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Baby With Ear Infection and Respiratory Tract Infection Helped With Chiropractic - Case Study

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A case study documented the success with chiropractic of the care of an infant suffering from ear infections and respiratory tract infection. The study was published in the scientific periodical, the Journal of Pediatric, Maternal & Family Health, on December 22, 2010.

Winter Squash Soufflé with Roasted Garlic a winter souffle of squash, roasted garlic and parmesan cheese

In this simple winter squash soufflé, we omit the classic inclusion of béchamel sauce in favor of a simple vegetable purée – resulting in a grain- and gluten-free soufflé. Garlic provides an appealing depth of flavor that enhances the squash's natural sweetness.

Ingredients

1 1/2 lbs winter squash, any variety, 1 head garlic, 6 eggs, separated, 1/4 tsp unrefined sea salt, 1 cup grated parmesan cheese, divided, plus extra for dusting the souffle dish, butter, for greasing the souffle dish, olive oil, for oiling the squash

Method

1. Preheat the oven to 425 degrees Fahrenheit (218 degrees Celsius).
2. Split the squash and seed them, then evenly distribute the unpeeled garlic cloves of one head of garlic among the squash cavities. Invert the garlic-filled squash on a baking sheet and coat their skins with olive oil.
3. Roast the squash in an oven preheated to 425 degrees Fahrenheit (218 degrees Celsius) until their skins brown and are easily pierced with a knife, about forty-five minutes. Turn off the oven, remove the squash and allow it to cool to room temperature.
4. After the squash has cooled to room temperature, turn the oven on again and preheat it to 425 degrees Fahrenheit (218 degrees Celsius), then spoon the flesh of the roasted squash into a food processor. Peel the roasted garlic and add it to the food processor.

In this case study, a twenty-one-month-old girl was brought to the chiropractors office suffering from Otitis Media, ("OM"), more commonly known as ear infections, and Respiratory Syncytial Virus ("RSV"), a respiratory tract infection. The young girl was medically diagnosed with her first ear infection when she was only one month old. She was diagnosed with respiratory infections at nine months old.

The study denotes that otitis media is the most frequent reason for physician visits for children under the age of fifteen and the second most common diagnosis in medicine. The authors report that the girl was not breastfed and note that studies have shown that infants who are not breastfed have double the odds of developing recurring otitis media as compared to infants who are breastfed for the first four months of life.

According to the study author, respiratory syncytial virus (RSV) is the most common cause of viral lower respiratory tract infection in infants and children with 90% of children infected by 2 years of age. Most commonly children affected by this are diagnosed with bronchiolitis or pneumonia.

In this case the girl's mother brought her baby daughter to the chiropractor because her baby was not getting any results after a year-and-a-half of medical care. According to the study, the mother reported that her daughter had been on a nebulizer for the past year and found the current care plan by the pediatrician consisting of antibiotics and bronchodilators to be frustrating because her daughter was not getting well.

A chiropractic examination was performed and the conclusion was that the child did have vertebral subluxations resulting in interference to the baby's nervous system. A course of chiropractic care was initiated designed to correct the spinal misalignments from the subluxations.

Within one week of the onset of chiropractic care the mother reported an improvement in her baby's sleep. Within one month the ear infections had resolved and the girls mother discontinued the antibiotics. Within three months of care, she brought her child back to the pediatrician and was told the child no longer had a respiratory infection, and therefore the nebulizer treatments were discontinued.

In the discussion of this case report, the authors explain the positive results of this case by stating, "The chiropractic profession has claimed favorable clinical responses for otitis media and other upper respiratory infections for nearly 100 years and evidence is increasingly suggesting that the nervous system is capable of modulating the immune system."

5. Butter a souffle dish and dust it with parmesan cheese.
6. Pulse the squash and garlic to combine, then add the egg yolks and three-quarters cup grated parmesan cheese and process until smooth.
7. Meanwhile whip the egg whites with salt until they form soft peaks.
8. Gently fold the whipped egg whites into the egg and squash mixture.
9. Pour the souffle mixture into the buttered and parmesan-dusted souffle dish. Top with remaining one-quarter cup grated parmesan cheese and bake in an oven preheated to 425 degrees Fahrenheit (218 degrees Celsius) until the souffle is puffed and browned, with the center remaining wobbly – about thirty to forty minutes.
10. Serve immediately lest it fall.

YIELD: about 4 to 6 servings. / **TIME:** about 2 hours

The Following information was found on the website of
"Well Adjusted Babies" Dr Jennifer Barham-Floreani

Chiropractic and Pregnancy

Dated: 28 January,2011

Pregnant mums, let me share the following very good news with you:

- Chiropractic care has been shown to significantly reduce labour time for women who had care throughout their pregnancy. In one study, Dr Joan Fallon found that first-time mums averaged a 24% shorter labour, while experienced mothers (those who had given birth before) had a 39% reduction in the average labour time in a substantial percentage of births.

- In another hospital study that incorporated chiropractic adjustments during the patient's pregnancy, the results indicated that there was a 50% decrease in the need for painkillers during delivery, attributable to pre-delivery adjustments.

- A study conducted by Dr Irvin Henderson MD (a member of the American Medical Association Board of Trustees) demonstrated that "Women who received chiropractic adjustments in their third trimester were able to carry and deliver their child with much more comfort."

Show me any woman who would not be excited about these possibilities!

Adjustments help women successfully prepare for labour. In addition, a well functioning nervous system enables a mother to easily combat many of the hurdles of pregnancy. Often women learn to just accept pregnancy discomforts such as nausea, heartburn, constipation, pubic pain, etc, when in fact they don't need to.

A chiropractor will check your spine to assess if it is properly aligned and subluxation-free (free of joint and nerve dysfunction). Regular visits while you are pregnant will help to keep you in great shape in preparation for your birth.

Chiropractic care is extremely important—before, during and after pregnancy. Here are some tips for Caring For Your Spine.

Tips for Caring for Your Spine During Pregnancy

Here are some top tips for caring for your spine:

- Don't try to sit straight up from a lying position using your abdominal muscles. Instead, bend your knees, turn onto your side and push yourself up with your arm.
- Remember to unlock your knees when standing.
- Refrain from wearing high-heels.
- Avoid standing with your hands on your hips and pushing your tummy forward.

- Let others lift heavy items for you.

- Avoid twisting your spine on top of your pelvis; instead try moving your whole body with your feet first. For example, when getting out of the car, turn your whole body towards the open door as you place your feet on the ground.

- If you have other young children PLEASE avoid carrying them whenever possible. Have them walk (it is good for you to slow down the haste anyway), and sit and cuddle them as much as you can. Many pregnant women injure their abdominal muscles, pelvic floor or their pelvis by carrying other children.

- Avoid remaining in one position for too long. If you need to stand for an extended period, place one foot on a small box or an equivalent to reduce the load on your back. Swap legs.

- Keep your pelvic floor strong.

- Perform regular moderate exercise

- Breathe deeply into your lower abdomen, especially when stressed.

- Every day, gently stretch your body..

- Once a week or as often as you can, schedule a massage.

- Sleep with a pillow between your knees and place another pillow at your breast level to snuggle, so that you do not roll your upper body forward.

- Have your spine regularly checked by a chiropractor.

Dr Jennifer Barham-Floreani

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Magnesium - calcium's comrade in arms

Magnesium works with calcium in maintaining both bone density and nerve and muscle impulses. The average diet is relatively high in calcium but deficient in magnesium, because milk, our major source of calcium, is not a very good source of magnesium. Both minerals are present in green leafy vegetables, nuts and seeds. Magnesium is a vital component of chlorophyll which gives plants their green color and is therefore present in all green vegetables. However, only a small proportion of the magnesium within plants is in the form of chlorophyll.

Magnesium is essential for many enzymes in the body, working together with vitamins B1 & B6. It is also involved in protein synthesis and is therefore vital for production of some hormones. It may be its role in hormone production or prostaglandin production that is responsible for its beneficial effects on pre-menstrual problems.

A lack of magnesium, is strongly associated with cardiovascular disease: patients who die from from this cause have abnormally low levels of the mineral in their hearts. Lack of magnesium causes muscles to go into spasm, and there is considerable evidence that some heart attacks are caused, not by obstruction of the coronary arteries but by cramping of them, resulting the heart being deprived of oxygen.

Learn More! Check out "The Optimum Nutrition Bible" by Patrick Holford available in our lending library.