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Sherry Brescia's Top 10 Healthiest Foods

Spinach

Spinach is a low calorie, nutritional powerhouse that is a top source of vitamin K, which activates osteocalcin that helps our bones absorb calcium and prevent osteoporosis. It's a great source of calcium, it contains vitamins A and C, folic acid, iron and magnesium, plus 13 different flavonoids that are antioxidants and cancer preventers. The vitamin C and beta carotene in spinach help prevent colon cancer, and may also help protect the brain against the declines in function typically seen with aging.

Broccoli

This superstar contains protein, fiber, potassium, calcium, vitamins C and A, folate, magnesium, phosphorus and beta-carotene. Like spinach, broccoli too is a cancer fighter. It contains phytochemicals called isothiocyanates that neutralize carcinogens and inhibit the growth of tumors. Broccoli can be beneficial to women, as the indole-3-carbinol in it helps to increase the ratio of good estrogen to potentially harmful (carcinogenic) estrogen.

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286 East Main Street, Suite 4 Sylva, NC 28779
828.587.CARE / www.wilsonfamilychiropractic.net



Bananas

Bananas are a great source of potassium, which helps maintain cell integrity, keeps fluid and electrolyte balances in check, and encourages a steady heartbeat--all crucial to exercise and athletic performance. Bananas also have colon cancer-fighting fiber, and are a source of FOS-fructooligosaccharides-which are nourishment for the beneficial (probiotic) bacteria in your gut.

Blueberries

Blueberries are both antioxidant and anti-inflammatory, and help to fight and prevent major serious diseases including Parkinson's, cancer, heart disease, diabetes and arthritis. Compounds in blueberries called polyphenols help strengthen memory and slow or prevent the decreased coordination and balance associated with advancing age. They can also help lower blood cholesterol, encourage urinary health and protect against glaucoma and cataracts.

Wild Alaskan Salmon

Wild Alaskan salmon is one of the best sources of omega-3 essential fatty acids in the world, helping to reverse the chronically imbalanced omega-6 to omega-3 ratios that most people have. Omega-3 EFAs are essential for heart and brain health, circulation, memory and control of blood sugar. They're also a natural anti-inflammatory and help to fight inflammation-related conditions such as arthritis and fibromyalgia. Salmon also is a great source of protein, potassium, vitamin B12, niacin and the anti-cancer trace mineral selenium.

Raw Almonds

Raw (not roasted) almonds are an excellent source of "good" monounsaturated fat, which not only helps lower cholesterol but is associated with lower levels of heart disease and cancer, as well as longer life spans. Almonds also contain protein, fiber and calcium, as well as phosphorus, vitamin E and magnesium. And since they contain no carbohydrates, they are perfect for diabetics.

Brown Rice

Rice is a popular favorite worldwide, but much of it is the refined, nutrient-stripped variety. Excessive consumption of refined carbohydrates such as white rice can lead to Candida overgrowth, gas and bloating, yeast infections, obesity and type II diabetes. Brown rice, on the other hand, is the entire grain of rice, with only the outer hull removed. As such, it contains the nutrients niacin, vitamin B6, magnesium, manganese, phosphorus, selenium and vitamin E.

Garlic

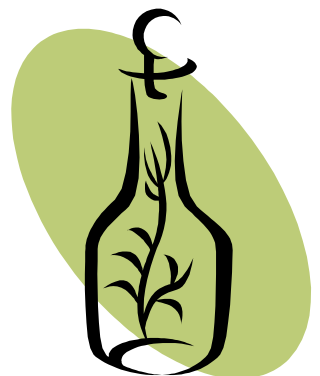
Garlic is a proven reducer of LDL (bad) cholesterol, it can raise HDL (good) cholesterol and lower triglycerides. It can also reduce arterial plaque buildup, lowering your risk of stroke and heart attack. In addition, compounds in garlic have been shown in studies to decrease the risk of stomach and colon cancers. Garlic has also shown to have antimicrobial properties against various bacteria, viruses, parasites and fungi, and can even help lower blood pressure in some

Lentils

When it comes to packing a fiber punch, it's hard to beat lentils. High fiber foods such as lentils are also associated with decreased risks of cancer and heart disease. Lentils also are loaded with protein, and are a good source of folate, iron, and several other minerals including manganese. Manganese is essential for growth, reproduction, wound healing, brain function and the metabolism of sugar, insulin and cholesterol.

Extra Virgin Olive Oil

Extra virgin olive oil is very high in phenols, which are potent antioxidants. It is also a heart-healthy monounsaturated fat that helps lower LDL cholesterol and raise HDL cholesterol. Studies of a Mediterranean-type diet have shown olive oil's association with reduction in mortality of people with heart disease as well as lowering blood pressure. Research also shows that olive oil may help protect against colon cancer and bowel cancer.



Study Shows Chiropractic Safe for Post Disc Surgery Patients

A research article published on April 21, 2010 in the journal, Chiropractic & Osteopathy from Melbourne Australia, looked at the safety of chiropractic care for patients who had previously had disc replacement surgery.

The study notes that spinal disc replacement surgery is becoming more popular. They also report that after such surgery it is common for patients to experience soreness and stiffness of the lumbopelvic region. Many of these people then turn to chiropractic care in the hopes of improvement from these post surgical problems. This study was designed to look at the safety of chiropractic care after the surgery.

This study looked at eight patients who underwent lumbar spine disc replacement, having 1 or 2 total lumbar disc replacements, and continued to have persistent, post-surgical, non-specific lower back or pelvic pain. These patients were referred for chiropractic by an orthopedic surgeon. All these patients were considered stable according to the surgical protocol.

For the purposes of this study, all eight patients were given from 8 to 10 chiropractic adjustments using one of the more forceful side posture lower back adjusting techniques. Safeguards were taken along with frequent examination procedures to make sure that no patients would be subject to any harm.

The results showed that none of the patients had severe or irreversible reactions after the spinal manipulations. There were several cases of moderate soreness after adjustments more common after the first few sessions. Most of these episodes were self limiting and short lived lasting only between hours to a few days. The researchers noted that most of these small reactions were similar to what the general population experiences after the same procedures.

In their conclusion the authors wrote, "During the short treatment period, no major complication was encountered by the patients. Moreover, the benign side-effects reported after lumbar spine manipulation were similar in nature and duration to those frequently experienced by the general population."

Chiropractic Testimonial

Before receiving chiropractic care I experienced extreme pain in my lower back, hips and neck. This pain occurred after two extensive surgeries on my ankles due to torn tendons in 2005. My body alignment became intolerable. I began taking Vicodin daily just to make it through the day. The thought of going to a chiropractor never entered my mind until my cousin suggested a chiropractor might alleviate my pain. I began seeing Dr. Katie at Wilson Family Chiropractic in 2009. Chiropractic adjustments have changed my life. I wish I had before and after pictures. Before treatment, my alignment was so bad that you could visually see my left shoulder was much higher than my right, now they are even. My neck and hip pain are gone and while I occasionally experience low back pain after exerting myself, I am always remedied by an adjustment with Dr. Katie. I plan to continue routine chiropractic treatment as it has been my saving grace. My husband also began seeing Dr. Katie after witnessing my results and suffering an injury from a fall. He has had similar results and great relief from his pain. We are continuing maintenance treatments twice a month and thankful our problems have not returned.—Lynn Hyde

B l a c k b e r r y E n d i v e S a l a d

Drop a few blackberries in the bottom of a salad bowl and lightly mash with a fork to release the juices. Scatter in some sliced endive. Stir in ripe, chopped avocado. Grate in some Pecorino cheese (an aged sheep's milk cheese and a switch from your usual Parmesan). Add a bit of orange zest. Drizzle in a high quality extra virgin olive oil and good balsamic vinegar. Season with sea salt and freshly ground pepper, toss, and you have a salad that will wake up your palate with fresh summer flavors.



60-minute massage... \$60

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.



Garlic contains sulfur compounds and other phytochemicals to work together to:

- help maintain normal cholesterol levels within a normal range
- support cardiovascular system health
- encourage a healthy intestinal environment to help maintain proper gastrointestinal flora
- enhance immune system response
- promote healthy lung function

Bottle containing 90 capsules sold here... \$16.00