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MONTHLY NEWSLETTER

West Milford Chiropractic & Wellness

Welcome to our November Newsletter!



As we draw near to the holiday season, our spotlight shines on the quest for balance in mind, body, and soul. This month, we've included an extra special article highlighting the numerous advantages of fire cider, as well as a delectable recipe for you to experiment with. Join us on this journey towards well-being and inner harmony this November.



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Finding Balance Through The Holiday Season

BY DOCTOR JUSTIN DI MAIO

As we transition into the holiday season, it becomes difficult to avoid the frenzy associated with this time of year. With making sure you have shopping done, get-togethers planned, and holidays sorted out, it should be even more of a reason to prioritize your health and well-being. Take a different approach these holidays and be grateful for yourself and strive to restore balance in your mind, body and soul.

Mindful eating: Thanksgiving always brings a certain expectation of food consumption. Focus less on the quantity of food, and appreciate each part of your meal and diet as something you are choosing to fuel your body. Listen to your body when you are hungry or full, and be open to indulging in reasonable portions of sweets. Self care does include indulging in moderation, as long as there is a balance.

Be Grateful: We often associate this time of year with being grateful for a variety of things. Each day, take a minute to reflect on both the simple things that make your day special to you and the people you care about deeply. This will help establish a positive mindset for your day.

Prioritize exercise and getting stronger: Whether it's making the most of the beautiful fall weather, or taking on a new indoor activity, keeping your body moving during this transition can be the difference between a winter of inactivity or one

where you flourish. Walk the dog, go for a hike, do some yoga, any of these are great ways to maintain good overall health.

Mental Health: It may be inevitable that this season will raise the bar on the stress scale. But that doesn't mean you can't help manage and suppress that stress. Be active in finding ways to manage stress, like reading a book, meditating, or soaking in a bath. Be open with your loved ones if you need space for yourself or if you need support.

Get some rest!: I know, easier said than done. But we all eventually fall asleep at night. Making that process a routine can help maximize time spent asleep, and help set up a more recharged day. Create a calm environment in your bedroom that can be a place to help bring you to a relaxed state.

Remember, the goal is to take some of these self care practices with you beyond this season. Let that be your gift to you. By bettering your self care routine, you are making changes that will help improve the quality of life and raise your self value.

Wishing you a happy and healthy November.

- Dr. Justin

The Healing Power of Fire Cider: A Winter Elixir

As the cold season approaches, our bodies become more susceptible to the common cold, flu, and other seasonal illnesses. While a warm scarf and cozy sweater can help keep us comfortable, there's another powerful ally to fortify our immune system and promote overall wellness: Fire Cider. This centuries-old herbal remedy is gaining popularity for its potential health benefits, and in this article, we'll explore why it's a go-to choice for many during the winter months.

What is Fire Cider?

Fire Cider is a potent and flavorful herbal tonic made from a combination of immune-boosting ingredients. The key components typically include:

1. **Apple Cider Vinegar:** The base of Fire Cider is often raw, unfiltered apple cider vinegar, known for its numerous health benefits.
2. **Horseradish:** Provides a spicy kick and contains compounds that can help clear congestion.
3. **Garlic:** Known for its antibacterial and antiviral properties, garlic adds a pungent flavor.
4. **Ginger:** Renowned for its anti-inflammatory and digestive benefits, ginger offers a warming and spicy element.
5. **Onions:** High in antioxidants and known to support the immune system.
6. **Hot Peppers:** These provide heat and also help clear congestion.
7. **Citrus:** Lemons and oranges offer a dose of vitamin C, which is essential for immune health.

Benefits of Fire Cider:

1. **Immune System Support:** Fire Cider is packed with ingredients that have been used for centuries to bolster the immune system. The combination of garlic, ginger, and citrus provides a powerful punch of antioxidants and vitamins to help your body ward off illness.
2. **Digestive Health:** Apple cider vinegar and ginger are known for their digestive benefits. Consuming Fire Cider before a meal can aid in digestion and prevent digestive discomfort.
3. **Antibacterial and Antiviral Properties:** Garlic, onions, and horseradish contain compounds with natural antibacterial and antiviral properties. These ingredients can help combat infections and support your body's defense mechanisms.
4. **Anti-Inflammatory Effects:** Ginger is well-known for its anti-inflammatory properties, which can help reduce inflammation in the body and alleviate symptoms of certain health issues.
5. **Energy Boost:** The spicy, tangy flavor of Fire Cider can provide a natural energy boost, making it a great alternative to sugary, caffeinated beverages.

Recipe for Fire Cider:

Making your own Fire Cider is not only cost-effective but also allows you to customize the flavors and ingredients to suit your preferences. Here's a basic recipe to get you started:

Ingredients:

- 1 cup raw, unfiltered apple cider vinegar
- 1/4 cup horseradish, grated
- 1/4 cup ginger, grated
- 1 medium onion, chopped
- 10 cloves garlic, smashed
- 2-3 hot peppers (cayenne, jalapeño, or similar), chopped
- Zest and juice of 1 lemon
- Zest and juice of 1 orange
- 1 tablespoon honey (optional, for sweetness)

Instructions:

1. Combine all the ingredients in a clean glass jar or container with a tight-fitting lid.
2. Seal the jar and shake it well to ensure all the ingredients are mixed together.
3. Store the jar in a cool, dark place for about 4-6 weeks, shaking it daily to help extract the flavors and beneficial compounds.
4. After the steeping period, strain the liquid through a fine-mesh strainer into a clean container. You can discard the solids.
5. Store your homemade Fire Cider in the refrigerator, and it will keep for several months.

To enjoy the benefits of Fire Cider, take a tablespoon daily or mix it with warm water or tea to make it more palatable. Remember that Fire Cider is a potent elixir, so start with a small amount and adjust according to your taste and tolerance.

As you prepare for the upcoming cold season, consider adding Fire Cider to your wellness routine. Its immune-boosting properties and zesty flavor make it a delightful and effective way to stay healthy during the chilly months.

