

## **Would you like to increase the likelihood of adding at least 10 years to your life?**

**"The New Optimum Nutrition Bible"** by Patrick Holford offers these tips:

- Avoid fried food & limit your intake of meats and foods high in saturated fat. Oily fish such as mackerel, herring, salmon, and tuna are better.
- Eat plenty of fresh fruit & vegetables, which are high in calcium, magnesium, and potassium, especially green, leafy vegetables and beans, which are high in foliate.
- Eat seeds, high in Vitamin E, essential fats, and minerals.
- Do not add salt when cooking, or to your plate, and restrict your consumption of foods with added salt. If you do not use salt, use SOLO salt.
- Take a supplement of antioxidant nutrients, including at least 600 IU of vitamin E and 2 g of Vitamin C, plus the Omega-3 fats EPA and DHA and a multivitamin containing B6, B12, and Folic Acid.
- Know your blood pressure and have your blood lipid level checked every five years
- Keep fit, not fat.
- Don't smoke.
- Avoid prolonged stress



### **Yoga with Susie!**

*Enjoy a free yoga session with Susie on Tuesdays and Fridays from 8-845am*

**Call our office to schedule: 828.587.CARE**



### **Need A Massage?**

At Wilson Family Chiropractic we feel that Chiropractic Care and Massage Therapy are very complimentary.

Sue "Susie" Larreau is our licensed massage therapist. She offers different types of massage therapy, ranging from deep tissue, Ashiatsu, to Swedish Massage. She has been practicing for over ten years and loves what she does. Susie says massage is work of the heart.

*60 minutes... \$60*



### **Benefits of Massage**

- \* Promotes recovery from fatigue syndromes, muscle spasms and pain after exercise.
- \* Helps respiratory disorders like bronchial asthma and emphysema.
- \* Is often more helpful than drugs for nerve and gynecological problems like PMS.
- \* Helps chronic fatigue syndromes, Candida infections and gastrointestinal disorders.
- \* Helps correct poor posture from spinal curvatures and whiplash.
- \* Helps headaches and temporo-mandibular joint syndrome (TMJ).
- \* Breaks up scar tissue and adhesions, removing toxins causing eczema or psoriasis.
- \* An effective detoxification technique, promoting mucous and fluid drainage from the lungs and increasing peristaltic action in the intestines to promote fecal elimination.
- \* Fights cellulite by helping to eliminate congested, fatty wastes.

For more information on massage consider reading "Linda Page's Guide To Health Healing" which is available to our patients in the lending library.

### **The scoop on Inflammation**

A normal biological (biochemical & cellular) protective process that occurs following injury. Acute inflammation is part of the healing process. Its purpose is to control the injury, repair the damage and remodel the injured tissue. If Acute does not resolve then a state of Chronic inflammation develops.

Why inflammation? It signals the body a disruption in cellular integrity exists and may prevent further damage thereby initiating the repair process. Everyone's response rate is different and depends on genetic predispositions, nutrient acquisition, environmental factors and ability to manage stress.

Chronic inflammation can occur by simply eating the wrong foods leading to "dietary trauma," an altering of our bodies biochemistry. This then slowly leads to an expression of chronic pain, cancer, heart disease or whatever disease to which you may be genetically predisposed to develop.

We can reduce this inflammation by avoiding foods like fatty red meat, egg yolks, organ meats, and sugar and increasing Omega 3 & 6 rich foods like cold water fish, free range meats, vegetables, flax seed and nuts. Also consider avoiding processed foods which are low in nutritional value, partially hydrogenated foods (found in margarine, deep-fried foods and all packaged foods) and chemicals such as Aspartame or Splenda which the body cannot easily breakdown. Stay hydrated! The recommended intake of water is 1/2 of our total body weight in ounces.

We will continue the scoop on Inflammation in our February Newsletter. Stay tuned!



### **Rise & Shine Breakfast Drink**

Start to Finish: 10 minutes Makes: 4 servings

- 1 cup of apple cider, chilled
- 1 cup fat-free milk
- 1 8-ounce carton of low-fat yogurt
- 1 banana, sliced
- 1/2 cup fresh blackberries
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground white pepper (optional)
- 1/4 teaspoon ground allspice
- 1/8 teaspoon nutmeg

1. In a blender container combine all ingredients. Cover and blend until smooth. Serve immediately.

***This recipe was taken from Better Homes & Garden Cookbook***

*It's 2010. A new year. An opportunity to set new goals and rules to live by. Let's focus on betterment of ourselves and encouragement of each other. Let's exude positivity and joy. Remind yourself what is, is and move on towards a better state of mind and body. May our spirits be alive & bodies be healthy. We invite you to take this challenge with the staff at Wilson Family Chiropractic. Welcome Wellness!*

**This month issue:**

- \* Yoga - Come join us!
- \* Benefits of Vinegar
- \* Headaches Types
- \* Massage Benefits
- \* How to add 10 years to life
- \* Rise & Shine Breakfast Drink
- \* Inflammation of the body



# Wilson Family Chiropractic Newsletter

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To Your Health Magazine published an excellent article on the many types of **headaches and their potential causes**. To view the complete article visit: [www.toyourhealth.com](http://www.toyourhealth.com) and subscribe to your **FREE** copy of this excellent publication.

## - VINEGAR -

*Did you know that just 2 teaspoons of organic apple cider vinegar per day could....*

- Maintain healthy blood sugar levels
- Assist in weight loss
- Kill germs, viruses, molds and bacteria
- Relieve arthritis and stiffness
- Remove harmful toxins from the body
- Remove artery plaque
- “Curb” your appetite
- Soothe tight, aching muscles
- Maintain healthy skin
- Prevent baldness
- Balance scalps PH level
- Promote a youthful body
- Ease digestion of heavy foods and high protein meals

*Shop for the most nutritious vinegars which are not overly filtered (they look slightly cloudy) and still contain the “mother” mix of bacteria and enzymes in the bottle.*

*For more information on the benefits of vinegar search “Vinegar” online or refer to Linda Page’s “**Healthy Healing, A guide for Self-Healing for Everyone**” from our lending library.*

Types of Headaches	General Symptoms	Potential Cause(s)
<b>Common Migraine</b>	Severe throbbing pain, nausea or vomiting, dizziness, sensitivity to light / sound	Excessive dilation or contraction of blood vessels in the brain
<b>Classic Migraine</b>	Same as above, but preceded by visual disturbance, numbness in hands / legs, hallucinations and / or smelling strange odors	Excessive dilation or contraction of blood vessels in the brain
<b>Cluster Headache</b>	Severe, throbbing pain (one side of the head only); flushing of the face, tearing of the eyes, nasal congestion	Stress, alcohol use, smoking
<b>Tension Headache</b>	Constant pain in one area or all over the head; sore muscles and pain in the neck and upper back; light-headedness and dizziness	Stress / anxiety, depression, anger, food allergies, poor posture
<b>Bilious Headache</b>	Dull pain in the forehead; throbbing temples	Indigestion, overeating, lack of exercise
<b>Caffeine Headache</b>	Throbbing Pain	Caffeine withdrawal, causing blood vessels to dilate
<b>Exertion Headache</b>	Generalized headache during or after physical exertion (exercise, etc...) or passive exertion (sneezing, coughing, etc...)	Usually related to migraine or cluster headache; rarely related to organic disease.
<b>Eyestrain Headache</b>	Bilateral frontal pain (usually)	Eye muscle imbalance, uncorrected vision, astigmatism
<b>Fever Headache</b>	Generalized Headache	Inflammation of blood vessels caused by fever / infection
<b>Hunger Headache</b>	Headache that strikes just before mealtime or after prolonged fasting	Low blood sugar and muscle tension caused by skipping meals, stringent dieting
<b>Sinus Headache</b>	Nagging pain over the nasal / sinus area; may increase in intensity as the day progresses	Allergies or infection led to blocked sinus ducts or acute sinus problems
<b>TMJ Headache</b>	Pain above the ear, on the sides of the jaw or in the face; clicking or popping of the jaw; muscle contractions on one side of the face	Stress, poor bite, jaw clenching, teeth grinding, gum chewing