

# Vital Life News



Volume 4, Issue 4 Fall 2007

## Happy New Year!

**When we once begin to form good resolutions, God gives us every opportunity of carrying them out.**

~St. John Chrysostom

As keeping fit and staying healthy start as impassioned resolutions made each year, we are reminded that these are certain gifts, opportunities to welcome a bright, positive change in our future. A bright future is certain to await me, as I joyfully announce my marriage to Mr. Jayson Pritchett, in April of 2008!

**I wish for you a healthful and heartfelt, Happy New Year!**

I want you all to know that **I will be changing my name in May, following my wedding .**

Here's what Rosa, a very happy mom, had to say about me.

...I now recommend her to anyone who has pain...

"My doctor told me I had the beginning of arthritis in my lower back. My right side from buttocks to toes would numb, ache and hurt when I would sit or

drive for 30 minutes or more at a time. After the third or fourth visit I noticed the discomforts I was feeling from my lower back arthritis had disappeared.

I had been having...heel spurs for close to a year and it was painful to walk or stand. The pain in my feet is now gone and has not returned.

I now recommend her to everyone who has pain, including my daughters."

**Andrea S. Charlton, D.C.**

**NUCCA Upper Cervical Doctor**

**Vital Life Wellness Center  
7451 Village Pkwy  
Dublin, CA 94568**

**(925) 829-7900**

**[www.drcharlton.com](http://www.drcharlton.com)**



### Special Points of Interest:

- *I will be getting married in April and will have a new name—Andrea Pritchett!*
- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can reduce high blood pressure.*

## Are You a New Mom Enduring Back Pain?

It's possible to raise your children pain-free!

Back pain is a nuisance, preventing us from living fully, and is devastating to our daily routines. Forget playing with the kids, stooping over to pick up a sock, or climbing your staircase. When you are debilitated, you are no longer that 'get it done' person. Another issue-you not only suffer, but also your loved ones. Mom is not the same.

If this sounds like you:

- **NUCCA** works to align your spine and improve the way your body works.
- There is no twisting or "popping"

With the **NUCCA** technique, you will sleep better than you ever have imagined, and wake up refreshed, revitalized, and with plenty of energy

to propel yourself throughout the day!

If this is the kind of morning you'd like to start with, there are people who can help. Whether you think your pain is age-related, or you've tried some 'things' that just didn't work, or perhaps you are not aware of what chiropractors can do for you:

**You may be ready to**

## New Moms, continued from page 1

find out what great potential your body has within it. Try this:

Looking in the mirror, check your posture, and look at your shoes to see if they wear unevenly. If your posture is imperfect or your shoes do wear unevenly, we can “put your head back on straight.” This takes the tension away from your brainstem, improves blood flow to your brain, and reduces or eliminates pain.

I am Andrea Charlton, your local **NUCCA** doctor. I invite you to call me to set up a complimentary consultation to discuss whether your body can

benefit from this gentle, yet effective technique. I can help to get you back to ‘being mom’, adding vitality to your life, and relieving your pain and discomfort.

Call us today at (925) 829-7900 to schedule your consultation or visit us online at: [www.drcharlton.com](http://www.drcharlton.com) for more information.



## Fa La La La La—Laughing Can Improve Your Health

The holidays can cause stress, we know. To help keep us on track, let’s take ‘back’ our jovial life! While it’s not so easy to do, be sure to make room for you during the hustle and bustle! You are so busy shopping and baking for everyone else, but to take the edge off, relax and take some time for yourself!

See a comedy show, comical movie, or just kick back with friends. Now’s the time to read those joke emails you’ve received recently. You may gasp and ask when you might have time to do this! You’ll thank me! Just go into a card store and glance at all the hilarious cards. Smiling and laughing

*Show those pearly whites and laugh heartily, often.*

will help prevent frown lines and promotes not only healthy skin, but also a healthier you. Period!

Just as chocolate promotes a good mood and provides serotonin, laughing is good medicine as well. Show those pearly whites and laugh heartily, often. This activity can take stress off many parts of your body- your neck, shoulders, back and your heart. Parts

that cause you to duck away from the family and wish you would have watched *Legally Blonde* one more time!

Mothers be sure and pass this information on to your daughters. Children imitate their parents and since we want them to continue down a road of improved wellbeing, let’s share the health wealth now! What you do can speak volumes to your children and on to a brighter future, pain free!

## Christmas Ham and Black Bean Burritos

1 cup cooked ham, diced  
1 cup canned black beans, rinsed and drained  
1 cup spinach, lettuce or other greens  
4 medium flour tortillas, warmed  
2 tablespoons cilantro, fresh, chopped  
¼ cup cheddar or Monterey Jack cheese  
2 medium scallions, chopped

Coat a nonstick skillet with coconut oil or olive oil and place over high heat.  
Add ham and saute until browned and crispy on edges, about 3 minutes.  
Reduce heat to medium-low, stir in beans and cook until hot, about 3 minutes.  
Lay a tortilla on a dinner plate.  
Top with 1/4 cup of beans, greens, 1/2 tablespoon of cilantro, 1 tablespoon of cheese and 1/4 of scallions. Fold in sides, roll up and repeat.

Recipe makes four servings

