

## In This Issue:

Lose the Last 10 Pounds

Chiropractic Safe &  
Effective for Neck Pain

Sue Larreau's  
Recommended  
Gallbladder / Liver Cleanse

Pregnancy Prep™ -  
Reproductive System  
Support

Chiropractic  
Testimonial

"Medicine is about disease  
and what makes people die.  
Chiropractic is about LIFE  
and what makes people  
LIVE!"

-B.J. Palmer, D.C.



# Wilson Family Chiropractic Newsletter

Volume 2, Issue 9      September 7th, 2010

286 East Main Street, Suite 4 Sylva, NC 28779  
828.587.CARE / [www.wilsonfamilychiropractic.net](http://www.wilsonfamilychiropractic.net)



## Lose the Last 10 Pounds

By Editorial Staff of To Your Health Magazine - Sept 2010 Issue

Millions of people lose hundreds of millions of pounds every year, only to put them back on, often with a little extra as backhanded thanks for their hard work. One of the major reasons for long-term failure is the challenge of losing that "last 10" - the last 10 pounds that need to go in order to reach your desired weight.

When you think you've lost all the weight you can and can't seem to lose any more (even when you know you need to), here are a few ways to keep going all the way to your personal weight-loss finish line:

**Mix Things Up.** Your body adapts fairly quickly to physical demands, which means if you don't vary your workouts, your body stops responding. Mixing things up may take you out of your comfort zone, but it will pay off when you keep burning fat and pounds.

**Power in Numbers.** If you don't already have a workout partner, recruiting one could be just what you need, especially when going to the gym has lost the allure it once did. Studies show that support, whether at the gym or just via an encouraging phone call, is crucial to long-term success in any weight-loss program.

**Think Back.** As hard as it may be, sometimes you need to look back (photos, video, etc.) at the heavier person you were to appreciate your success thus far and remotivate yourself to keep going forward instead of backward.



### Chiropractic Effective and Safe for Neck Pain According to New Study

A study published in the journal, Chiropractic & Osteopathy, on July 9, 2010 looked at three types of chiropractic adjustments to see how patients with neck pain responded to care. The study also looked at the safety of these procedures by checking to see if there were any adverse reactions among participants in the study.

In this study, conducted at Anglo-European College of Chiropractic, in Bournemouth, Dorset, United Kingdom, volunteer subjects who met the criteria were divided into three groups. Each of the groups used a different kind of chiropractic technique for care. All three groups were also given exercise and advice. The researchers looked to see if there was any difference in the outcomes between the various kinds of chiropractic procedures. They also recorded any adverse events to see if there was any difference in that area as well.

The results showed that all three groups showed significant improvement over a 12 month period. No major differences were observed between the various groups. Additionally, none of the participants showed any significant or severe adverse reactions or events from the care. It was noted that a number of the participants did have some mild adverse reactions, but that all of them were resolved within 1 to 2 days.

The authors of this study concluded that although their study was small, it showed that three different types of chiropractic care resulted in improvement in the patients, with no adverse effects, "it appears that all three methods of treating mechanical neck pain had a long-term benefit for subacute neck pain, without moderate or serious adverse events associated with any of the treatment methods."

Learn More: [www.stayfitseniors.com](http://www.stayfitseniors.com)

# Sue Larreau's Recommended Gallbladder / Liver Cleanse

Begin by purchasing 5 quarts of organic apple juice, a quality cold-pressed 8 ounce bottle of olive oil and organic pure grapefruit juice (this can all be purchased at Kountry Kupboard or another local health food store). Also purchase epsom salts if you don't already have this in the cabinets at home.

Enjoy 5 days of apple juice (1 quart / day), salads, fruits, veggies, protein, water, etc...then on night 5 take one of your empty apple juice bottles and mix with pure water & 4 tablespoons of epsom salts. Beginning at 6pm, drink 8 ounces. Within an hour you will begin dismissing bowel feces. Repeat again at 8pm. Then, at 10pm drink 8 ounces of olive oil & 8 ounces of grapefruit juice. I did this by mixing 4 ounces of each twice (it actually is tolerable). Go to bed soon after. You will likely get up several times in the night to go to the bathroom. I drank pure water at this time to stay hydrated. Then drink the remaining epsom salt water beginning at 6am & again at 8am. During the AM hours you will be dismissing cholesterol and stones. Drink water, juice too. By noon you should be back to normal. You should eat light for the following days as your bodies gone through a lot.

## Chiropractic Testimonial

I began being treated by Dr. Katie at Wilson Family Chiropractic in December of 2009. At 8-months pregnant with my second child, my gracilis (groin area) had become so inflamed that the pain nearly prevented me from being able to walk. The inflammation affected my mood and energy levels while also making it difficult to sleep. While the pain affected me, my discomfort affected my whole family as I was unable to care for our 2-year old.

Prior to considering chiropractic care I worked with a Physical Therapist at a local hospital. Throughout my treatment they were never able to give me a clear diagnosis of my pain. I was continually encouraged to work on exercises and wear a maternity belt - - neither of which provided any comfort. During my first pregnancy I was told my pain was normal during pregnancy and it would go away after delivery. While this thought was presented to me during this pregnancy I did not believe I could or should ignore this problem.

Being raised to think chiropractic care was not medically sound or credible, I have changed my way of thinking since being treated. Dr. Katie has helped me understand and realize the logic and impact chiropractic treatment has on the healing process. I understand how stress and general wear and tear on the body create imbalances that need to be addressed and corrected. She helped address (and diagnosis) my acute gracilis pain, realign my pelvis and relieve my pain. Although I still have some pain due to the extra weight I am carrying with my pregnancy, I truly feel better after each adjustment. I am sleeping better, my mood is elevated and my family life has improved.

- Jenny Wilson

## Pregnancy Prep™ - Reproductive System Support

60 capsules \$12.00

Women want optimal support in preparation for their pregnancy. Basic concepts to enhance this process include supporting improved ovulation, supporting fertilization and implantation of the egg, supporting tone of the uterus, supporting improved circulation, and promoting optimal uterine health. Some of the herbs in this formulation have been time honored in traditional botanical usage and others have been studied in modern research for their ability to stimulate ovulation, promote healthy progesterone levels, and promote improved pregnancy rates.\*

Each vegetarian suitable capsule includes:  
*Tribulus terrestris* (tribulus terrestris extract, 40% saponins), *Rhodiola* (3% rosavin, 1% salidroside), *Vitex* (.6% aucubin), *Vitex*, *Rubus idaeus* (raspberry leaf), *Medicago sativa* (alfalfa), *Angelica sinensis* (dong quai), *Leonurus cardiaca* (motherwort), *Aletris* (unicorn), *Amylase*, *Protease*, *Lipase*, *Cellulose*, *Lactase*

