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## Crockpot Pumpkin Soup

### *Ingredients*

2 lb pumpkin, peeled and diced  
into 1 inch cubes  
1 medium onion  
2 cloves  
1 oz butter  
2 ½ cups vegetable broth  
2 teaspoons sugar  
Salt to taste  
1 cup milk  
Roasted walnut halves, for  
garnish

### *Preparation*

Peel the onion and stick the  
cloves into it. Put the butter and  
pumpkin in the Crockpot and  
set it to cook on high. When the  
butter has melted, stir it to coat  
the pumpkin and cook it for an  
hour on high. Add the clove-  
studded onion, salt, sugar and  
broth. Cover and cook for 4 to 5  
hours on high or 8 to 9 hours on  
low. Remove the onions and  
discard them. Puree the soup  
using a hand blender or food  
processor. Add the milk (unless  
you are freezing it) until the  
soup is the right consistency.  
Serve with roasted walnuts  
halves as a garnish.

(Serves 4)

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# Wilson Family Chiropractic Newsletter

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## More Hospitals Offering Alternative Therapy Services

The above headline comes from a September 8, 2011 Los Angeles Times article. The article begins by stating, "Alternative therapies, including meditation, relaxation training, homeopathy and chiropractic care are being offered at more hospitals, mostly in response to patient requests."

The article was based upon results of a survey from 714 hospitals conducted by the Samueli Institute, a non-profit research organization that investigates healing-oriented practices, and released by Health Forum, a subsidiary of the American Hospital Association (AHA).

Results of the survey showed that 42% of the hospitals responding to the survey said they offer one or more of what the study called "alternative therapies", which included meditation, relaxation training, homeopathy and chiropractic care. This percentage was up from 37% in a previous study conducted in 2007, and shows an increasing trend from 2005 when only 26.5% of hospitals offered such services.

Nancy Foster, vice president for quality and patient safety at the American Hospital Association, explained the results by stating, "The rise of complementary and alternative medicine reflects the continued effort on the part of hospitals and caregivers to broaden the vital services they provide to patients and communities." She continued, "Hospitals have long known that what they do to treat and heal involves more than just medications and procedures".

The Los Angeles Times article concluded with a quote, "Today's patients have better access to health information and are demanding more personalized care," said Sita Ananth, one of the study's authors and director of knowledge services for the Samueli Institute. "The survey results reinforce the fact that patients want the best that both conventional and alternative medicine

## 20 Ways to Simplify

1. Eliminate 10 things from your life.
2. Cut back on TV.
3. Escape to a quiet spot.
4. Set your own pace.
5. Get rid of clutter.
6. When you bring in something new throw out something old.
7. Do only one thing at a time.
8. Say no at least once a day.
9. Enjoy the little things.
10. Take at least 4 breaks per day.
11. Determine what really matters.
12. Make peace with all people.
13. Tell the truth.
14. Appreciate beauty.
15. If you don't need it, don't buy it.
16. If you don't have time, don't do it.
17. Have a place for everything and put everything in its place.
18. Share your thoughts, feelings and opinions with a friend every day.
19. Allow time to pray.
20. Thank God for what you have.

Dr. Steve Stephens, Psychologist & Seminar Speaker

Q. What is a Chiropractic Adjustment?

A. Spinal bones (vertebrae) fit together so that the mental impulses (nerve supply) produced in your brain may filter down your spinal cord and out over your nerves. These messages are responsible for communicating information throughout your body so that growth, repair and healing may take place. When vertebrae are out of their natural alignment, the potential for nerve interference is great.

Doctors of Chiropractic, precisely place hands on your back and gently line up vertebrae into their natural position. This process may take weeks or months, depending on the amount of misalignment. As alignment is restored, the nerve supply more effectively communicates throughout your body, and healing may take place. As your body heals, your optimum health improves.

## 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.

### Guidelines for Choosing Healthy Foods

1. Choose a wide variety of foods. No one food or small selection of foods will meet all your nutritional needs.
2. Select a majority of your foods from fruits, vegetables & whole grains. Eat at least 5 servings of fruit & vegetables and 6-11 servings of whole grain foods each day.
3. Choose low-fat foods. Keep your fat intake to 30% or less of your daily total calorie intake.
4. Eat smaller portions of meats. 6 to 8 ounces per day is enough to support your need for protein.
5. Eat calcium-rich foods each day.
6. Eat when you are hungry. Stop when you are satisfied.
7. Drink at least 64-ounces of water each day.

- Brenda Polk from "HomeLife" Magazine



**"MEDICINE IS ABOUT DISEASE AND WHAT MAKES PEOPLE DIE. CHIROPRACTIC IS ABOUT LIFE AND WHAT MAKES PEOPLE LIVE!"**

**-B.J. PALMER, D.C.**

### **Improvement in Symptoms Related to Depression, Anxiety and Pain - A Case Study**

A study published in the Annals of Vertebral Subluxation Research on August 29, 2011 documents a case of chiropractic helping a patient suffering with depression, anxiety and pain. The study notes that the patient had multiple health issues, and that correction of vertebral subluxations under chiropractic care allowed the patient to show significant improvements in many areas.

According to the study, mood disorders, such as depression, affect about 16% of the population, and according to the World Health Organization, is the fourth leading contributor to the global burden of disease. Currently, the most common medical treatment is drugs which the study notes are at best only 50% effective in helping treat the symptoms of depression.

In this case, a 58-year-old man went to the chiropractor with primary complaints of long-standing, left shoulder pain that went down his left arm and between his shoulder blades. The man reported that he had never had this type of pain, and that it was getting progressively worse.

The man's history showed that he had two severe car accidents requiring hospitalization and one required knee replacement and facial surgery. He had been medically diagnosed with high cholesterol, depression, and anxiety and was on pain medication, anxiety medication, and high cholesterol medication for the previous ten years.

A chiropractic examination consisting of palpation, range of motion, postural analysis, and nerve testing was conducted, and each showed positive findings for vertebral subluxation. The study noted that subluxations "...can lead to a myriad of physiological changes." The author continued by reporting, "These physiological changes can cause many symptoms over time and influence health negatively."

Chiropractic care was initiated at a rate of three visits per week with a total of 39 visits over a 3 month period. Specific spinal adjustments were given based upon the findings during care. After the initial three months, a reassessment was performed in which the man self-reported that he was feeling better. He noted that he had only a little shoulder or neck pain remaining at that time.

The man also reported that he felt happy for the first time in about ten years. Specific diagnostic questionnaires were given to measure depression and anxiety at both the initiation of care, and at the time of the follow-up. Each of these specific tests showed a marked improvement in their scores, a fact that was reinforced by the patient's own perception of his well being. The study reported that the patient stopped taking his pain medication and initiated discussions with his MD to work toward discontinuing all his medications.