

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

Dr. Noel Fredrickson

"If you've got an issue that no one else can fix, Dr. Kelsey and I are on the case!"

This month we want to re-introduce Dr. Noel, the chiropractor who works the majority of Saturdays in our clinic. Dr. Noel graduated from Palmer West Chiropractic College in 2016 and has been a part of our Premier Health of Coon Rapids family since 2017.

Dr. Noel loves "nerding out" and fixing problems. He specializes in sports chiropractic care and has an affinity for shoulder and knee issues.

We are open on Saturdays from 9:00 a.m - noon. Call or text the front desk to schedule your appointment with Dr. Noel!

If you would like to have your business and/or group be considered for our Community Spotlight, please email us at: coonrapids@premierhealthmn.com for more information or stop by the front desk at your next visit!

PRODUCT OF THE MONTH:

Hydrate Canister (all flavors)



WELLNESS CLASS

Stretch Strap

Sign up at the front desk or by calling/texting.

763-270-5828
3340 Northdale Blvd.,
Ste. 120, Coon Rapids



This month we asked our team what their favorite vegetables are and how they fit more nutrients into their day.

DR. KELSEY: My favorite way to prep veggies is by steaming broccoli & cauliflower with sesame oil & coconut aminos with seasoned salt to taste! When I am on the go, my favorite way to ensure that I get all of my servings of fruits and veggies in for the day is to use a scoop of Dynamic Greens in my Vanilla protein shake. The passion fruit flavor is my favorite, but strawberry lemonade is a close second!"

KELLY: My favorite veggies are anything roasted! I toss mine in olive oil and seasoning and I try to make big batches to match with a protein and fiber filled carb for lunches or for alongside my scrambled eggs in the morning. I also like to prep and cut fresh veggies to have them available at eye level in my fridge. It helps my kids eat more veggies, too!

LEXI: I LOVE vegetables. Broccoli, asparagus, cauliflower, zucchini, jicama, you name it. I love roasting them and then broiling them at the end to get the crispy bits. For me, there is something joyous and zen about bringing home a haul from the farmers market and prepping them all at once. Plus I'm way more inclined to snack on them if they're all ready for me. I also like to put them in the door of my fridge instead of the drawers so I can see them first and none get lost in the abyss.

CORTNEY: I love MOST vegetables when eaten with dips. Bell peppers are my absolute favorite! They're so easy to use when meal prepping my lunches every week. Meal prepping is how I ensure I get enough nutrients in my week.

SHANNON: My favorite vegetable is fresh spinach. I love the versatility of it! The easiest way for me to add more nutrients is to make fruit smoothies, with spinach.

RECIPE OF THE MONTH

Citron Pressé (Lexi's recipe)

Lavender French Lemonade Recipe

For The Lavender Simple Syrup:

- 1 cup granulated sugar
- 1 1/2 teaspoons dried culinary lavender buds plus more for garnish

For The Lemonade:

- Freshly squeezed lemon juice
- Chilled sparkling water
- Lemonade Hydrate
- Ice cubes

To Make The Lavender Simple Syrup:

Combine 1 cup water with the sugar in a small saucepan, stir to dissolve the sugar, and bring to a simmer over medium heat. Simmer the simple syrup for 5 minutes, then remove from heat, add the lavender buds, and allow to steep and cool for 20 minutes.

Using a fine mesh strainer, strain the simple syrup, discard the lavender, and set aside until ready to use.

Make Citron Pressé:

Add some lemon juice to the bottom of a Tom Collins glass and add a spoonful (about 2 teaspoons to 1 tablespoon depending on your taste) of simple syrup. Mix in half a packet of lemonade hydrate. Top with sparkling water, stir and taste, adding more syrup or lemon as you desire.

Add ice, garnish with thinly slice lemon.

Retro Video Game Day - March 8
Hydrate Week - March 12-18
St. Patrick's Day - March 17