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# ASCEND NEWSLETTER

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Think Well | Be Well | Eat Well | Move Well | Live Well

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Welcome to the Ascend Chiropractic and Wellness Newsletter! We're very excited to create this monthly newsletter for our community members. We want our community to achieve optimal wellness, which entails more than just chiropractic care. We hope to educate and motivate everyone towards healthy decisions to live a happy and healthy life.

## Winter Super Foods You Might Be Missing!

Winter has some awesome fruit and veggies that pack a lot of nutrition. Check out these 5 must-try super foods and recipes:

1. **Avocado.** These deliver vitamins A, D, E, and K as well as healthy fats that contribute to vitamin absorption and healthy cholesterol levels. The most well known variety is Hass, but keep a look out for Bacon and Fuerte as well. These two varieties are lower in fat and more of a light green color.
2. **Pomegranates.** These last up to two months in your fridge and are an excellent source of potassium and vitamin C. This fruit's season runs from September-January, so stock up soon! If you want to get creative with these, try out this recipe: <https://www.marthastewart.com/1049837/sweet-potatoes-coconut-pomegranate-and-lime>
3. **Cauliflower.** A great substitute for starch! It offers vitamin K and is part of the cancer-fighting group of cruciferous veggies.
4. **Jicama** (hee-ka-ma). This is a root vegetable packed with fiber, vitamin C, and antioxidants. They are great to toss in a salad, or try this recipe to make jicama fries: <https://www.foodfanatic.com/2014/06/jicama-fries-spiced-just-right/>
5. **Cabbage.** This veggie is quite versatile and provides a variety of benefits. Cabbage lowers cholesterol, contains fiber, and is an excellent resource for glucosinolates (compounds that inhibit development of cancer). If cooked right, it's a delicious addition to meals. Try this recipe to enjoy dijon roasted cabbage: <https://skinnynms.com/dijon-roasted-cabbage/>

## Keeping Those Resolutions

How is your New Years resolution going? If you've kept it this far, congrats! If you've slipped a couple times, no worries! To get back on track, there are a few things you might need to change about your resolution. How realistic is it? Let's be honest, you're not going to lose all the weight you want after one week at the gym, or learn how to play the guitar in one sitting. Take it one step at a time and set aside a realistic amount of time/effort to work on your resolution. Let yourself get in the groove of it so it can become a habit. And most importantly, find a buddy. Whether it's your friend, family member, or even us here at Ascend, let them know about your goals. Don't be hesitant to enlist some help and let others hold you accountable. We'd love to help you grow and strive in 2018!

## Tip of the Month

If you're noticing any stiffness or lack of motion in your ankles, try this ankle mobility exercise:



Start in a wide stance near a wall. Place your hands on the wall to maintain balance and keep your feet flat on the ground.



Slowly lean forward and try to touch your knee to the wall. If your heel starts to rise, slide your foot closer to the wall and try again. When you find your sweet spot, hold it for a few seconds, then release back to the starting position.

**Sign up for an appointment today at:**

[ascendchiropracticmn.com](http://ascendchiropracticmn.com)

**or call:**

**952-300-2050**