

*In This Issue:*

Thieves—  
Young Living

Dairy Foods in a  
Healing Diet

**Surprising Healing  
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Over 1/4 of Americans are  
intolerant to dairy foods.

They experience allergic reactions, poor digestion and mucous build-up. In addition to a lactose sensitivity, many people process some proteins like casein in cow's milk poorly, throwing off excess from cheeses, cream, ice cream and milk. Milk-digesting lactase levels are at their highest immediately after birth, decreasing after weaning. Dairy foods become harder to digest as we age, causing strain and accumulating mucous clogs on eliminative organs. Even people without great sensitivity to dairy foods report an energy rise when they reduce their dairy intake.

*Read the entire article on Dairy Foods in a Healing Diet in Linda Page's Healthy Healing, A Guide to Self-Healing for Everyone found in our lending library.*

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**Thieves oil blend** - *Arm yourself with the power of Thieves*  
Young Living  
0.5 fl ounce bottle \$40

It's a rough world we live in today. The germs, bacteria and respiratory viruses that surround us have never been stronger or more antibiotic-resistant.

That's why it's more important than ever to keep your body on alert against attacks to your immune system. Whether you're trying to battle the "bug" at the office or warding off household germs that family members leave behind, the arsenal of natural Thieves-enhanced products delivers positive antiseptic benefits to cleanse, calm and sooth you—body and soul.

Thieves essential oil blend is a proprietary blend of:

- [Clove](#)
- [Lemon](#)
- [Cinnamon Bark](#)
- [Eucalyptus](#)
- [Rosemary](#)

Perfect for personal use, but powerful enough for...

- hospitals
- hospices
- hotels
- schools
- industrial safety applications

Research conducted at Weber State University in cooperation with D. Gary Young, as well as other documented research, indicates that most viruses, fungi, and bacteria cannot live in the presence of many essential oils, especially those high in phenols, carvacrol, thymol, and terpenes. This, perhaps, offers a modern explanation why the Old Testament prophet Moses used aromatic substances to protect the Israelites from the plagues that decimated ancient Egypt. It may also help us understand why a notorious group of thieves, reputed to be spice traders and perfumers, was protected from the Black Plague as they robbed the bodies of the dead during the 15th century.

Packed with powerful, germ-killing essential oils, the Thieves line helps eliminate airborne bacteria and boost the immune system. The Thieves Kit offers protection during cold and flu season of winter months. But the products, based on the Thieves oil blend are best utilized day-by-day. They offer a safe but flexible and powerful multi-prong approach in the battle against germs—bacteria, fungi, or viruses—all year long.

## Surprising Healing Benefits of Spices

*Find out how everyday kitchen seasonings can improve your health*

By [Brynn Mannino](#) Posted May 20, 2010

Chances are you sprinkle cinnamon into your morning oatmeal or add a dash of oregano to pizza without giving the spices much thought. But did you know your favorite flavors can actually do your body good? According to Christina Suarez, master herbalist and owner of [TheGoodHerbCo.com](#), while spices are only [effective](#) when eaten at least daily, each has its own specific health benefits. Read on to find out which additives can burn fat, ease a sore throat or help you get to sleep, and how you can incorporate them into your daily diet.

**Cardamom**—*Fruit of the Elettaria cardamomum plant in the ginger family.*

**Health Powers:** Eases belching, flatulence and indigestion; treats respiratory conditions like coughing, asthma and loss of voice; aids in the elimination of toxins through your skin.

**Daily Dose:** Stir a few freshly ground pinches of cardamom pods into a shot of OJ or your morning fruit salad, or mix it with white or brown rice before you boil it.

**Cayenne**—*Fruit of the Capsicum annuum plant in the Solanaceae family, along with chile pepper.*

**Health Powers:** Eliminates gas from the stomach and intestines; soothes sore throat, [cold and flu](#) symptoms; increases metabolism for weight control.

**Daily Dose:** Stir into a cup of hot chocolate or any sweet juice drink for a contrasting flavor kick.

### Cinnamon

*Bark of a small evergreen tree.*

**Health Powers:** Tames nausea and stomach ulcers; functions as a mild [anti-inflammatory](#); increases insulin sensitivity to help focus fat burn.

**Daily Dose:** Stir into coffee/tea, yogurt, oatmeal or any boxed cereal.

**Cloves**—*Flower bud found at the base of an evergreen tree.*

**Health Powers:** Soothes digestive tract muscles and is a potent antihistamine.

**Daily Dose:** Mix into your nightly ice cream treat or sneak into mustard spread.

**Nutmeg**—*Fruit of Myristica fragrans, an evergreen tree.*

**Health Powers:** Improves digestion; eases the symptoms of menstruation; induces calm and sleep.

**Daily Dose:** Grate a small amount into applesauce or plain yogurt. (Note: It's safe to grate the entire nut, which you can usually buy whole at the supermarket, but you never want to consume more than one nutmeg per day because too much of this potent spice can cause stomach pain, double vision and other uncomfortable reactions.)

**Celery Seed**—*Seed of the Apium graveolens plant in the parsley family.*

**Health Powers:** Flushes the liver of toxins; [lowers blood pressure](#); combats water retention.

**Daily Dose:** Think salads—tuna, potato and egg all work, which can be tossed onto a bed of lettuce, eaten alone or spread onto bread.

**Coriander**—*Also known as cilantro; the leaves and seeds of the Coriandrum plant in the aromatic Apiaceae family.*

**Health Powers:** Acts as a diuretic; eases seasonal allergies.

**Daily Dose:** Cook into couscous and quinoa, which you can store and eat with leftovers.

**Fennel**—*Seed of the Foeniculum plant in the aromatic Apiaceae family.*

**Health Powers:** Calms bowel distress; supports milk production in nursing mothers; combats water retention.

**Daily Dose:** Add to canned minestrone and vegetable soups.

**Oregano**—*Leaf of the Origanum plant in the mint family.*

**Health Powers:** Loosens mucus; helps treat respiratory illnesses; and calms indigestion.

**Daily Dose:** Use in any tomato-based foods, like marinara sauces, pizza and soups.

**Thyme**—*Leaf of the Thymus plant in the mint family.*

**Health Powers:** Relaxes the muscle tissue of the gastrointestinal tract; stimulates immune system.

**Daily Dose:** Toss into any meat-based dishes.

**Turmeric**—*Root of the Curcuma plant in the ginger family.*

**Health Powers:** Reduces inflammation (joints, airways); detoxifies the liver.

**Daily Dose:** Mix in with oil-and-vinegar-based salad dressings.

