

In This Issue:

Pregnant? Foods to Avoid

20 Ways to Cope with Stress

How can my spine affect my birth outcome?

Kids Online

Simple Ways To Be Romantic

Study Shows Chiropractic Safe for Post Disc Surgery

Wilson Family Chiropractic Newsletter

Volume 4, Issue 6 June 7th, 2012

73 West Main Street Sylva, NC 28779

828.587.CARE / www.wilsonfamilychiropractic.net



Are you pregnant? Completely avoid the following foods...

- Artificial sweeteners (*Cancer Causers*)
- Alcohol (*May cause birth defects in your baby*)
- Caffeine (*Stresses the nervous system & lowers immune system*)
- Raw Meat & Deli Meat (*Potential for Food poisoning*)
- Pate's & Soft Cheeses (*Potential for Food poisoning*)
- Packaged Foods (*Harmful food dyes, preservatives & chemicals*)



20 Ways to Cope with Stress

1. Take care of your own needs
2. Balance your checkbook often
3. Admit you do not know it all
4. Do volunteer work
5. Eat Right
6. Go to bed an hour early
7. Set realistic goals
8. Make a "To Do" List
9. Let out a big sigh
10. Walk instead of drive
11. Set priorities
12. Sing in the Shower
13. Laugh a lot and often
14. Avoid negative people
15. Clean up the clutter
16. Give the benefit of the doubt
17. Keep a diary / journal
18. Make a duplicate set of keys
19. Be in the moment

How can my spine affect my birth outcome?

Comfort for Mother

Maintaining & improving the function of your spine with chiropractic adjustments throughout your pregnancy helps to clear your nervous system of interference. This allows you to be as healthy as possible & enables your body to easily combat many of the physical hurdles of pregnancy.

Comfort for Baby

Have your spine checked by a chiropractor helps to ensure that your pelvis is sitting correctly & allows for optimum room for your baby to grow & move.

Maternal subluxations have also been implicated in fetal constraint. This can interfere not only with your baby's comfort level during pregnancy but also their presentations at birth & birth outcome. Studies demonstrate that there may even be long-term developmental effects in the infant due to uterus constraint.

Added Comfort During Birth

The benefits of chiropractic for birthing are now frequently documented.

Research shows that ensuring that your pelvis & spine are correctly aligned may contribute to a more straightforward labor, with less pain and trauma for mother & child. A study conducted by Dr. Irvin Henderson MD demonstrated that women who received chiropractic adjustments in their third trimester were able to carry & deliver their child with much more comfort.

- Another study commented on the significant reduction in labor time for those women who has chiropractic care throughout their pregnancy. With chiropractic adjustments, first-time mothers average a 24% reduction in labor time, while experienced mothers enjoyed a 39% reduction when compared to other birthing women.
- Correct bio-mechanics of the spine & pelvis allows your baby to apply even pressure onto your cervix with the head, which enables your body to dilate effectively, resulting in shorter labor time.

Taken from "Well Adjusted Babies" by Dr. Jennifer Barham-Floeani

Kids Online

Never fill out questionnaires or give our personal information
Never agree to meet in person with anyone without parental presence
Never enter a chat room without parental supervision
Never tell anyone where you will be or what you will be doing without parental permission
Never respond to or send e-mail to new people you meet online
Never go into a new area online that will cost more money without parental permission
Never send a photo over the internet or by mail to anyone you meet online with parental permission
Never buy or order products online without parental permission
Never respond to belligerent or suggestive contact that makes you uncomfortable
Always tell your parents when you see something that upset you, whether you saw it on purpose or by accident

By: Donna Rice Hughes from "Kids Online"

Simple Ways To Be Romantic

Shower
Dress Nicely
Floss & Brush
Hold hands as much as possible
Whisper "sweet nothings" in each others ear
Eat healthy
Share your deepest desires and dreams
Call for no reason
Kiss a lot
Be spontaneous
Put the kids down early, and eat supper late
Stare into each others eyes
Share a blanket on the couch on a cold night
Wink at each other
Hug
Sit side by side on the couch
Reminisce about your courtship

By Woods, Hudson, Dall & Lackland
From "Marriage Clues for the Clueless"

Chiropractic Testimonial

Before receiving chiropractic care I experienced extreme pain in my lower back, hips and neck. This pain occurred after two extensive surgeries on my ankles due to torn tendons in 2005. My body alignment became intolerable. I began taking Vicodin daily just to make it through the day. The thought of going to a chiropractor never entered my mind until my cousin suggested a chiropractor might alleviate my pain. I began seeing Dr. Katie at Wilson Family Chiropractic in 2009. Chiropractic adjustments have changed my life. I wish I had before and after pictures. Before treatment, my alignment was so bad that you could visually see my left shoulder was much higher than my right, now they are even. My neck and hip pain are gone and while I occasionally experience low back pain after exerting myself, I am always remedied by an adjustment with Dr. Katie. I plan to continue routine chiropractic treatment as it has been my saving grace. My husband also began seeing Dr. Katie after witnessing my results and suffering an injury from a fall. He has had similar results and great relief from his pain. We are continuing maintenance treatments twice a month and thankful our problems have not returned.—Lynn Hyde

Study Shows Chiropractic Safe for Post Disc Surgery Patients

A research article published on April 21, 2010 in the journal, Chiropractic & Osteopathy from Melbourne Australia, looked at the safety of chiropractic care for patients who had previously had disc replacement surgery.

The study notes that spinal disc replacement surgery is becoming more popular. They also report that after such surgery it is common for patients to experience soreness and stiffness of the lumbopelvic region. Many of these people then turn to chiropractic care in the hopes of improvement from these post surgical problems. This study was designed to look at the safety of chiropractic care after the surgery.

This study looked at eight patients who underwent lumbar spine disc replacement, having 1 or 2 total lumbar disc replacements, and continued to have persistent, post-surgical, non-specific lower back or pelvic pain. These patients were referred for chiropractic by an orthopedic surgeon. All these patients were considered stable according to the surgical protocol.

For the purposes of this study, all eight patients were given from 8 to 10 chiropractic adjustments using one of the more forceful side posture lower back adjusting techniques. Safeguards were taken along with frequent examination procedures to make sure that no patients would be subject to any harm.

The results showed that none of the patients had severe or irreversible reactions after the spinal manipulations. There were several cases of moderate soreness after adjustments more common after the first few sessions. Most of these episodes were self limiting and short lived lasting only between hours to a few days. The researchers noted that most of these small reactions were similar to what the general population experiences after the same procedures.

In their conclusion the authors wrote, "During the short treatment period, no major complication was encountered by the patients. Moreover, the benign side-effects reported after lumbar spine manipulation were similar in nature and duration to those frequently experienced by the general population."



60-minute massage... \$60

Need A Massage?

At Wilson Family Chiropractic we feel that Chiropractic Care and Massage Therapy are very complimentary.

Valerie McMahan and Jena Sutton are our licensed massage therapists. They offer different types of massage therapy, ranging from deep tissue, Ashiatsu, to Swedish Massage.

B l a c k b e r r y E n d i v e S a l a d

Drop a few blackberries in the bottom of a salad bowl and lightly mash with a fork to release the juices. Scatter in some sliced endive. Stir in ripe, chopped avocado. Grate in some Pecorino cheese (an aged sheep's milk cheese and a switch from your usual Parmesan). Add a bit of orange zest. Drizzle in a high quality extra virgin olive oil and good balsamic vinegar. Season with sea salt and freshly ground pepper, toss, and you have a salad that will wake up your palate with fresh summer flavors.