

## In This Issue:

Recipes!

Strengthen Your Immune System  
with Chiropractic

A Chiropractic Testimonial

Migraine Headaches and more...

# Wilson Family Chiropractic Newsletter

Volume 4, Issue 10 October 7th, 2012

73 West Main Street Sylva, NC 28779

828.587.CARE / [www.wilsonfamilychiropractic.net](http://www.wilsonfamilychiropractic.net)



## Strengthen Your Immune System with Chiropractic

Chiropractic is a powerful immune system “wake-up call.” Doctors of Chiropractic analyze your spine to locate vertebral subluxations, a serious condition that causes spine & nerve stress and impairs your immune function. Over a hundred years of Chiropractic and osteopathic observations have demonstrated spinal care’s effect on immune function. Psychoneuroimmunology (PNI) is increasingly revealing that the health of your brain, spinal cord and nerves profoundly influences your physical and emotional health, something Chiropractors and their patients have observed for over a hundred years.

Your body wisdom, your inner healer, is always working to balance your chemistry, strengthen your systems and awaken your connection to life.

See your Chiropractor on a periodic basis to correct your subluxations. Your immune system will function closer to its optimum level so you may fight disease, prevent illness and function at your best!

## Zesty Black Bean Hummus

- 1 Garlic Clove
- 2 Tbs. Lemon Juice
- 1 Tbs. Sesame Tahini
- 1 Tsp. Ground Cumin
- 1/4 Tsp. Sea Salt
- 1 Can Organic Black Beans
- 1 Jalapeno Pepper chopped
- 1 pinch crushed red pepper
- 2 Tsp. Extra Virgin Olive Oil

Chop garlic in food processor. Add lemon juice, tahini, cumin, salt, black beans, pepper and process until smooth. Drizzle with oil. Serve with pita chips or veggies.

This delicious recipe was found on: [www.vitacost.com](http://www.vitacost.com)

## Pumpkin Spice Smoothie

- 1 scoop of Protein Powder
- 1 cup of Almond Milk
- 1/2 can Pumpkin
- 1/2 banana
- 1/2 tsp. Maple Syrup
- 1/2 tsp. Pure Vanilla Extract
- 1/4 tsp. Ground Cinnamon
- 1/4 tsp. Ground Ginger
- 1/4 tsp. Ground Nutmeg
- Pinch Ground Cloves
- Pinch Allspice

Place ingredients in blender and blend until smooth. Pour into your favorite glass & top with whipped cream and cinnamon if you like! Yummy!

This delicious recipe was found in Volume 16 of Extraordinary Health

## 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)

[www.greenchicafe.com](http://www.greenchicafe.com)



To be in your children's memories tomorrow, you have to be in their lives today.

—Anonymous

### A Testimonial to Chiropractic Care

*Before receiving chiropractic care I frequently experienced low back pain & overall back discomfort, had at least one migraine per month, was tired, sluggish and usually needed to nap during the day to have enough energy to make it through my evening activities. My mood swings were affecting the quality of my relationships with my children and spouse – I felt that they usually got my grumpy side more than my happy side. At times I felt as though an anti-depressant was necessary to pull myself up to be the wife and mother my family deserved.*

*Before chiropractic care I was taking Tylenol several times a week to relieve tension headaches or other minor ailments and I took migraine Motrin for my migraines. Since being under care I have not taken Motrin for migraines. My headaches are not nearly as painful and I rarely take Tylenol. My feelings about chiropractic care before seeing Dr. Katie were indifferent. I knew very little about the philosophy or benefits of chiropractic. My awareness of chiropractic has expanded significantly. Dr. Katie gave us a thorough informational appointment and explained even more to us as we have continued chiropractic care. We were also given literature and web-sites to further understand the purpose and benefits of chiropractic care.*

*After being under regular chiropractic care my headaches are nearly gone – I rarely have one and when I do they are not as intense as they were. I have no more back pain or discomfort. My posture has improved and my form in exercise has improved which has had a direct and positive affect on the quality of my work-out. I have a lot more energy and do not need to nap during the day. My moods have also improved and as a result I feel that my kids have a happier, more energetic, attentive, and easy-going mom.*

# Migraine Headaches

While there are over 200 different types of headaches, the five most common are Migraines, Cluster, Tension, Post Trauma and Cervicogenic. This month we are focusing on **Migraines**.

Some Migraine symptoms occur hours to a day or two before a migraine attack and they are not to be confused with aura. They include various combinations of fatigue, difficulty in concentrating, neck stiffness, sensitivity to light or sound, nausea, blurred vision, yawning and pallor.

## Did you know....

- Up to 80% of migraineurs have a family history of migraine headaches
- The largest subgroup of people who experience migraine headaches is women in their reproductive years.
- It is estimated that up to 25% of all migraine attacks occur in the period of the menstrual cycle (from the two days before up to 3 days after the cycle begins).

## What can trigger a migraine?

- Stress, hormones, not eating, weather, sleep disturbance, perfume or odor, neck pain, lights, alcohol, smoke, sleeping late, heat, food, exercise and sex.
- Protein Drinks, bar and tablets that contain the amino acid tyrosine or tyramine. Avoid any products that contain L-tyrosine because this added quantity can disrupt the normal functions of the pituitary gland.
- Probiotics can introduce painful problems for migraineurs by increasing the level of nitrous oxide.
- Sunless tanning products especially those that contain tyrosine.
- Colon and other cleansing therapies that use acidophilus and other such ingredients often trigger migraine headaches by elevating nitric oxide.
- Yogurt can trigger migraines. If you eat yogurt to avoid yeast, consider taking coral Calcium to balance your ph to prevent yeast infections.
- All "Diet" drinks, i.e. Diet Coke. New health fads should be approached with extreme caution as they can easily disrupt the balance of your system and trigger migraines.

## 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.



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

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

## Why You Should Eat Eggs During Pregnancy

- The perfect protein as they contain 7 grams of high quality protein, vitamins, minerals and other nutrients needed for good health
- Eggs contain Omega-3 fatty acid DHA, a necessary part of brain & retinal function as well as Omega-6, a requirement for healthy hair, libido, skin, reproduction, response injury and overall bodily growth
- Young children, pregnant and lactating women benefit the most from egg consumption
- Ingredients in eggs keep artery-clogging cholesterol from getting into the body

*This information was found in Hypnobabies Studies*

## A to Z Natural Infection Fighters

*"Tis the season for colds (aka Cullowhee Crud). Check out some of these suggestions for speeding up your recovery time.*

**Aloe Vera:** Immune-boosting, antiviral and antiseptic properties.

**Beta Carotene:** Found in red, orange and yellow foods and fresh vegetables.

**Vitamin C:** Viruses cannot survive in a vitamin-C rich environment.

**Echinacea:** Antiviral & antibacterial properties.

**Garlic:** Antiviral, antibacterial and antifungal

**Tea Tree oil:** An Australian remedy with antiseptic properties. Great for rubbing on the chest or using in a bath, steam inhaling, or to help keep mosquitoes away. Take as instructed on the bottle.

**Zinc:** The most important immune-boosting mineral. There is no doubt that it helps fight infections.

*For more information check out **The New Optimum Nutrition Bible** by Patrick Holford. This book is available in our lending library to Wilson Family Chiropractic patients.*



Young children & chickens would ever be eating. - Thomas Tuesser