



# The Rotations

January 9, 2013

SANTA ANA NORTH ROTARY 1959

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## “To Your Health”

### PRESIDENT'S REMARKS

Today, Dr. Danny Garcia, from Garcia Chiropractic, presented health and food trends. If provide a referral to Garcia Chiropractic, he will make \$20 donation to Club Foundation.

### GUESTS

Maureen Bricken

### CLUB ANNOUCEMENTS

#### Community Service (Lisa)

Thank you again for all the donations for Olive Crest and Military Families and those that assisted with the Santa Surprises at Hoover and Franklin.

Cookies for the Military Families. The cookies donated are sent to troops in Afghanistan. Checks, cash or bill for \$20. Maureen Bricken coordinating.

#### New Generations (Lisa)

Reminder Inauguration 12:30PM Jan 23 @ Century HS.



Wednesdays 12:15 PM  
Antonello Ristorante  
1611 Sunflower Ave, Santa Ana

### UPCOMING SPEAKERS

Jan 16 – OC Bar, Stephen Berger  
Jan 23 – @ Century HS Interact  
Jan 30 – Craft Talk, Luz Nuno

### UPCOMING EVENTS

Jan 9 – Board meeting @ Lisa S house.  
Jan 26 – Pre-PETS Training

# Program

Speaker: Dr. Danny Garcia

Presentation attached. Great recipe to try.

Ingredients:

- 1 Apple
- 1 cup of organic spinach
- 1 cup organic spring mix
- 1/4 sweet red bell pepper
- 1 teaspoon Extra Virgin Olive Oil
- 1 teaspoon Apple Cider Vinegar
- Small Palm Full of Raw Walnuts
- Black Pepper

Directions:

Step 1: Slice Red Bell Pepper into thin fries

Step 2: Crush Walnuts into gravel size crumbs

Step 3: Take one Apple (Your favorite kind) and shred it in the cheese shredder until you have a cylinder of the core.

Step 4:\*

Place Spinach and Spring Mix into bowl

Then Bell Pepper slices then shredded apple

Then crushed walnuts

Then a pinch or a few cranks of black pepper

Then add a teaspoon of Extra Virgin Olive Oil

Then a teaspoon of Apple Cider Vinegar.

Step 5: Mix until all the greens are saturated in apple/oil/vinegar mixture

Step 6: Enjoy!

Spinach and Spring Mix are high in folic acid, iron and Calcium (a better source of Calcium than dairy). The walnuts and extra virgin olive oil will reduce inflammation in your body and thin your blood making it easier on your heart. Walnuts also are rich in Alpha and Linoleic acid an essential nutrient that our nervous system needs that we cannot produce on our own. The bell peppers are very rich in Vitamin C (fights cancer). The apple cider vinegar is rich in probiotics that aid in digestion and helps you lose weight. Black Pepper ties it all together making your taste buds forget there is no added salt. This salad is delicious and the nutrient dense thing you will eat. If you want to lose weight eat it for dinner every night until you reach your goal weight. It is that simple.

Ingredients to avoid: High Fructose Corn Syrup, corn syrup, corn sugar, Hydrogenated oil, partially hydrogenated oil, soy lecithin, artificial sweeteners, dairy, fast food, genetically modified foods (GMO's).

Yours is Health,  
Dr. Garcia

For more information or chiropractic needs please contact Dr. Garcia.

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