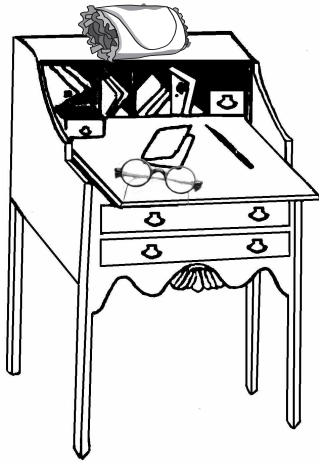


From: Her Desk Drawer

Zesty Chicken Wrap



- 1/4 cup canola oil
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 1/2 tsp ground cumin
- 2 tsp ground fennel
- 1 tbsp grated lime zest
- 2 tsp chopped fresh mint
- 2 tbsp chopped fresh cilantro
- 4 large skinless, boneless chicken breasts, cut into 1/2 inch strips
- 6 small tomatoes, chopped
- 4 green onions, chopped
- 1/2 English cucumber, diced
- 6 whole-wheat tortilla wraps
- low or no-fat sour cream



In a large bowl, combine canola oil, lime juice, garlic, cumin, fennel, lime zest, mint and cilantro. Add chicken to bowl and toss to coat with mixture. Let stand 15 minutes.

In large, non-stick frying pan, cook the chicken mixture over medium high heat for 6 to 8 minutes or until chicken is cooked through and the juices run clear.

Place chicken on wraps. Add tomato, green onion, cucumber and a dollop of sour cream. Fold and serve immediately. Yields 6 servings.

More hearty recipes with canola oil are available online at www.canolainfo.org. Details of the FDA qualified health claim for canola oil can be found at www.canola-council.org.

- News Canada

Ask The Chiropractor

What is chiropractic? Who are chiropractors?



DR. KRISTA CARTER

Chiropractic is a non-invasive, hands-on, health care discipline that focuses on the neuromusculoskeletal system. Chiropractors practise a manual approach, providing diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints.

A regulated health profession recognized by statute in all Canadian provinces and American states, chiropractic is one of only five health care professions in Ontario that are able to use the title Doctor.

Chiropractors use a combination of treatments, all of which are based on the specific needs of the individual patient. After taking a complete history and diagnosing a patient, a chiropractor can develop and carry out a comprehensive treatment/management plan, recom-

medical doctor up until the final year of study. The chiropractic curriculum at the Canadian Memorial Chiropractic College, in Toronto, encompasses a diverse range of subjects, including anatomy, pathology, biomechanics, chiropractic principles, diagnosis and adjustment techniques.

Ontario's chiropractors are regulated by provincial statute in the same manner as the regulatory bodies for other health care professions. Regulatory colleges are responsible for protecting the public, setting standards of practice, assuring quality of care is maintained, evaluating and promoting competency and handling disciplinary issues.

If you have any questions about chiropractic or are considering a career as a chiropractor, there's no better person to turn to other than your chiropractor.

mend therapeutic exercise and provide nutritional, dietary and lifestyle counselling.

For many conditions, such as lower back pain, chiropractic care is frequently the primary method of treatment and, where other conditions exist, chiropractic care may complement or support medical treatment by relieving the neuromusculoskeletal aspects associated with the condition.

The education of a chiropractor mirrors that of a

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LEARNING NEW SKILLS - Jayci Wigle, a Grade 3 student at St. Joseph's Elementary School in Windsor, runs through exercises at the Essex Recreation Complex Monday as part of the Swim to Survive program. The program is an initiative of the Lifesaving Society, which is helping to educate Grade 3 students across the province about basic aquatic survival skills.

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