



SANTIAGO CHIROPRACTIC ASSOCIATES

A special "Thank you" to Bill Yermal for his hand in giving our office logo a more updated look! www.TheArtGuy.com

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Have you ever wondered what foods are best bought organic?

As the weather begins to turn and more and more fruits and vegetables begin to come into season, check out this great list of foods that should be bought organic vs. the ones that are OK to buy elsewhere because they are lowest in pesticides:

DIRTY DOZEN™ <i>Buy These Organic</i>		CLEAN 15™ <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Cherries		9 Cabbage
	10 Kale/Collard Greens		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
	13 Grapefruit		
	14 Sweet Potato		
	15 Honeydew Melon		

SCA Welcomes New Staff

Lake Hiawatha, April 12, 2012—



Please join us in welcoming Hilal Yumru to the Santiago Chiropractic Team! Born and raised in Turkey, Hilal moved to New Jersey in 2000 and currently resides in Boonton. She joined the Santiago Chiropractic team in March 2012 and will primarily serve as a front receptionist for us in the evenings in hopes of gaining experience toward furthering her education in the healthcare field. During her free time, she enjoys spending time with her family and friends in addition to working out at the gym. Hilal is looking forward to getting to know everyone that is a part of the Santiago Chiropractic family as well as spending time learning about the chiropractic profession.

LINCOLN TUNNEL CHALLENGE REMINDER!

LINCOLN TUNNEL CHALLENGE



If you have not already signed up to join us in our 3rd year of participating in the Lincoln Tunnel 5k Walk/Run on APRIL 29, 2012, please do so as soon as possible! All patients, family and friends are welcome. Once again, this year, we will be sponsoring a tail-gate following the event and we look forward to seeing you all there!

For those of you that have already registered, you may expect an email from our office soon to fill you in on the specifics for the day. Please call our office or email Dr. Julie at: dr.scarano@santiagosportschiropractic.com with any questions in the meantime. Happy training!

Directions to Register:

- Go to www.LTC5k.org
- Click on Register
- Read the statement on the right
- Click, "I agree."
- Click on "Join a Team"
- Select "Santiago Chiropractic"
- Hit "Continue"
- Fill in the Registration form
- Click "Continue."