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## Tomatoes: Freezing

As your tomatoes begin coming into season it is easy to get overwhelmed by the masses of juicy red fruit. In an effort to preserve as many tomatoes as possible we look to freezing. It is easy to do taking little time to accomplish and come winter the tomatoes come in handy for soups and stews.



Before freezing tomatoes from your garden you need to remove the skins by blanching them. To blanch tomatoes, you immerse them in boiling (or just-boiled) water for a short period (only about 15 seconds) and then immediately pop them into some cold water to stop the tomatoes cooking any further. You can then peel off the skin much easier.

Once skin is removed chop, puree, or leave whole (however you like) and allow tomatoes to drain in a colander for about 5 minutes.

Pour tomatoes in a quart or gallon size freezer zip-lock bag that is pre-labeled with your contents and the date (this helps in the winter using the oldest first). Leave room for expansion and once sealed lay flat in the freezer to freeze.

We are too quick to resent and feel what we suffer from others, but fail to consider how much others suffer from us. Whoever considers his own defects fully and honestly will find no reason to judge others harshly.  
- Thomas A Kempis

# Wilson Family Chiropractic Newsletter

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## Wilson Family Chiropractic is excited to welcome Skincare Solutions!

### Services offered:

- Customized peels and facials to treat acne & rosacea and to keep normal skin healthy.
- Anti-aging treatments
- Hygienic waxing for women and men
- Pulsed light laser treatments
- Skincare education & customization
- Natural & safe products or prescriptions to make a difference in your skin
- Exclusive provider of BION skincare products
- Glo Mineral makeup and makeovers

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## Back Pain Sufferers Benefit From Chiropractic Care

A study published in the June 2010 issue of The Journal of the American Board of Family Medicine, showed that people who used what the study called "Complementary and alternative medicine (CAM)" received a "great deal" of benefit. Chiropractic was included in what this medical study defined as CAM care.

The study received attention in a number of news stories including an article in the July 4, 2010 Medical News Today, and in a June 30, 2010 Business Wire release by the Foundation for Chiropractic Progress. The study surveyed people who had suffered from back pain and had used at least one CAM therapy in the last 12 months. Of these participants the results showed that over 60% found remarkable relief using the top six CAM treatments. Those treatments were chiropractic care, massage, yoga/tai chi/qi Gong, acupuncture, herbal therapies, and relaxation techniques - with chiropractic care being the most popular choice.

The Medical News Today story reported that back pain is the second leading reason people walk into a doctor's office in the U.S. The survey looked at a total of 17 CAM therapies choices. Of those, Chiropractic care was the most popular approach at 74 percent, with massage a distant second at 22 percent.

Dr. Gerard Clum, Foundation for Chiropractic Progress spokesperson and president of Life Chiropractic College West noted, "What we are seeing with these studies is compelling evidence that there is a light at the end of the tunnel for back pain sufferers - more and more, that light is chiropractic care and other CAM approaches."

One of the interesting findings of the study was that an overwhelming number of the people in the survey did not go to a CAM practitioner because of a referral from a medical doctor. In fact only 24 percent of respondents with back pain who received CAM stated that care came at the suggestion of their conventional medical practitioner.

In their study conclusion, the authors of the study stated, "CAM is used by 40% to 60% of the population yearly, and back pain is the most common medical condition for which people use CAM. Using a nationally representative survey, our analyses documented that the majority of respondents who used CAM for back pain perceived great benefit and identified specific factors associated with perceived benefit."

In the Foundation for Chiropractic Progress release on the study Dr. Clum summed up the study by stating, "Back pain sufferers should be made aware of all treatment options, especially alternatives that have been scientifically proven to provide relief. While chiropractic care has in the past been considered alternative there is now a case to be made for making it the first choice for patients and in the process making interventions like injections and surgery the alternative approach."

Prevent the possibility of food-borne illnesses by cooking food properly. Proper cooking will make most foods safe. What's the best and easiest way to tell if your meal is safe? Invest in a food thermometer which is easily available. Bacteria is grown between 41° - 139° F. When reheating leftovers make sure they are at least 165° F. Also do not leave food out for more than 2 hours or stored in a refrigerator for more than 3 days. When in doubt, throw it out.



- The Pregnancy Journal by A. Christine Harris, PH.D

Each time you look at your child you see something mysterious & contradictory—bits & pieces of other people—grandparents, your mate, yourself, all captured in a certain stance, a shape of a head, a look in the eyes, combined with something very precious—a new human soul rich in individuality & possibility. - Joan Sutton



## Deliciously Organic Banana Bread

Yield: One loaf (8 to 10 servings) / Prep Time: 15 min / Cook Time: 60 min / Ingredients:

- 3 Tablespoons unsalted butter
- 3 Tablespoons coconut oil
- 2 1/2 cups whole wheat pastry flour, preferably freshly ground
- 1 cup whole cane sugar or Sucanat
- 1/2 teaspoon sea salt
- 1 teaspoon baking soda
- 3 very ripe bananas, mashed
- 1/2 cup grated zucchini
- 1/4 cup buttermilk
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract



Directions:

Taken From: [www.recipegirl.com](http://www.recipegirl.com)

1. Preheat oven to 350 degrees F. and adjust rack to middle position. Butter a loaf pan.
2. Melt butter and coconut oil in a small saucepan. Cool slightly. Whisk flour, sugar, salt and baking soda in a large mixing bowl. Stir together mashed bananas, zucchini, buttermilk, eggs, melted oils and vanilla in a medium bowl. Pour wet ingredients into dry ingredients and gently stir until just blended.
3. Pour batter into the loaf pan and bake for 50 to 60 minutes or until golden brown and a toothpick pressed into the center comes out with a few moist crumbs attached. Cool for 10 minutes and then run a knife around the outside to loosen the edges. Turn loaf out onto a cooling rack and cool before serving.

## What do our food cravings really mean?

If you crave this...	What you really need is this...	Health Foods That Have it...
<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Sweets</li> </ul>	<ul style="list-style-type: none"> <li>Magnesium</li> <li>Chromium</li> <li>Carbon</li> <li>Phosphorus</li> <li>Sulfur</li> <li>Tryptophan</li> </ul>	<ul style="list-style-type: none"> <li>Raw Nuts &amp; Seeds, Legumes, Fruits</li> <li>Broccoli, Grapes, Cheese, Dried Beans</li> <li>Fresh Fruits</li> <li>Chicken, Beef, Fish, Eggs, Dairy, Nuts</li> <li>Cranberries, Horseradish, Kale, Cabbage</li> <li>Cheese, Lamb, Raisins, Sweet Potatoes, Spinach</li> </ul>
<ul style="list-style-type: none"> <li>• Bread, Toast</li> <li>• Oily Snack, Fatty Foods</li> <li>• Coffee or Tea</li> </ul>	<ul style="list-style-type: none"> <li>Nitrogen</li> <li>Calcium</li> <li>Phosphorus</li> <li>Sodium Chloride (Salt)</li> <li>Iron</li> </ul>	<ul style="list-style-type: none"> <li>High Protein Foods: Fish, Meat, Nuts, Beans</li> <li>Mustard &amp; Turnip Greens, Broccoli, Kale, Legumes</li> <li>Egg Yolks, Red Peppers, Garlic, Onion</li> <li>Sea Salt, Apple Cider Vinegar</li> <li>Meat, Fish, Poultry, Seaweed, Greens, Black Cherries</li> </ul>
<ul style="list-style-type: none"> <li>• Alcohol, Recreational Drugs</li> </ul>	<ul style="list-style-type: none"> <li>Protein</li> <li>Avenin</li> <li>Calcium</li> <li>Glutamine</li> <li>Potassium</li> </ul>	<ul style="list-style-type: none"> <li>Meat, Poultry, Seafood, Dairy, Nuts</li> <li>Granola, Oatmeal</li> <li>Mustard &amp; Turnip Greens, Broccoli, Kale, Legumes</li> <li>Raw Cabbage Juice</li> <li>Sun-Dried Black Olives, Potato Peel Broth, Seaweed</li> </ul>
<ul style="list-style-type: none"> <li>• Chewing Ice</li> <li>• Burned Food</li> <li>• Soda, Carbonated Drinks</li> <li>• Salty Foods</li> <li>• Acid Foods</li> <li>• Cool Drinks</li> <li>• Pre-menstrual Cravings</li> <li>• General Overeating</li> </ul>	<ul style="list-style-type: none"> <li>Iron</li> <li>Carbon</li> <li>Calcium</li> <li>Chloride</li> <li>Magnesium</li> <li>Manganese</li> <li>Zinc</li> <li>Silicon</li> <li>Tryptophan</li> <li>Tyrosine</li> </ul>	<ul style="list-style-type: none"> <li>Meat, Fish, Poultry, Seaweed, Greens, Black Cherries</li> <li>Fresh Fruits</li> <li>Mustard &amp; Turnip Greens, Broccoli, Kale, Legumes</li> <li>Raw Goat Milk, Fish, Unrefined Sea Salt</li> <li>Raw Nuts &amp; Seeds, Legumes, Fruits</li> <li>Walnuts, Almonds, Pecans, Pineapple &amp; Blueberries</li> <li>Red Meats, Seafood, Leafy &amp; Root Vegetables</li> <li>Nuts, Seeds, Avoid Refined Starches</li> <li>Cheese, Lamb, Raisins, Sweet Potatoes, Spinach</li> <li>Orange, Green &amp; Red Fruits &amp; Vegetables</li> </ul>
<ul style="list-style-type: none"> <li>• Lack of Appetite</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin B1</li> <li>Vitamin B3</li> <li>Manganese</li> </ul>	<ul style="list-style-type: none"> <li>Nuts, Seeds, Beans, Liver &amp; Other Organ Meats</li> <li>Tuna, Halibut, Beef, Chicken Turkey, &amp; Pork</li> </ul>
<ul style="list-style-type: none"> <li>• Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Silicon</li> <li>Tyrosine</li> </ul>	<ul style="list-style-type: none"> <li>Nuts, Seeds; Avoid Refined Starches</li> <li>Orange, Green &amp; Red Fruits &amp; Vegetables</li> </ul>

Taken From: *Pathways to Family Wellness, Issue 19*