



*Symmetry* Chiropractic

Chiropractic

A different approach to chiropractic

[WWW.SYMMETRYCHIROPRACTIC.COM](http://WWW.SYMMETRYCHIROPRACTIC.COM)

510.769.0125

**NEW AT SYMMETRY CHIROPRACTIC!**



**Spinal Care Classes!** Please join us on Thursday evenings, when Dr. Boyd will be demonstrating simple postural exercises, discussing both proper ergonomics and how to maintain a healthy spine and nervous system. Space is limited. Sign up today!

**Power Plate® Therapy!** Have You signed up for your free demo? The **first 10 responses** to this e-mail get a **free 20 minute workout** with Kelly on the Power Plate®!! Don't wait!! (offer good for new power plate patients only)

**Welcome Joel Favreau on Tuesday Nights.....**Joel will be graduating from Life Chiropractic College West in the Spring. He will be here assisting Dr. Boyd. Joel has been working as a massage therapist for some time now, and will be here to show off his massage skills on Tuesday evenings from 4-7:00. This service is complimentary, and will be available to those who schedule on Tuesday evenings. Don't delay!! Tuesdays are quickly booking up! Joel will also be available for private massage in the near future. Stay tuned for times and prices.

Dr. Boyd will be attending the Chiropractic Biophysics Annual Convention in Las Vegas the weekend of September 25th. The office will be closed on the 25th in order for Dr. Boyd to make the entire weekend convention. The seminar will involve further training on Whole Body Vibration Therapy using the Power Plate®, current trends in Radiology, and many other topics relevant to improving Dr. Boyd's education. The seminar weekend will also include a retirement party for Dr. Don Harrison, PhD, DC, MSE. Dr. Don is the founding father of Chiropractic Biophysics (CBP), and has played an important role in the advancement of Chiropractic Science. Dr. Boyd has considered Dr. Don to be one of her biggest influences, and is excited to be present for the celebration of his career. To find out more about Dr. Harrison, please visit [www.idealspine.com](http://www.idealspine.com)

**MY FAVORITE BEAN SALAD**

**As a kid I always loved my mom's bean salad . As I got older, I adapted her recipe into my own. My version has a lot less sugar, and includes one of my favorite ingredients, Salt Preserved Meyer Lemons! I hope you enjoy it as much as I do! Please feel free to alter the ingredients to fit your taste and make this salad your own!**

**1 can (rinsed and drained) of each of the following:**

- organic red kidney beans**
- organic cannellini beans**
- organic garbanzo beans**

- 3 Tbs. preserved Meyer lemons\***
- 2 cloves garlic grated on a Microplane**
- 3 Tbs. Olive Oil**
- juice of 2 lemons**
- 1 carrot diced**
- 2 small onion diced**

- 2 celery stalks diced**
- 3 Tbs. finely chopped fresh sage**
- 1 Tsp. Kosher Salt**
- 1 tsp. organic granulated sugar**
- lots of freshly ground pepper**

**combine all ingredients and chill**

**\* can be found at Robert Lambert's stand at the Grand Lake or San Rafael farmers market or online at:**

[www.robertlambert.com/store/salt.html](http://www.robertlambert.com/store/salt.html)