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Notes from Life's Little Instruction Book....

- Say "Thank you" a lot.
- Plant flowers every spring.
- Be forgiving of yourself and others.
- Floss your teeth
- Treat everyone you meet like you want to be treated.
- Don't postpone joy
- Never give up on anybody
- Buy vegetables from farmers who advertise with hand-lettered signs
- Stop blaming others. Take responsibility for every area of your life
- Ride a bike
- Don't waste time responding to your critics

By Thorsons

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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 soufflé dish, butter, for greasing the soufflé 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.

Chiropractors Warn About "Text Neck"

Several stories appeared in a number of publications warning people about the dangers of texting excessively. Chiropractors are leading the call of caution that texting for hours puts the neck in a position that creates health issues.

A CBS News story on October 10, 2011 advises the readers to "Add 'text neck' to your new world, digital dictionary". The problem is that continuously texting causes a person to lean their head forward for long periods of time thus causing a loss of the normal forward curve in the neck. Chiropractors have warned for years that a loss of forward curve in the neck leads to a variety of health issues. Texting is the latest and most popular new technology that leads to this neck problem.

This problem has become international as was pointed out in an October 6, 2011 story in a British publication, the Telegraph. The story quotes Dr. Rachael Lancaster, a chiropractor from Leeds England, "Text neck is caused by the neck being flexed for a prolonged period of time. Sufferers are increasing as the use of smart phones and tablet computers become more popular."

Dr. Lancaster likens it to putting other parts of your body into an awkward position for long periods of time. "Imagine sitting on your ankle sideways for 10 minutes. It would feel stiff and sore when you returned it to its natural position. That is exactly what people are doing with their necks. If people continue to put their necks in these positions, the body will gradually adapt to the stresses."

Dr. Tim Hutchful, of the British Chiropractic Association noted that doctors are seeing a rising number of patients with similar neck problems. He explained the problem by saying, "When the head is over the shoulders it is a bit like a balanced see-saw, and when you move it forward you need to put a force in place to keep it in that position. The longer you are in that position for, the more the muscles have to accommodate it."

An October 7, 2011 story from MSNBC on this same subject quoted Texas chiropractor and spokesperson for the American Chiropractic Association Dr. Cynthia Vaughn who stated, "It's a known phenomenon and that's increasing and doctors need to educate their patients on the proper ergonomics of this." Dr. Vaughn continued by offering a practical solution to prolonged texting, "I tell my patients the easiest thing to do is pick up the phone and call people."



First of all, ANY soda -- diet or regular -- is acid in a bottle (or can). In fact, it's SO acidic that it takes 32 cups of water to neutralize the acid in just ONE can of soda in your body.

Having to neutralize that much acidity puts a tremendous strain on your kidneys, which are responsible for filtering acid out of your bloodstream and putting it into your urine. Your body also uses its own alkaline minerals (which includes calcium from your bones and teeth) to neutralize the acid. Contrary to what some people believe, there is NOT an endless supply of minerals in your bones. Sooner or later, they break down. When they do, it's called arthritis, osteoporosis, tooth decay and brittle, porous

bones that fracture easily. Hmmm...I notice they don't show pictures like THAT on the Pepsi, Coke or Mountain Dew commercials. Acid also destroys your stomach's ability to digest your food, so soda is, in all measures, the absolute WORST drink on the planet to have with a meal. So in addition to what poor food choices do, soda will add to bloating, diarrhea or constipation. "Do the Dew" is taking on a whole new meaning.

The average American now consumes 828 sodas a year--that's over 2 cans a day. Even scarier is that millions of people drink 7 or more sodas a day. Many drink more than 10 sodas a day! This is the #1 reason for people getting arthritis in their 20's. That kind of pain is hardly worth it.

OK, here's some info specifically about diet soda:

An 8-year University of Texas study showed that soda use was linked to excess weight and obesity, which isn't surprising. However, when the researchers looked at people only drinking diet sodas, their risk of obesity was even HIGHER than the regular soda drinkers! The study showed there was a 41 percent increase in risk of being overweight for every can or bottle of diet soda a person drinks each day. Shocked? Don't be... Here's why that happens:

The artificial sweeteners (more on those below) in diet sodas create a hormonal response in the body that increases your cravings for sweets and refined carbohydrates (sugar). So, those "diet" drinks are anything BUT diet. Another reason is that people often believe that because they are drinking a diet soda, that gives them more leeway to eat more of everything else, hence consuming more calories overall.

I used to work with a guy who used that ridiculous logic. He would eat a cheeseburger and fries for lunch and wash it down with a Diet Pepsi. He had then and still has a massive backside. Artificial sweeteners in diet soda: Simply put, they're poisons. No other way to say it. Most diet sodas contain aspartame (their better known brand names are Equal or NutraSweet).

Here are just some of the documented side effects of aspartame:

Eyes: Blindness in one or both eyes, Decreased vision and/or other eye problems such as: blurring, bright flashes, tunnel vision, Eye pain, Dry eyes/decreased tears

Ears: Ringing or buzzing sound in the ears & Severe hardness of hearing

Nerves: Seizures, Headaches/migraines, Dizziness, Confusion/memory loss, Severe drowsiness and sleepiness, Numbness of the arms and legs, Slurring of speech, Facial pain, Tremors/trembling

Psychological/Psychiatric: Severe depression, Irritability/agitation, Anxiety/phobias (fears), Personality changes

Chest: Heart palpitations/rapid heart beat, Shortness of breath, High blood pressure

Digestive: Nausea, Diarrhea, sometimes with blood in stools. Stomach pain/pain while swallowing

Skin and Allergies: Itching without a rash, Hives, Worsening of asthma problems

Endocrine and Metabolic: Loss of control of diabetes, Thinning or loss of hair, Low blood sugar (hypoglycemia), Severe PMS symptoms

Other: Frequent urination or burning during urination, Constant thirst, fluid retention, leg swelling, and bloating, Increased infections

The most severe effects of aspartame poisoning are: Death, Irreversible brain damage, Birth defects, including mental retardation, Ulcers, Aspartame addiction and increased craving for sweets, Hyperactivity in children, Severe depression, Aggressive behavior, Suicidal tendencies, Cancer

Welcome to the "Pepsi Generation."

"What about drinks with Splenda?" Splenda (sucralose) is essentially chlorinated table sugar. Chlorine is a carcinogen (cancer causer) and has been used in poisonous gas, disinfectants, pesticides and plastics. Studies are associating Splenda with a large and growing list of medical problems. Below are some of the reported adverse effects of Splenda use:

Flushing or redness of the skin; rashes, Itching, Anxiety; panic attacks, Nausea, Stomach cramps, Dry heaves, Depression; becoming withdrawn, Feeling forgetful; memory loss, Dulled senses, Unexplained crying, Acne or acne-like rash, Headache, Altered emotional state, i.e. feeling irate, impatient, hypersensitive, moody, Chest and body pain, Bloating; diarrhea; vomiting, Trouble concentrating/staying in focus, Seizures

Doesn't that just sound "splend-id?!"

Bottom line: Better alternatives to soda are iced herbal teas, water with a splash of fresh-squeezed lemon juice (and no, lemon is NOT acidic in the body!) and fresh vegetable juices.

If you want to sweeten your iced tea with a non-calorie sweetener, try Stevia. It's been around for centuries and has a proven track record of safety.

And if your motive for drinking diet soda is taking off pounds, the best way to do it is to eat more alkaline foods and correctly combine your meals.

Your body will respond quickly when you do this. Since you'll be getting more nutrients from your foods (because you won't have overproduction of acid), your body will feel satisfied and won't trigger the hunger signal.

So you end up eating less! ...And your elimination channels will be better able to detoxify your body and reduce fat without undue strain. Bye bye arthritis aches and pains.

To your health, Sherry Brescia

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