

Stuck inside? Here are 8 ways to still keep your body moving



CENTER FOR HOLISTIC MEDICINE

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Treat.
Educate.
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In order to serve you, we are now offering telemedicine appointments, as well as select in-person chiropractic, naprapathic and behavioral health appointments. Please contact us from 9 a.m.-4 p.m. to schedule an appointment.

April 13, 2020

8 Ways to Continue Exercising at Home



Everyone knows that exercise is a key component to a healthy lifestyle. Exercise has been shown to improve heart health, lower blood pressure, and most importantly right now — reduce stress and strengthen your immune system.

But with gyms closed and parks often too crowded to exercise in, it's important that we try to get creative about ways that we can still exercise while at home.

Jerry Gore, MD, staff physician at the Center for Holistic Medicine, says you don't have to focus on working out super strenuously to see health benefits. The more important thing is to just not be sedentary. "If you stop sitting and do something not then your chances of dying drop significantly," he says.

Of course, before you begin any kind of exercise routine, it's best to check with your doctor first. (You can call the Center for Holistic Medicine and schedule a telemedicine appointment to discuss your personal needs).

But once you get the ok, here are **8 creative ways to continue to exercise at home.**

Health Tips From Dr. Gore



Want to support your immune system during this time? There are many ways to use natural products to support your body's mechanisms for fighting off viruses and disease. Staff physician Jerry Gore, MD, of the Center for Holistic Medicine, recommends these tips:

Supplements

- Vitamin C
- Zinc
- Others

(ask your provider about proper dosage)

Herbs

- Echinacea
- Oil of Oregano
- Others

(These can be taken in moderation for prevention. Ask your primary care physician about proper dosages)

Diet

- Eat less white sugar
- Get an adequate amount of protein
- Eat good fats

Selected Homeopathic Remedies

For more advice on how best to support your immune system, [schedule a telemedicine appointment with Dr. Gore or one of our other practitioners.](#)

FROM THE APOTHECARY



Nutriplex Immune Support

Made from a mixture of Acerola Cherry, Carrot, Garlic Bulb, Maitake Mushroom Extract, Green



Nutriplex Flavo-C

Flavo-C is full of bioflavonoids — powerful antioxidants that restore oxygen to the body — and

Tea Leaf, Echinacea Purpurea Root and more, this supplement contains powerful nutrients that the immune system needs to support the defense system of the body.
\$40 for 100 tablets

Vitamin C, making it a powerful formula. Helps repair and prevent cellular damage, and supports the cardiovascular system, respiratory system, immune system and more.
\$38 for 100 tablets

NEWS FROM THE CENTER



Apothecary Open for Deliveries or Curbside Pick-Up

Our apothecary is now taking phone and online orders so you can receive all of the supplements and other items you need, delivered right to your door!

How to Order

- By phone: **Call 847-236-1701 ext. 1** from 9 a.m.-12 p.m. Monday to Friday
- Online: Order 24-7 from our [online apothecary](#)

All orders will be shipped directly to you!



Now Offering Telemedicine Appointments!

For your convenience, all of our doctors and practitioners are now conducting appointments over the phone or via Skype, FaceTime or Zoom, etc. Virtual appointments can be billed to your insurance, the same as an in-person visit, based on your policy. New patients welcome!

We are also available for select in-person chiropractic, naprapathic, and behavioral health appointments. We follow all recommended guidelines including using gloves and masks.

Call us at 847-236-1701 ext. 0 to from 9 a.m.-4 p.m. Monday through Friday to schedule an appointment.

RECIPE OF THE WEEK



Cobb Green Goddess Salad

Now that spring is finally upon us, it seems like the perfect time to start eating big, crisp salads for dinner. And this twist on the classic cobb salad is fresh and hearty, and works well with a paleo or Whole30 diet. You can also eliminate the bacon to make it vegetarian-friendly!

INGREDIENTS

- 1 head butter lettuce, rinsed and roughly chopped
- 4-6 pieces bacon, cooked and chopped
- 1 large ripe avocado, pitted and sliced
- 1/4 cup crumbled feta cheese
- 4 whole soft or hard boiled eggs, peeled and sliced
- 2 handfuls sprouts, (red clover, alfalfa, etc.)
- 1/2 cucumber, halved and thinly sliced
- Grape tomatoes, washed and halved

INGREDIENTS FOR THE DRESSING

- 1 head fresh parsley, rinsed
- 1/4 cup extra virgin olive oil
- 3 Tablespoons tahini
- 2 Tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 teaspoon coconut aminos
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon black pepper
- Fine sea salt, (to taste)
- Water, as needed, until it reaches a pourable consistency

DIRECTIONS

1. Divide the chopped butter lettuce between two large plates.
2. Add half of the remaining salad ingredients to each plate, on top of the lettuce.
3. Add all of the dressing ingredients to a blender and process until smooth.
4. Dress each salad to your preference before serving. You can make the salad and store (undressed) a day in advance. Store leftover dressing in

an airtight container in the fridge for up to a week.

[Get full recipe](#)

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