



GOLFING OR GARDENING?

Prevent the Pain with these Tips!

STRETCH



-before you start an activity, it is important to warm up your muscles
-stretch your legs, arms, back and neck



LIFT SMART

-Whether it is your golf bag or soil, make sure you are lifting smart
-1st get close to the load, making sure your whole body is facing the same direction
-Knees bent, back straight!
-Keep load close to your body
-No twisting when carrying or setting down the load
-Remember, easy does it! Slow down and take your time.



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JUNE'S GIVE-AWAY!

Grilled Veggie Kebabs with Potatoes & Tofu

ilovevegan.com

Marinade & Glaze

- 1/4 cup maple syrup
- 3 tbsp soy sauce
- 2 tbsp bbq sauce
- 1 tbsp sriracha
- 1/2 tbsp olive oil
- pinch garlic powder



Veggie Skewers

- 1/2 package mini potatoes
- 1 package of extra-firm pressed tofu
- 1 small zucchini chopped into large chunks
- 1 large bell pepper cut into large chunks (any color or mixture of)
- 4-5 large mushrooms cut into extra-large chunks (leave small mushrooms whole)
- 1/4 red onion cut into large chunks

Instructions

1. Mix marinade ingredients. Chop tofu into cubes. Marinate the tofu for 1-2 hours. After marinating, preheat oven to 450F.
2. Prepare potatoes on foil tray. Bake for 10 min.
3. After 10 minutes, add marinated tofu on same tray. Reserve excess marinade. Bake for 15 min. Flip tofu and potatoes. Bake for another 10 min.
4. Heat remaining marinade over medium heat and simmer for 5 min.
5. Alternate skewering a variety of veggies, tofu, and potatoes on sticks.
6. Brush assembled skewers with glaze and grill until veggies are tender. Pour any remaining glaze over skewers and serve.



Fred Shepherd, RMT

"It's summertime, and that means being outdoors and doing the things you love, like gardening, golfing, tennis, etc. If this sounds like you, then you may at some point experience low back discomfort. If you do, a good way to alleviate it is with **massage therapy**.

There are many anatomical components that can be involved in lower back pain. Muscles like Quadratus Lumborum (QL), Erectors (thick muscles running along the spine), and smaller spinal muscles that help to rotate the lower back (Rotatores, Multifidi, Semi-Spinales). The SI joint (where the sacrum and ilium join), and various tendons and ligaments. If any one of these gets fatigued or injured, that can cause **pain in the lower back**, and put a damper on your summertime fun.

Before any activity, it's a good idea to gently, and slowly, **stretch** the low back. Reaching for your toes while seated is a good exercise, as well as bringing your knees to your chest while lying down. Any stretch that opens up the lower back vertebrae can help reduce the chance of low back pain...as long as it's done properly and carefully.

Next time, I'll start to discuss ways to help with scapula/shoulder issues. Take care!"

Fred J. Shepherd, RMT



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Cleaning?**

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WHY BOTHER?

essential oils protect against seasonal and environmental threats. They are nontoxic and don't pollute your home, the water supply, or the environment!

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- $\frac{3}{4}$ cup vinegar
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- Fill rest of bottle with water



Disinfectant Spray Recipe:

- 10 drops On Guard Essential Oil
- Fill rest of bottle with water

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ORANGE: degreases and shines surfaces

THYME & OREGANO: great for bathroom use or surfaces with mildew



Do You Need Orthotics?

Summer is here and with it comes outdoor activities and long days spent on foot. If you have **foot pain, back pain, low arches, poor balance**, or are on your feet for **several hours** a day, you may need orthotics!



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- Pre-fabricated insole
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3. The Orthotic Group Prescription Orthotics



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- May reduce problems with pressure points, muscle strain, and other problems with ankles, knees, hips, and spine
- Relief from fatigue and pain

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pair of sandals
for **FREE!***

