

NEW BEGINNINGS

CLAIRPOINTE FAMILY CHIROPRACTIC'S QUARTERLY NEWSLETTER

MEET DR. NATHAN BLACKWELL

By: Dr. Gary Shoemaker



We are excited to announce Dr. Nathan Blackwell as the newest team member at Clairpointe Family Chiropractic. We first met Nathan in 1996 when he was less than one year old, and his mother was a patient at our office. In 2018, his mother reached out to us and asked if Nathan could serve a summer internship before heading off to Palmer College of Chiropractic that fall. We kept in contact during his chiropractic college years until he returned for his second internship. Next time you see Dr. Nathan in the office, give him a congratulatory fist pump on all his recent accomplishments.

GET THE LATEST!

Clairpointe Family Chiropractic has joined Grosse Pointe City LifeStyle magazine. In January's issue, Dr. Shoemaker talks about kids and backpack safety, and how a heavy backpack can affect your child's spine. Keep your eyes out for more educational articles on how chiropractic care can enhance your health.



FEBRUARY'S CHIRO KIDS CRAFT

Every holiday we have themed crafts for the kids at Clairpointe Family Chiropractic to take home with them. During the week of February 1st - 14th, we will have Valentine's craft available at the front desk. You can get all of Clairpointe's crafts on our website at www.clairpointe.com - [videos](#) - [chiro kids crafts](#). Happy crafting!

Dates to Remember

Fitness Challenge

January 10th - February 11th

Chiro Kids Craft

February 1st - 14th

NEW YEAR'S FITNESS CHALLENGE

Starting January 10th we are having our New Year's Fitness Challenge. We will have different levels of challenges along with some of our carb-cutting recipes from Clairpointe's very own C.A. Tech, LeeAnne! Below is one of those delicious recipes you can try at home! You can find fitness challenges and recipes in the office and on our website at www.clairpointe.com - [connect](#) - [blog](#).



KETO BEEF AND CAULIFLOWER RICE SOUP

Prep Time: 45 mins | Servings: 1 | 500 Calories | 29g Protein | 11g Net Carbs | 36g Fat

INGREDIENTS

- Stew Beef - 3-6 oz (make 1 pound ahead of time in a crockpot, you can use the additional beef for other things throughout the week!)
- Cauliflower Rice - 1 cup (you can buy this at the grocery store)
- Beef Broth - 2 cups
- Cooking Oil - 1 1/2 tablespoon (we used safflower oil for this recipe)
- Onion - ¼ medium
- Carrot - 2 small or 1 large
- Celery - 2 stalks



DIRECTIONS:

Add oil, onion, carrot, celery. On medium-low heat, cook veggies for about 10 minutes. The purpose of this step is to bring out all of the flavors. This step is called "sweating" the vegetables. Add cauliflower rice, cook on medium heat, while stirring, for 2-3 minutes. Add broth and meat. Let simmer for at least 20 minutes. Garnish with parsley!

SUFFERING FROM FREQUENT HEADACHES?

Well, you are not alone. The Centers for Disease Control (CDC) report that 90% of all headaches are cervicogenic or that they come from your neck being out of its normal alignment. Read more in our blog (www.clairpointe.com - [connect](#) - [blog](#)) on how chiropractic care can help manage your pain and what you can do at home in between adjustments.

