

Village Chiropractic News

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Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

Protein for Breakfast

By Editorial Staff To Your Health March, 2024 (Vol. 18, Issue 03)

(Ask my kids...I'm constantly on their case about this!!! :)

Accustomed to skipping breakfast? Not only is that a mistake, but not including protein with breakfast is a mistake, too. Let's see why a protein-focused breakfast is a wonderful way to start your day – every day.

And yes, it's a big deal even if you're interested in the health benefits of intermittent fasting.

Feel fuller and concentrate better by including protein in your first meal of the day; that's the conclusion researchers drew after studying obese women ages 18-30. Over a three-day period, women consumed no breakfast, a carbohydrate-rich breakfast or a protein-rich breakfast. At lunchtime on each day, researchers measured satiety (sense of fullness), hormone levels, energy intake and cognition (via a cognitive concentration test).

Now, let's talk about intermittent fasting, which involves abstaining from eating for a large window every day (12 hours is common for people starting out). If you think about it, 12 hours doesn't require you to skip breakfast; it's more about eating your last meal of the day before it's too late. For example, eat dinner at 7:00 p.m. and breakfast at 7:00 a.m. the next morning; 12 hours fasting, while still reaping the benefits of a meal to start your morning. Make sure to include a healthy protein source and you're on your way. Talk to your doctor for more information.



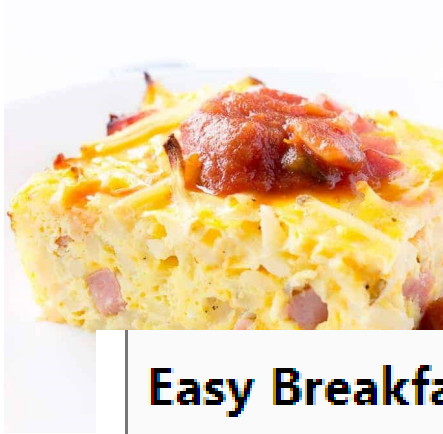
Pssst!

Discount Day!
Sat May 18th
10:00—noon

Office Hours
Mon
9:00-5:00
Tues
9:00—6:00
Thurs
9:00-3

ALL HOURS
ARE BY
APPT

(see next page for a
family-favorite,
super easy,
breakfast-casserole recipe)



(I make ours with frozen pre-cooked sausage crumbles instead of ham, but use whatever you like!)

Easy Breakfast Casserole Recipe

★★★★★

4.93 from 194 votes

This Easy Breakfast Casserole Recipe has hash browns, ham, cheese, and eggs.

This hash brown breakfast casserole can be made overnight. Perfect for a holiday breakfast!

Prep Time	Cook Time	Total Time
5 mins	1 hr	1 hr 5 mins

Course: Breakfast, brunch Cuisine: American

Keyword: easy breakfast casserole, egg casserole recipe, hash brown breakfast casserole

Servings: 12 servings Calories: 208kcal Author: Amanda Finks

Ingredients

- 24 oz. frozen hash browns -about 8 cups
- 16 oz. cubed ham
- 8 oz. sharp cheddar cheese -shredded
- 12 large eggs
- 1 cup milk -I used skim
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- cooking spray

Instructions

1. Preheat oven to 350 degrees F.
2. Add the frozen potatoes, ham, and cheese to a large bowl. Toss to combine. Pour the mixture into a 9 x 13 inch baking dish that has been sprayed with cooking spray.
3. In a large bowl, whisk the eggs with the milk, salt, and pepper (I use the same bowl from step 1).
4. Pour the egg mixture over the hash brown mixture. Pat everything down with the back of a wooden spoon.
5. Bake for one hour, uncovered. The center should be set and the edges should be golden brown.

Nutrition

Serving: 1/12th of the recipe | Calories: 208kcal | Carbohydrates: 13.2g | Protein: 17.3g | Fat: 9.8g | Saturated Fat: 4.4g | Cholesterol: 223mg | Sodium: 359mg | Fiber: 1.4g | Sugar: 2.1g

Plant and Rake Without the Ache

**Smart tips to avoid sore joints, aching muscles
and injuries. Your back will thank you!**

Stretch before you start.

Loosen up to prevent injuries
in your joints and muscles.
Take a walk ... even on the spot,
to get your body ready.



The right tools! The right moves!

Use the right tools and moves for the job.
Kneel to plant. Change positions
frequently while you work.

Bend your knees to lift with ease

When lifting, keep your back
straight and bend your knees.
Always carry the load
close to your body and
avoid twisting.



Take a break so you won't ache.

Give yourself and
your back a break.
As a rule-of-thumb take a
brief rest or stretch break at
least three times each hour.
Drink fluids frequently.



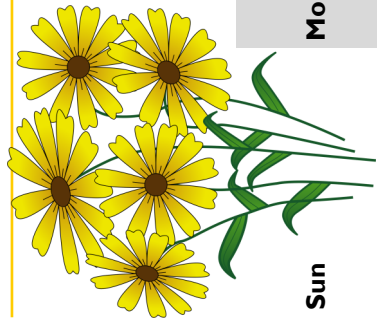
Ontario Chiropractic Association
Association Chiropratique de l'Ontario
1-877-327-2273

For free tips sheets
go to the OCA web site
www.chiropractic.on.ca

Chiropractic.
Treatment that stands up.



MAY 2024



Sun	Mon 9-5	Tue 9-6	Wed	Thu 9-3	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12 HAPPY Mother's DAY	13	14	15	16	17	18 Discount Day 10—noon Adjustments for \$35**
19	20	21	22	23	24	25
26	27 MEMORIAL DAY	28	29	30	31	**CASH OR CHECK ONLY! First come, first served. Due to time constraints, we are unable to accept new patients on Saturdays.

