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Prescription Drugs Cause More Overdoses in U.S. Than Heroin and Cocaine

The headline above is from a July 7, 2011 story in Bloomberg news. The article highlights just how large the problem of prescription drug abuse has become. The story notes that between 2003 and 2009, 76 percent of all overdose deaths in Florida implicated prescription medications. The Centers for Disease Control statistics suggest that Florida was averaging about eight prescription drug overdose deaths a day, which was four times higher than overdoses from illegal drugs.

Likewise on July 11, 2011, the Detroit Free Press also ran a story titled, "Prescription drug deaths soar in Michigan." This Michigan story reported that just as in Florida, more deaths occur from prescription drug overdoses than from heroin and cocaine combined. The Bloomberg article also noted that according to the US Centers for Disease Control, as of 2007, unintentional poisoning was the second leading cause of injury death in the US after automobile accidents, accounting for 29,846 deaths nationwide.

To further put this problem into perspective, the Bloomberg article reported that "By 2009, the number of deaths involving prescription drugs was four times the number involving illicit drugs." They also noted, "The number of annual deaths from lethal concentrations of prescription medicines increased 84 percent from 2003 to 2009, while deadly overdoses of illegal drugs fell 21 percent."

In the Detroit Free Press story, the facts mirror what is happening on a national front. Commenting on the increase seen in Michigan alone, Larry Scott, manager of the prevention section of Michigan's Bureau of Substance Abuse and Addiction stated, "We're seeing an alarming trend that continues to increase."

Dr. David Kloth, a spokesman for the American Society of Interventional Pain Physicians commented, "Thirty thousand people a year are dying from prescription drug abuse in America; 10 years ago, it was half that."

Broiled Salmon with Cucumbers

Ingredients:

- 1 cup of diced onions
- 1 teaspoon wheat-free tamari sauce
- 1/2 cup vinegar
- 2 cucumbers, thinly sliced
- 4 cloves of garlic, minced
- 1-1/2 pds of Salmon Fillets
- 2 teaspoons peeled minced ginger-root
- 1 teaspoon olive oil

Preparation:

In a large non-stick frying pan over medium-heat, combine the onions, vinegar, garlic, ginger and tamari sauce. Bring to a boil, stir and cook for 3 minutes. Remove from heat.

The Importance of Whole Food Supplements

As a nation, we eat poor-quality foods that have been stripped of nutrients. We do not consume enough fresh fruits and vegetables. Many of us get our whole grains from instant rice, refined wheat breads, pastas, and cereal. We eat a tremendous amount of prepackaged, pre-made meals. One-quarter of Americans eat at fast food restaurants each day. Americans are overfed and undernourished.

We eat plenty but we are still starving

The foods we eat are not providing our bodies with the nutrition it needs to survive and be healthy. We are starving our bodies and we are sick. We suffer from diabetes, heart attacks, obesity, and the list goes on and on.

There is good news

Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself. To do so, we need to eat a healthier diet, exercise, and take high-quality supplements made from whole foods. Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form.

Only whole food supplements complete the nutritional gap

Whole food supplements are made by concentrating foods for use in supplements. When processed correctly, they supply a multitude of the plant's components. Foods provide nutrients that work synergistically. They work together to provide you with optimal nutrition for good health.

A word of advice: Not all whole food supplements are the same

Many whole food supplements available in today's marketplace range in quality. Companies are riding the wave of supplement popularity rather than focusing on commitment and quality.



Talk with Dr. Katie, Sue, Valerie or Mary to learn more about whole foods and Standard Process

Association Found Between Autism Prevalence and Childhood Vaccination

A study published in the May 11, 2011, issue of the Journal of Toxicology and Environmental Health shows that in the US there is a state by state link between the proportion of infants and toddlers receiving recommended vaccines and the autism rate for that state. Interestingly enough, the study was only covered by one news outlet, being reported on in the July 08, 2011, issue of the Baltimore Sun.

The authors of the study start off by noting, "The reason for the rapid rise of autism in the United States that began in the 1990s is a mystery. Although individuals probably have a genetic predisposition to develop autism, researchers suspect that one or more environmental triggers are also needed. One of those triggers might be the battery of vaccinations that young children receive."

The author of the Baltimore Sun article, Margaret Dunkle, is a senior research scientist at the Department of Health Policy at George Washington University and director of the Early Identification and Intervention Collaborative for Los Angeles County. Her article is titled, "*We don't know enough about childhood vaccines. Researcher asks: Are 36 doses of vaccine by age 2 too much, too little, or just right?*" She reports that the federal government recommends 36 doses of vaccine, addressing 14 different diseases, for every US child under age two.

Dunkle reports that the vaccine ingredients could be an issue. She noted that vaccines contain adjuvants designed to boost vaccine potency. One of the more common adjuvants is aluminum. Dunkle also noted that thimerosal, which is almost 50 percent mercury and has been removed from most child vaccines, is still present in flu vaccines. Additionally, the carcinogen formaldehyde is also present in a number of the vaccines. All these are in addition to stabilizers such as gelatin, eggs or other proteins.

Whether the ingredients are the problem, or the sheer number of vaccines given in the first two years of life, the amount of research done on the short and long term effects of the multiple vaccines is negligible. Dunkle states, "While testing is routine for individual vaccines as they are licensed, research on the both short and long-term effects of multiple doses of vaccine administered to very young children during the critical birth-to-2 developmental window is sparse to nonexistent."

The researchers concluded their study by stating, "A positive and statistically significant relationship was found: The higher the proportion of children receiving recommended vaccinations, the higher was the prevalence of autism or speech or language impairment." The researchers noted that neither parental behavior or access to healthcare played a role in the study results. They also noted that no other type of disability was statistically related to the proportion of children receiving recommended vaccinations. From their research, they clearly state, "The results suggest that although mercury has been removed from many vaccines, other culprits may link vaccines to autism. Further study into the relationship between vaccines and autism is warranted."

Salsa

Ingredients:

- 2 Large Tomatoes
- 1 clove crushed garlic
- 2 chopped scallions
- 1 tablespoon olive oil
- 2 tablespoons chopped cilantro
- 1 teaspoon fresh lime juice

Preparation: Combine all ingredients in a bowl. Can be used cold as dip or warm up as a sauce.

Blackberry Endive Salad

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.

Grilled Eggplant Slices

These eggplant slices will melt in your mouth.

Ingredients:

- 1 large eggplant
- 3 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 3 tablespoons balsamic vinegar

Preheat a gas grill to high. Slice eggplant 1/2 to 1/2 inch thick. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt and pepper. Brush both sides of the eggplant slices with the mixture. Place eggplant on the preheated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14

Pan Seared Tilapia with Cantaloupe and Avocado Chunky Salsa

Ingredients:

- 1/2 cantaloupe, peeled, seeds removed and diced into very small pieces.
- 2 avocados diced into small cubes
- 1/2 purple onion diced into small pieces
- 2 tablespoon diced cilantro
- 1/2 lime's juice
- 2 fresh tilapia fillets

Preparation:

Mix first 5 ingredients together in a bowl. Place in fridge. Heat skillet to medium high heat. Rub filets with olive oil. Sprinkle with cracked pepper and sea salt. Put 1-2 teaspoons of olive oil in hot pan. Place filets in skillet once oil is hot. Quickly sear filets - roughly 3 to 5 minutes per side. Flip filets to sear other side. Place filets on plate and top with a good amount of salsa.