

# Inspired Health Chiropractic

Restore Your Body. Reclaim Your Life.

June 2019

1428 Waverly Ave  
Grand Haven, MI

616-846-3860

Call today to  
make an  
appointment!

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## Chipotle Lime Cauliflower Tacos

### Ingredients

Juice of 2 limes  
1-2 Tbsp chopped chipotles in adobo sauce  
1 Tbsp honey  
2 garlic cloves  
1/2 tsp salt  
1 head of cauliflower, chopped  
1 small red onion, halved and sliced  
1 can black refried beans  
8 corn tortillas, warmed  
1/2 cup feta cheese  
sliced red cabbage, cilantro,  
guacamole, and jalapenos for serving.

### Directions

1. Line a large baking sheet with foil and preheat oven to 450.
2. Combine lime juice, chipotles to taste, honey, garlic, and salt in a blender. Process until smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the baking sheet and sprinkle onion on top.
3. Roast, stirring once, until the cauliflower is tender and browned in spots, about 18-20 minutes.
4. Serve the vegetables and beans in tortillas, topped with cheese and garnished with cabbage, cilantro, guacamole, jalapenos, and lime wedges.

Photo and recipe modified from EatingWell.



## SOL + SAGE

### UPCOMING EVENTS AT SOL+SAGE

#### SUCCULENT PLANTER MAKE & TAKE

SATURDAY, JUNE 22nd, 1:00P-2:00P

Join Leah, owner of The Flower Child Boutique, for a fun DIY succulent workshop! In celebration of the Summer Solstice, we will plant 3 succulents in a pearl geometric glass planter, cover the basics of cactus and succulent care, and how to carefully re-pot your plants. Come for creativity and social time; bringing home a beautiful succulent planter. \$20, sign-up [solandsage.com](http://solandsage.com)

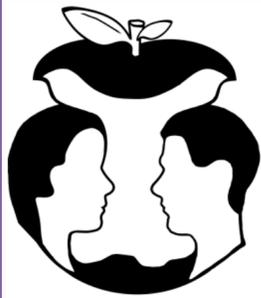
#### WILD: the art of freedom

FRIDAY, June 28th, 6:30P-8:30P

Join Dr. Jasmine at Sol + Sage for an evening of movement and female empowerment. As a 200 hour Certified Yoga Teacher, Bui Yoga Instructor and Chiropractor, she will fiercely guide you into a place of wild comfort within your body and mind. Through ritual and wild movements that modern society has long lost forgotten, she will teach you ways of releasing tension and stagnant energy, allowing your inner freedom to reign. \$20, sign-up [solandsage.com](http://solandsage.com)

- do what MOVES you -





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49417

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## Meet Our Newest Team Member: Rachael Bogdans



We are so excited to welcome our new receptionist to the clinic. Rachael radiates positivity and we are so happy she is here with us. Rachael holds a Bachelor's Degree in both Anthropology and Film Production. When she isn't at the clinic, you may also find her over at Sol+Sage enjoying her love of movement medicine! Rachael loves quality time with friends, painting, hiking, and dancing.

Be sure to give Rachael a warm welcome the next time you are in the clinic!

### Trivia Question

Would you like the chance to win a special **FREE GIFT**? This month we are giving away a bottle of BioFreeze. To win you need only read this newsletter to find the answer to the Health Question posted below. If you think you know the answer, call or email us. You could be our winner this month. Are you ready?

The contest question for this month is...

**What did Rachael go to school for?**

### Monthly Birthdays



- |               |             |            |
|---------------|-------------|------------|
| Kevin C.      | Ben K.      | Bobbi O.   |
| Erin C.       | Lisa L.     | Sean P.    |
| Cindy-Beth D. | Courtney L. | Rachel P.  |
| Frank D.      | Meggan M.   | Dale S.    |
| Mike I.       | Scott M.    | Mike T.    |
| Hillary K.    | Alyssa M.   | Sienna V.  |
| Jean K.       | Diane M.    | Colleen W. |

### Inspiration Corner

**Just don't give up  
trying to do what  
you really want to do.  
Where there is love  
and inspiration, I don't  
think you can go wrong.**

ELLA FITZGERALD

GH

#### Gift Certificate

Often our patients tell us they know of someone in pain who could use our help. That's what this special Gift Certificate is to be used for! Do you know of a friend or family member who needs chiropractic care? Clip this coupon and give it to your friend. This entitles them to One **FREE** Chiropractic Examination! This special "Patient Appreciation" doesn't last long, to schedule, please call 616-846-3860.

This Coupon Expires: June 30th, 2019.

Inspired Health Chiropractic

[www.inspiredchiro.com](http://www.inspiredchiro.com)