

Happy End Of Summer!

Hope you all enjoyed a safe and wonderful summer.

As temperatures rise at this time of the summer, remember that you need to stay hydrated during the heat of the summer. That may not mean you need to drink water – some folks need to add gator-aid or power aid drinks during the day (an ounce in the morning) so they can maintain their fluid levels – just like the radiator on your car - your cooling system has to have a good supply of fluids!



Remember your pets this summer and give them lots of fresh water to drink. I've also had vet's recommend an ounce of powerade in their water if they are chewing at their paws (electrolyte imbalance). I had a patient tell me to watch my animals and they would let me know the coolest and the hottest places inside and outside my home – she was right. They go to those places when they want to rest or enjoy the sunshine – getting a little vitamin D (sunshine), they are.

Here are some cool things that I found in my nifty idea book and wanted to share with all of you – my wonderful patients.

**Carpets** - anti-static and deodorizer in one, put one part Downy and 2 parts water in a spray bottle. Spray a fine mist on your carpets and let dry. No static, smells great and an added bonus – animal hair and dirt will come up easier.

**Tile Floors** - mix  $\frac{1}{4}$  cup Cascade dish washing powder with 1 gallon water in your mop bucket. Scrub floor with a scrub brush then rinse with a bucket of clean water and your mop.

**Hardwood** - mix 2 parts Heinz White Vinegar to 1 part water. Use a soft cloth and wring it so it's just damp.

I guess I better get cleaning since all the ideas were about cleaning this time.

## Breakfast Quiche

The following recipe is for all you folks who love breakfast but don't have time to fix anything. I cook this and put in the refrigerator, cut into 6 or 8 portions and microwave to heat and eat (about 90 seconds).

1 – 8 oz package of spinach (microwave for 1 minute to wilt) chop fine set aside

### **In a large bowl mix**

4 eggs beaten

1 – 8 oz package of shredded mozzarella

1 – 24 oz package of cottage cheese

4 tablespoons chopped jalapeno's

Chopped spinach

Mix together and pour into an 8x8 pan or you can use a 9" pie pan.  
Sprinkle with Parmesan cheese.

Cook at 350 degrees for 1 hour. Cool and serve or store in fridge and microwave about 90 seconds to serve.

Okay I'm getting hungry now too so I better get this sent out!

Hope to see you soon!

In Health,

Dr. B.

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