

THE CHIRO CORNER

RIVER CITY CHIROPRACTIC'S PATIENT NEWSLETTER



NEW: Free Bootcamp Workout

Get ready to kickstart your weekend with a **FREE** workout class that will leave you feeling energized and ready to conquer the weekend.

Everyone is welcome to join us. Feel free to bring along friends, family members, or neighbors. The more, the merrier! Meet us at the River City Chiropractic tent 15 minutes before class starts to sign in!

Sunrise Mall Parking Lot
August 12th + 19th @ 7:30am

Dinner with the Doctor

Join us for an informative and delightful evening at our exclusive Dinner with the Doctor event!

You'll discover the keys to optimal health and wellness, and gain invaluable insights into your well-being.

We understand that good health is best achieved when shared with loved ones. That's why we invite you to **bring a guest** of your choice to join you at this event. Please ensure that your guest RSVPs alongside you to secure their spot.

RSVP by checking in with the Front Desk or text the office at (916) 722-5050.

R Vida Cantina
August 22nd @ 6pm



Thank you to our wonderful community who voted us THE BEST!



We are SO excited that for the 17th year now, you have voted us the **BEST Medical Office** in Citrus Heights!

We are beyond grateful to our *amazing* patients who took the time to vote for us and continue to support us as we service your health.

Thank you to Gideon D. Photography for the wonderful photo!



What is inflammation?

If you've ever cut your finger or twisted your ankle, then you have first-hand experience with inflammation. The redness, swelling, pain and heat are all hallmarks of the inflammatory process. In some ways, this is the first step of the healing process as your body begins to repair the injured tissue. However, there is another side to inflammation that can be extremely damaging to your overall health...chronic inflammation.

Why it matters...

Chronic inflammation occurs when the body is unable to complete the healing process. Your immune system may continue to produce white blood cells that create oxidative stress for months or even years. This long-term stress, or chronic inflammation, has been linked to diseases such as cancer, heart disease and diabetes. Some of the risk factors for developing chronic inflammation include smoking, obesity, poor diet, stress and sleep disorders.

- Chronic inflammation is a long-term inflammation that can last for months or years.
- Diseases such as diabetes, cancer and heart disease have been linked to chronic inflammation.
- Reducing stress through exercise & diet can help reduce chronic inflammation and create a healthier you.

Next Steps

You can reduce or eliminate chronic inflammation naturally with a few simple steps. Researchers have discovered that daily exercise and weight loss can cause a dramatic reduction in chronic inflammation. Additionally, reducing the stress on your muscles and joints through Chiropractic care may provide additional benefits on your way to curbing chronic inflammation.

Science Source(s):

Understanding Inflammation. Harvard Health Publishing. 2019

New Patient Special

Referrals are one of the greatest compliments to our industry.

Refer a friend or family member! Help them jumpstart their wellness journey with a complete exam (\$545 value!) that includes:

- consult with the doctor
- full set of nerve scans
- heart rate variability scan
- posture analysis
- full set of x-rays

Only \$47!



Ask the front desk for a New Patient Exam Certificate for your friend, neighbor, or loved one!

RCC Birthdays!

Dr. Moger - July 26th

Dr. Castrejón - July 27th



Let's Discover

Healthy Recipes



Black Bean Confetti Salad

Makes 4 Servings

Ingredients

- 2 15-ounce cans organic black beans, drained and rinsed
- 4 organic bell peppers, a mix of colors
- diced 1 organic cucumber
- diced 1 organic jalapeno pepper
- minced (optional) 1 white onion
- diced Juice of one large lime
- 3 Tbsp olive oil 1 clove garlic
- pressed 1 tsp ground cumin
- 3/4 tsp sea salt
- 1/8 tsp cayenne
- Handful of fresh cilantro, chopped (optional)
- A few spoonfuls of organic Greek yogurt (optional)

Directions

1. Mix beans, bell peppers, cucumber, jalapeno, and onion in a large bowl.
2. In a separate, smaller bowl, whisk lime juice, olive oil, garlic, cumin, sea salt, cayenne and cilantro into a vinaigrette.
3. Pour vinaigrette over the bean mixture, toss well to coat, and adjust seasonings to taste.
4. Spoon into bowl and top with spoonful of Greek yogurt.
5. Best served chilled. Use as a garnish or eat by itself.

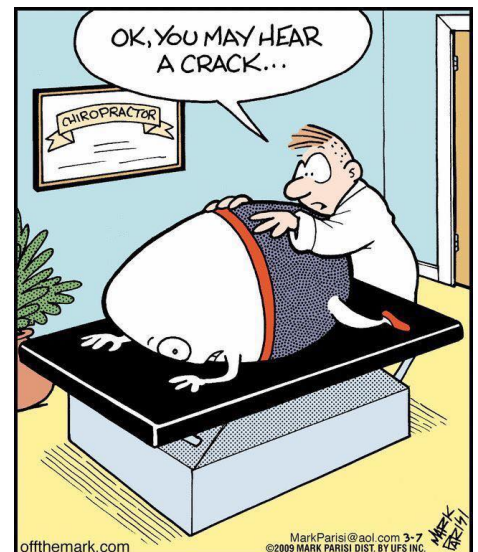
Free Adjustments at the Farmer's Market!

We have teamed up with the **Sunrise Mall Farmer's Market** to be an exclusive guest on their health fair weekends.

Stop by our booth from **8am-1pm** on the dates below to say hello to the team and get a **FREE** adjustment!

Join a free workout (starts at 7:30am), get adjusted and shop local + fresh all in one place!

August 12th + 19th



Product of the Month

OMEGA TESTING



The Omega-3 Index Plus Test is a blood test that measures the percentage of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes.

What are the Benefits of Knowing Your Omega-3 Index?

People with high Omega-3 levels support their heart, brain, eye and overall health.*

Ask the Doctor's Assistants if you have any questions or would like more info.

Word Search

- adjustment
- bootcamp
- chiropractic
- community
- dinner
- doctor
- health
- inflammation
- omega
- posture

V B K R L C X F I D E B H C T
L K M U D N Z D B N M M I H X
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