

In This Issue:

Resolution of Breech Presentation with Chiropractic Care

Health Benefits of Vinegar

Apple Cider Vinegar

Vinegar Recipes.

Uses of Apple Cider Vinegar

Wilson Family Chiropractic Newsletter

Volume 4, Issue 7 July 7th, 2012

73 West Main Street Sylva, NC 28779

828.587.CARE / www.wilsonfamilychiropractic.net



Resolution of Breech Presentation with Chiropractic Care

In the April 11, 2011, issue of the scientific periodical, the Journal of Pediatric, Maternal & Family Health, is a documented case study showing chiropractic helping a pregnant woman with a breech presentation pregnancy. A breech presentation is when the fetus is not in the proper head-down position as the delivery date is approaching.

According to the study, a breech presentation is created by "intrauterine constraint" which the authors describe as, "as any force external to the developing fetus that obstructs the normal movement of the fetus."

The study reports that, in the United States, 86 percent of infants with breech presentation are delivered by cesarean which increases risks to the mother and the baby.

In this case, a 25-year-old woman went to a chiropractic office 31 weeks into her pregnancy. She was referred to the chiropractor by her obstetrician who had recently performed an ultrasound which confirmed the breech position. She was hoping to avoid a c-section birth.

A chiropractic examination was performed using the procedures of the "Webster Technique". The Webster Technique is a specialized analysis and procedure developed by the late Dr. Larry Webster who was affectionately known as the "grandfather of chiropractic pediatrics". A determination was made that this woman fit the protocol, and so the chiropractor applied the Webster Technique.

Within four hours of the first Webster Technique adjustment, the woman reported feeling "a lot of movement". The woman commented that she felt the fetus had shifted from a breech position to the transverse position. After her second chiropractic visit, the woman had a prenatal visit at which the obstetrician confirmed that the fetus had turned to the proper vertex position. The study noted that the woman continued to receive chiropractic adjustments for resolution of low back pain until delivery. She eventually had an uncomplicated vaginal delivery.

10 Health Benefits of Vinegar

1. Insect bites or stings will be soothed quickly by pouring vinegar on it.
2. Pour vinegar on sunburn
3. If you drink a teaspoon or so of apple cider vinegar in a glass of water to help with digestion, bowel function, cholesterol, and even preventing ulcers. With the latter you might have to help a little with the stress of course.
4. Salicylic acid is what you use on warts. Vinegar is acetic acid and works in the same way, however more gently.
5. Just 5% of vinegar mixed in a solution of your choice, can kill 99% of bacteria, 82% of mold, 80% of germs (viruses).
6. A teaspoon or two of vinegar will cure hiccups.
7. Two teaspoons of apple cider vinegar and honey mixed with enough hot water to melt the honey has been known to help with headaches and weight loss.
8. Bathing in some apple cider vinegar can help with urinary tract infections. I read someone who didn't have a bath tub, used a used cotton ball with apple cider vinegar and swabbed the urethra and it took care of the problem .
9. Apple cider vinegar has helped skin conditions from eczema to aging brown spots.
10. Apple cider vinegar helps fight against food cravings.

Taken From:

www.homeremediesweb.com

Can Vinegar Go Bad?

Shelf Life -

Apple Cider Vinegar, 18 months

Distilled White Vinegar, 42 months



What are the Benefits of Apple Cider Vinegar?

Natural Apple Cider Vinegar is a wonderful natural cure for a number of ailments which usually require antibiotics and other medications that have a number of side effects. In particular, Apple Cider Vinegar has been known to:

- Reduce sinus infections and sore throats . Balance high cholesterol .
- Cure skin conditions such as acne .
- Protect against food poisoning . Fight allergies in both humans and animals .
- Prevent muscle fatigue after exercise .
- Strengthen the immune system .
- Increase stamina. Increase metabolism which promotes weight loss . Improve digestion and cure constipation .Alleviate symptoms of arthritis and gout . Prevents bladder stones .and urinary tract infections .

Uses of Apple Cider Vinegar

Weight Loss: While it is not known why, many people claim that [Apple Cider Vinegar promotes weight loss](#). Some theories suggest that ACV helps to speed up the metabolism, while others suggest that it burns calories. A number of nutritionists also believe that combining Vitamin B6 and Lecithin with Apple Cider Vinegar is highly effective for weight loss. A suggested remedy is to mix 2 teaspoons of ACV mixed with a glass of water and drink this before every meal or sip it slowly throughout the day

Bad Breath: Due to its acidic properties, Apple Cider Vinegar makes a wonderful [remedy for bad breath](#) or halitosis. Simply add 1/2 tablespoon of ACV into a cup of water and gargle the mixture in your mouth for 10 seconds at a time until the cup is empty.

Body Odor: Apple Cider Vinegar is an effective [body odor remedy](#), since it can help adjust the skin's pH level which helps to eliminate odor-causing bacteria. For armpit odor, simply wipe them once each morning with undiluted apple cider vinegar (using a cotton ball). For foot odor, fill a pan with warm water and add 1/3 cup of ACV, then let your feet soak in this mixture for 15 minutes once per week.

Cellulite: Many women have found that Apple Cider Vinegar can help reduce the appearance of cellulite.

Diarrhea: There are various causes for diarrhea, and although it should not be left untreated, it is often a natural way for the body to rid itself of harmful compounds and ingested materials. Apple Cider Vinegar is a fantastic [natural remedy for diarrhea](#) since the high pectin concentration acts as a protective coating which soothes the irritated lining of the colon. A suggestion is to add 2 tablespoons of Apple Cider Vinegar to a large glass of water, and drink this 3 times daily while the symptoms persist.

The Healing Powers of Vinegar

Did you know that vinegar is considered one of the top 20 home remedies? Here is just some examples of why you should always keep vinegar on hand in your home...

For the Body:

1. Acid Reflux Disease *
2. Zap Acne *
3. Relieve Angina *
4. Beat Anxiety *
5. Tame Arthritis *
6. Perky Astringent
7. Athlete's Foot *
8. Black-n-Blue Marks
9. Soothe & Heal Burns *
10. Treat Canker Sores *
11. Smooth Chapped Skin
12. Bye-Bye Cold *
13. Clear up Congestion *
14. Constipation *
15. Take off corns
16. Stop a cough *
17. Dump Dandruff *
18. Defeat Depression *
19. Steady Dizziness *
20. Douche Smart
21. Cure an earache *
22. Embrace an energizer *
23. Smooth Hangnails *
24. Fight Fibromyalgia *
25. Fizzle out the flu *
26. Fade Freckles
27. Lose the Headaches
28. Pamper Hemorrhoids *
29. Baby Herpes *
30. Stop Hiccups
31. Stave off Impetigo *
32. Blast Impotence *
33. Swat insects & Bee Stings
34. Put insomnia to Bed *
35. Irritable bowel syndrome *
36. Soothe jelly fish stings
37. Lose the lameness *
38. Menopausal hot flashes *
39. Morning Sickness *
40. Muscle Cramps *
41. Fight off Night Sweats *
42. Poison Ivy, Oak & Sumac
43. Relieve a Rash *
44. Round up Ringworm *
45. Stamp out Shingles *
46. Relieve Sunburn
47. Stop Swimmers Ear
48. Tackle Toenail Fungus *
49. Toothache Relief
50. Soothe a Sore Throat

51. Wash Away Thrush *
52. Common Warts *
53. Gain Weight *
54. Aloha Varicose Veins *
55. Thick & Shiny Hair *
56. Super Hair Rinse
57. Rosy Glow on your cheeks *
58. Smooth Hands *
59. Clean Dentures
60. Personal Hygiene
61. Fragrant Sweater
62. Sparkling eyeglasses
63. Pretty Nails
64. Relieve Dry Skin *
65. Stop Cellulite
66. Beat bone loss
67. Memory Booster

For The Home:

1. Remove smoky odors
2. Freshen clothing
3. Spot remover on clothing
4. Freshen dishwasher
5. Remove deodorant stains
6. Restore carpet color
7. Remove bathroom film
8. Natural bowl cleaner
9. Unclog showerhead
10. Clean shower curtain
11. Wood paneling cleaning
12. Kill sidewalk grass
13. Melt icy roads
14. Natural weed killer
15. Cat or Dog Bath
16. Clean up pet accidents

- *Indicates apple cider vinegar works best. Otherwise use any vinegar that suits your preference (apple cider, red wine or a white vinegar).*

HOW MUCH DO I USE?

Air on the side of caution. Use in moderation. Start with only 1—2 teaspoons per 8 ounces of water.



Source: *The Healing Powers of Vinegar* By: Cal Orey

Linda Page's Healthy Healing, A Guide to Self-Healing for Everyone... on Apple Cider Vinegar:

A Well known health tonic containing over 30 important nutrients, apple cider vinegar enhances memory, fights arthritis and promotes weight loss. It contains natural antibiotics and an anti-fungal that can fight ear infections, dandruff and athlete's foot when used externally. It helps in soothing sore throats when used in a gargle. A warm apple cider vinegar drink has remarkable detoxifying effects. Mix 1 tsp. apple cider vinegar, 1 tsp. maple syrup and warm water. Drinking this blend a half hour before each meal helps ease heartburn and chronic indigestion, soothes throat irritation, halts hiccups, and boosts mental clarity.

Apple Cider Vinegar Drink

A healthful drink for any time of the day, but best taken half an hour before eating. Natural appetite suppressant, and gives your skin a healthy glow.

Ingredients: 2 tsp apple cider vinegar, 1 tbsp honey and 1-2 c. water
Directions: Boil water and add vinegar and honey until dissolved.

Drink up! Great in winter. Makes one serving.

Avocado Tuna Salad in Pita Bread

Ingredients: 6 1/2 oz drained tuna in spring water, 1 c. chopped avocado, 1/4 c. chopped tomato, 1/4 diced onion, 1 tsp lemon juice, 1 tsp parsley, 1 tbsp apple cider vinegar and 2-6 whole wheat pitas halved.

Directions: Combine ingredients in a bowl and blend thoroughly with a fork. Fill each pita half with a 1/7 of the tune mixture.

Fresh Broccoli Honey Cashew Salad

Ingredients: 6 c. broccoli florets cut into bite size pieces, 2 tbsp chopped red onion, 1/4 c chopped cashews, 1/4 c crasins, crumbled bacon, 1/4 c mayonnaise, 1 t apple cider vinegar, 1/8 tsp cayenne pepper

Directions: Wisk together mayonnaise, cider vinegar, honey and cayenne pepper to make dressing. Combine all dry ingredients and pour dressing over salad, mixing well and serve.

Cucumber Salad

Ingredients: Cucumber, Apple Cider Vinegar, Garlic Powder, Pepper, Onion Salt, Dried Parsley and Sugar

Directions: Combine vinegar with spices and sugar. Toss cucumbers with vinegar mixture and refrigerate for at least one hour.

What are the Side Effects of Apple Cider Vinegar?

There are no major known side effects of Apple Cider Vinegar when used in moderation. However, drinking vinegars, acids or even lemon juices on a regular basis can lead to a deterioration of dental enamel. This can give your teeth a yellowish look and make them more sensitive to heat and cold. To prevent this, the vinegar should always be diluted with water or a pinch of baking soda should be added in order to reduce the acidity level.