

Merry Christmas



December 2022

A Chiropractic Christmas Story

T'was the night before Christmas, but the big guy could not be found.

There were no jingle bells flying through the air, not even a reindeer sound. Word started to spread that Santa was sick! "OH NO," cried the children, "You mean there will be no Jolly, Old St. Nick?"

The children were sad, and no laughter sounded, Christmas was here but Santa's big, red sleigh was grounded! As the elves ran around, frantic as can be, all of a sudden what did their little eyes see?

A great big sign with the letters D.C.

Time was of the essence (tick, tick, tick) they knew the only thing that could save Christmas now, would be Chiropractic!

Now Santa was not one to try a new tactic, but medicine had failed him, so he agreed to try chiropractic.

As Santa entered the office with a smile and a wink, he thought to himself, "I like the way these elves think."

The patients looked happy as far as he could tell, everyone there was smiling and appearing to be well.

In no time at all, in just a few ticks of the clock, he was in the exam room consulting with the Doc.

"It must be my age, the stress and all the travel; I'm feeling my health starting to unravel. It used to be so easy just carrying dolls, toy cars, and trains, now it's iPods, iPads, computers, and video games. Doc, if you look in my sleigh and see the size of my pack, I'm sure you would tell me "That thing is ruining your back."

The loving chiropractor took Santa and x-rayed his spine, and lo and behold he had several bones out of line.

The good Doc informed Santa that he had a subluxation and gave the big guy his recommendation.

Santa got down on the table and then with a simple click the Doc started adjusting the broken-down St. Nick.

When Santa was finished he felt like a million bucks! Chiropractic scientifically helped him get healthy; it wasn't based on good luck.

He started high-fiving the Elves and the Doc, as he shouted from the rooftop, "Thank God chiropractic works so fast!"

Once again, Santa's smile looked like it was full of love and good cheer now that his spine and nerve system were clear.

Before he knew it, he was back in his sleigh, thinking it had been centuries since he felt this way.

As his sleigh took off and he drove out of sight, you could hear him yell, "Chiropractic rocks! Merry Christmas to all, and To All a Good Night!"



Gluten-Free Gingerbread Cookies

- ❖ ¼ cup coconut oil, room temperature
- ❖ ¼ cup coconut sugar
- ❖ ¼ cup date syrup (or molasses)
- ❖ 1 cup hazelnut flour
- ❖ ½ cup coconut flour
- ❖ 1 teaspoon ground ginger
- ❖ 1 teaspoon cinnamon
- ❖ ½ teaspoon vanilla powder or 1 teaspoon extract
- ❖ ½ teaspoon nutmeg
- ❖ ¼ teaspoon sea salt
- ❖ ¼ teaspoon baking powder
- ❖ 1-2 tablespoons non-dairy milk

Preheat the oven to 350. Place the coconut oil and sugar into a large mixing bowl. Use an electric mixer to beat on high speed until fluffy and lightened in color. Add the date syrup (or molasses) and beat again to combine. Add the hazelnut flour, coconut flour, ginger, cinnamon, nutmeg, vanilla, salt, and baking powder. Mix on low speed to combine. Add a tablespoon of milk and mix with a spoon. The dough should be crumbly but hold its shape when pressed. Use your hands to gather the dough and press it into a disc. Place it on a sheet of parchment paper, top with another sheet, then roll it out to a rectangle. Cut the dough into desired shapes. Lift the bottom sheet of paper and place the rolled dough onto a large baking sheet. Remove the excess dough. Space out the cookies with an inch between them. Chill for 20 minutes. Bake the cookies for 8-10 minutes. Enjoy!



Thoughts for Christmas

Occasionally at Christmas time, we catch ourselves complaining- about little things, inconveniences mainly. “I don’t need this now” we mutter and wonder, “Why does this have to happen to me? Is God mad at me?”. Turn your thoughts to Mary and Joseph.

Their story doesn’t center on sugar cookies and eggnog. Why, of all things, did God let His own son be born under these conditions? Was God mad at Mary and Joseph? OF COURSE NOT! Maybe God allowed the stable so we could see His glory backlit amidst life’s humbling experiences.

Life does have its downsides, its reversals, and its annoyances. And where is God when we despair? He was with Mary and Joseph every moment, working out His plan, just as He is with us right now.

Christmas reminds us to look beyond our aggravations.



God is doing something. You know, if we lift our eyes above Bethlehem’s hovels for a moment, we might even catch a glimpse of the Christmas star!

Meaning of Christmas

Many times, during the holidays we are so busy we forget to stop and remember what Christmas is all about.

Here are a few words to help remind us of what Christmas is about.

Peace
Joy
Hope
Goodwill
Happiness
Love
Faith
Honor

“And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.” – Luke 2:10

