

*In This Issue:*

Yummy Recipes!

Stress Series... *Anti-Stress, Common Stress Factors, Stress-Related Symptoms & Diseases, and Various Stress Therapies*

## Butternut Bisque

1 medium butternut squash, washed thoroughly  
5 cups water  
1/2 teaspoon salt  
1/4 teaspoon cumin  
1/4 teaspoon coriander powder  
1/4 teaspoon ginger powder  
1/4 teaspoon garlic powder  
6 tablespoon yogurt  
1/2 cup chopped, toasted for almonds for garnish

Cut butternut squash in half, scoop out seeds & cut into 1-inch cubes. Place in soup pot with hot water, salt & spices. Bring to a boil and simmer covered until you can pierce the pieces easily without a fork, about 30 minutes.

Puree in blender or food processor, adjust seasoning, and serve with a tablespoon of yogurt in each cup and a sprinkle of chopped toasted almonds.

- Taken from *Staying Healthy with Nutrition* by Elson M. Haas, MD - *The Complete Guide to Diet & Nutritional Medicine*



# Wilson Family Chiropractic Newsletter

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## Anti-Stress

Who isn't stressed? In today's world the continuous high demands from work, home and lifestyle result in stress. Stress is our bodies response to dangers, the "fight or flight" mechanisms - the body's preparedness to do battle or flee from danger.

### Types of Stress:

1. Physical Stress - exercise, hard labor and birth
2. Chemical Stress - Environmental pollution such as exposure to pesticides and cleaning solvents, and the personal use of chemicals, such as drugs, alcohol, caffeine and nicotine
3. Mental Stress - High responsibility, long hours, perfectionism, anxiety and worry
4. Emotional Stress - Anger, fear, frustration, sadness, betrayal, bereavement
5. Nutritional Stress - Vitamin and mineral deficiencies, protein or fat excesses or deficiencies, food allergies
6. Traumatic Stress - Infection, injury, burns, surgery, extreme temperatures
7. Psycho-Spiritual Stress - Relationship, financial, or career pressure, issues of life goals, spiritual alignment, and general state of happiness

## Common Stress Factors

1. Attitude towards self
2. Personal financial self
3. Moving
4. Traffic Tickets
5. Tests in School
6. Meeting someone New
7. Raising Children
8. Demands at the Office
9. Job & Career Challenges
10. Promotion / Job Loss
11. Emotional Challenges - Personal relationships, fear, anger, loneliness
12. Family Changes - Marriage, Divorce, Separation, a New Baby
13. Physical Challenges - Weather changes, Extreme climates, Athletic events
14. Health Challenges - Illness, Injury, Surgery, Chemical Exposure
15. Life Changes - Adolescence, Aging,

## Stress-Related Symptoms & Disease

- Fatigue
- Irritability
- Headaches
- Muscle Tension
- Neck & Back Pain
- Atherosclerosis
- High Blood Pressure
- Diabetes
- Arthritis
- Cancer
- Indigestion
- Diarrhea
- Constipation
- Peptic Ulcer
- Irritable Bowel
- Loss of Appetite
- Anorexia Nervosa
- Insomnia
- Depression
- Infections
- Eczema
- Psoriasis
- Allergies
- Asthma
- Nutritional Deficiencies
- Premenstrual Symptoms
- Sexual Problems
- Psychological Problems

## Various Therapies for Stress

1. Have more fun. Do things you enjoy & that help you relax.
2. Express your feelings. Emotions need regular venting, and unexpressed emotions are the building blocks of stress, pain and illness.
3. Get good sleep. Poor sleep or sleep habits do not let your body really rest, discharge tensions, and recharge.
4. Learn relaxation exercises. These can help a great deal in reducing stress through letting go of mental stresses and experiencing moments of inner peace. This quiet, "nothing happening" space is where, I believe the healing process begins.
5. Exercise. Regular exercise is one of the best ways to clear your tensions and feel good, with more energy & a better attitude on life.
6. Develop good relationships. It is important to have friends in whom you can confide and find support. Those who love and accept you and will advise but not judge you are your true friends. It is also very meaningful to be a true friend to another.
7. Experience love and satisfying sex. A primary relationship that is loving, sensual and sexual can also be a major stress reducer. Having an understanding, accepting, and warm being (most often human) to receive your hardworking body and mind can be the best therapy available. However, if you do not have this in your life, there are many other therapies that are helpful. Often, an intense relationship can also be a stressor. It is important to find a balance in all you do, in each endeavor and in your life as a whole.
8. Change perceptions and attitudes. When ideas or views are not serving you, it is wise to examine and adapt them. It is important to learn to respond to life's situations and not react. This is a true response-ability! Hanging onto frustrations, holding grudges, and accepting the victim-blame game are not in your best health interests. It serves you to look at the big picture and step out of little struggles. Ask why you might need to experience these challenges and try to view them as opportunities for growth and learning. Applying more spiritual principles to life is very useful and often helps solve many of the conflicts involved in finding greater peace of mind and heart. Find and experience self-love, self-respect and self-worth.

## Chiropractic Adjustment -

It is important to keep your spine in line. By doing so your body can function at 100% and take life's challenges with ease

This section on Stress / Anti-Stress is taken from *Staying Healthy with Nutrition* by Elson M. Haas, MD - *The Complete Guide to Diet & Nutritional Medicine*

## Salsa

### Ingredients:

- 2 Large Tomatoes
- 1 clove crushed garlic
- 2 chopped scallions
- 1 tablespoon olive oil
- 2 tablespoons chopped cilantro
- 1 teaspoon fresh lime juice

### Preparation:

Combine all ingredients in a bowl. Can be used cold as dip

## Chilled Cucumber-Red Onion Salad

### Ingredients:

- 1 large cucumbers
- Vinaigrette dressing
- 1/8 to 1/4 medium red onion, thinly sliced
- 1 tablespoon chopped fresh dill or mint
- 1 plum tomato, thinly sliced, or 3-4 cherry tomatoes, halved

### Preparation:

Peel the cucumbers, if desired, and thinly sliced them. Place the slices in a salad bowl, along with the red onion and tomato. Sprinkle the dill or mint over the salad, then drizzle with the salad dressing and toss well. Cover the bowl and chill in the refrigerator for several hours for best taste.

*Serves 2. Recipe can be doubled or tripled.*

## Red Cabbage Salad

### Ingredients:

- 10 radishes, sliced
- 3 granny smith apples
- 2 green onions, chopped
- 1 stalk of celery
- 1 or 2 tablespoons lemon juice
- Dash garlic powder
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 medium head red cabbage, coarsely chopped

### Preparation:

Mix everything in a bowl and let sit for an hour, stirring once or twice. Serves 4.

## Chicken with Garlic & Vegetables

### Ingredients:

- 2 teaspoon of olive oil
- 2 teaspoon unsalted organic butter
- 1-1/2 lbs. boneless skinless chicken breast halves
- 2 carrots, peeled and cut into thin strips
- 1 medium leek, washed, trimmed and cut into thin strips
- 1 red bell pepper, seeded and cut into thin strips
- 2 cloves of garlic, minced
- 2 tomatoes, crushed

### Preparation:

Heat oil & butter in a large skillet over medium high heat. Saute chicken breast 4-5 minutes per side, turning occasionally, until chicken is opaque throughout. Transfer to a platter and keep warm. Add carrots to skillet and sauté over medium high heat 1 minute. Add leek, bell pepper, and garlic and sauté another minute. Stir in tomatoes and any juices from platter. Simmer 2 minutes or until vegetables are tender. Season with salt and pepper to taste. Serve vegetables over chicken. Makes 4 servings.



## Fantastic Halibut

### Ingredients:

- 3 cloves garlic, minced
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 1/4 cup fresh lime juice
- 1 1/4 cup basil, fresh, chopped
- 1 1/2 lbs halibut fillets or steaks
- 1 tablespoon sea salt

### Preparation:

Combine all ingredients except for fish in a shallow dish large enough to hold the halibut. Place fish in the dish and marinate for at least two hours, turning once or twice. Remove fish from marinade and broil or grill for about 5 minutes on each side (10 minutes total per inch of thickness). Transfer fish to a serving dish. Heat remaining marinade in the microwave for one minute, then pour over fish. Serve while hot.

## Vinaigrette Dressing

### Ingredients:

- 2/3 cup olive oil or flax oil
- 1 tablespoon Dijon Mustard
- 1/4 cup Balsamic Vinegar or Lemon Juice
- 1 clove of Garlic, Minced
- 1/4 cup water
- Herbs to Taste

### Preparation:

## Broiled Salmon with Cucumbers

### Ingredients:

- 1 cup of diced onions
- 1 teaspoon wheat-free tamari sauce
- 1/2 cup vinegar
- 2 cucumbers, thinly sliced
- 4 cloves of garlic, minced
- 1-1/2 lbs of Salmon Fillets
- 2 teaspoons peeled minced ginger-root
- 1 teaspoon olive oil

### Preparation:

In a large non-stick frying pan over medium-heat, combine the onions, vinegar, garlic, ginger and tamari sauce. Bring to a boil, stir and cook for 3 minutes. Remove from heat.

Add the cucumbers. Set aside to cool. Rub the salmon on both sides with the oil. Broil about 6 inches from the heat for 4 to 5 minutes per side, or until cooked through.



## Pan Seared Tilapia with Cantaloupe and Avocado Chunky Salsa

### Ingredients:

- 1/2 cantaloupe, peeled, seeds removed and diced into very small pieces.
- 2 avocados diced into small cubes
- 1/2 purple onion diced into small pieces
- 2 tablespoon diced cilantro
- 1/2 lime's juice
- 2 fresh tilapia fillets

### Preparation:

Mix first 5 ingredients together in a bowl. Place in fridge. Heat skillet to medium high heat. Rub filets with olive oil. Sprinkle with cracked pepper and sea salt. Put 1-2 teaspoons of olive oil in hot pan. Place filets in skillet once oil is hot. Quickly sear filets - roughly 3 to 5 minutes per side. Flip filets to sear other side. Place filets on plate and top with a good amount of salsa.

