](mailto:info@stratfordchiropractic.com).

**Sara Bradford from Nourish is presenting “The NOURISH Weight Loss Program”.** This program teaches the practical skills needed to make smart dietary choices, get your body into balance and encourage FAT loss for good. Sara does this with education, smart meal planning, incorporating whole foods and lifestyle habits. Being a part of this group will empower you with the knowledge to get you there and keep you there.

**Next Group Session Starts - Wednesday, January 11 (runs 10 consecutive weeks)**

**Basic Real Food Weight Loss Group:** \$295. **Optional Add-On: Advanced Wow Weight Loss Program:** additional \$95

**Have you considered doing a cleanse but would like some more information before you begin? Sara is holding a 2 part Community Cleanse Group class here at the office on January 19<sup>th</sup> and February 2<sup>nd</sup> 7:00-9:00.** In the first meeting Sara will talk about cleansing, assess individual cleansing needs, will talk about goal setting and share some delicious detox recipes. The cleanse will be 3 weeks long and will have ongoing support via a facebook group during the length of the cleanse. Optional professional grade supplements can be used during the cleanse if desired.

**Community Cleanse:  
\$50**

Contact Marilyn at (519) 271-2440 for details.





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**Enjoy some Christmas Baking with the following delicious recipes. Both are gluten free and if dark chocolate is used in the chocolate almond cookies both recipes are dairy free as well. If you or a loved one are avoiding sugar these raw truffles are a delicious treat!**

## **CHOCOLATE ALMOND CRUNCHIES**

Makes 16. These flourless cookies are very simple to make and they travel well.

1 cup (175 grams) dark chocolate (70%) or semisweet chocolate chips  
1  $\frac{3}{4}$  (250 grams) almonds  
1/3 cup (70 grams) sugar  
1 teaspoon vanilla  
2 egg whites

1. Place the chocolate in a food processor and process until coarsely chopped. Add the almonds and the sugar; process until mixture is finely ground. Add vanilla and egg whites; process just until mixture forms moist dough.



2. Form 1-inch balls and place 2 inches apart on a parchment or tinfoil lined baking sheet. Bake at 350° F (180° C) oven for 8 minutes. Remove from oven and let rest 5 minutes on baking sheet. Remove cookie to cooling rack and cool completely. Store in an airtight container for up to 2 weeks.



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## RAW TRUFFLES

These addictive sweets are shaped like truffles but they're actually a mixture of nuts and fruits that can sometimes be better than chocolate! They have a special taste and texture that you find yourself craving again and again.

Makes 12 – 14 truffles

150 g/5oz/1 cup raw almond butter or cashew butter  
115 g/4 oz/1 cup raw walnuts or cashews, coarsely chopped  
70 g/2 ½ oz/1/2 cup pitted dried dates, chopped  
75 ml/3 fl oz/1/3 cup maple syrup  
desiccated coconut/sesame seeds/ hulled hemp seeds/cocoa for rolling

Puree the nut butter, nuts, dates and maple syrup in a food processor until smooth.

Scoop out walnut-sized chunks and roll them between your palms to make round balls. Roll them in coconut, sesame seeds or hemp seeds. Leave in the refrigerator before serving.

Variations: You can use any nuts you like such as pistachio, hemp, macadamia and adjust the sweetness to your liking by adding or reducing the amount of maple syrup.

