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Baked Oatmeal

Ingredients

- 2 cups uncooked quick-cooking oats
- 1/2 cup packed brown sugar
- 1/3 cup raisins
- 1 tablespoon chopped walnuts
- 1 teaspoon baking powder
- 1 1/2 cups fat-free milk
- 1/2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

Preparation

1. Preheat oven to 375°.
2. Combine the first 5 ingredients in a medium bowl. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Bake at 375° for 20 minutes. Serve warm alone or with vanilla yogurt and maple syrup.

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We like to make different variations by using other dried fruits, nuts and even chocolate chips! This is a really yummy breakfast treat! Make a tray (or double the recipe & make 2!), divide into individual containers & reheat each morning for a weeks worth of ready made breakfast the whole family is sure to enjoy.

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73 West Main Street Sylva, NC 28779

828.587.CARE / www.wilsonfamilychiropractic.net

Wilson Family



Chiropractic

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!

Lentil Soup



- 1 cup dried lentils, sorted & rinsed
- 6 cups of Chicken Stock
- 1 tablespoon of veggie oil
- 1 garlic clove, minced
- 2 1/2 cups chopped fresh tomato
- 1 cup sliced carrots
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried marjoram

1. In a large saucepan over moderately high heat, combine the lentils & the stock, and bring to a boil. Reduce the heat to low & simmer 30 minutes.
2. Meanwhile, in a large skillet over moderately high heat, heat the oil. Add the onions & garlic, and sauté until tender, about 5 minutes. Pour the onion mixture into the saucepan with lentils.
3. Add the tomatoes, carrots, thyme and marjoram to the lentil mixture. Cook the mixture until the lentils and vegetables are tender, about 30 minutes.

Makes about 8 servings...

This recipe was taken from Reader's Digest "Homemade" how to make everyday products, fast, fresh and more naturally.



“Birth can be a sprain in the neck!” according to Dr. Jennifer Barham-Floreni, author of “Well Adjusted Babies. Dr. Jennifer writes, “Ideally, babies should be checked & adjusted asap after birth to help alleviate spinal

problems caused by constraint or abnormal positioning in the uterus, or by spinal distress from the journey through the birth canal or during the delivery process itself.”

Call 587.CARE and schedule your babies chiropractic care today!

A Generous Person

A generous person will never be poor for his wealth is not in money or possessions but in his heart of gold!

- Bill Montague

My Baby Has No More Reflux

We brought Shelby to our Family Chiropractor when she was 7 1/2 months of age. Shelby was a "reflux" baby-MAJOR "reflux" baby! Her spitting up was not only causing worry and anxiety about her health, but it was also causing a great deal of frustration with constantly cleaning up after her. We were so self-conscious that she might spit up at any time that she constantly wore a bib and rarely did we let people hold her-we were fearful that she would spit up on them (spit up 1/2 bottle not just a little bit).

Prior to chiropractic care Shelby was taking Reglan 5 times a day with meals and baby zantac 2 times per day (AM & PM). Shelby is not taking any medication.

At first we were a little anxious about bringing our baby to a chiropractor. My husband and I had been to one before, but never our children. Even though I had been to one before, it was for a specific reason. I always felt tense about going and stopped after my injury healed.

My knowledge of chiropractic care has definitely improved and my whole family now comes on a regular basis and we all feel very comfortable at our visits.

Shelby's health has definitely improved. Since we started with chiropractic care, her turn around results seem like night and day. She's happy and puts on weight and doesn't spit up much at all. My health has also improved. My headaches are getting better, however, I really think my health is improving because my child's health has improved. I no longer have to about worry about the health and growth of my baby!

Thank You
- Amy Suggs

PREGNANCY - Your Body, Your Baby

Chiropractic if your are pregnant? ABSOLUTELY!! Keeping your spine free from the vertebral subluxation, which causes nerve interference, is one of the best things you can do if your are pregnant. If there's one group of people who needs chiropractic spinal check-ups more than any other, it's pregnant women.

CHIROPRACTIC FOR YOUR BODY & YOUR BABY

A doctor of chiropractic will examine your spinal column for misalignments (called vertebral subluxations) causing the spine and nerves stress. Vertebral subluxation damage the nervous system and affect the workings of the entire body. If subluxations are present, the chiropractor will correct them with a chiropractic spinal adjustment in order to release the spinal stress. Without subluxations the body will function better, have higher resistance to disease and express more wholeness (health) than a body with uncorrected subluxations. That is the essential message of chiropractic.

All this is extremely important for the pregnant woman who needs to have her body as healthy and strong as possible in order to handle the rigors of pregnancy and childbirth. Chiropractic care will help ensure that the reproductive and other systems so essential for a healthy pregnancy receive a nerve supply from the spinal column without interference. The slightest interference to the nerve supply could adversely affect the mother and the developing fetus.

DRUGLESS HEALTH CARE

Another excellent reason for seeing a chiropractor during pregnancy is that it is a drugless health care system. Drugs, whether prescription or over-the-counter, can harm the growing fetus. There is no such thing as a safe drug. The safest thing for a pregnant woman to do is avoid all drugs and seek natural non-drug alternatives for health care if at all possible. Almost all types of drugs and medications have been linked to fetal damage or malformations.

It is virtually impossible to specify any drug that will not result in an increased frequency of congenital malformations when administered in a certain dose to sufficiently large panel of different laboratory animals. No drugs should be prescribed during pregnancy without weighing the maternal needs against the risk of fetal damage.

DIAGNOSTIC DANGERS

Invasive diagnostic procedures also have the potential to cause damage and should be avoided if possible. Robert Mendelsohn, M.D. cautions against the routine use of medical test on healthy patients: "Stay away from X-rays, diagnostic ultrasound, doctor-prescribed medications, and every other form of dangerous obstetrical interventions."

PREGNANT WOMEN HAVE SPECIAL CONCERNS

There are so many things pregnant women worry about: staying pregnant, carrying the baby to full term, morning sickness, the baby developing normally, backaches, leg pain and if their labor will be safe and (hopefully) easy.

Can chiropractic care help ease their minds? Chiropractic care has been observed to help pregnant and birthing women a number of ways. Chiropractors have been performing spinal adjustments on pregnant women for over a hundred years and have noted that chiropractic spinal corrective care may help maintain pregnancy, control vomiting during pregnancy, deliver full-term infants with ease and produce healthier infants.

The *Journal of American Osteopathic Association*, a number of practitioners commented on the effectiveness of spinal care for pregnant women.

SPINAL ADJUSTMENTS

"Wellness care is administering to optimize the biomechanical and nervous system function, therefore allowing the highest level of neurophysiological integration."

Chiropractic care is especially needed during pregnancy because of the many physical and chemical changes the woman's body is going through. Not only is her center of gravity changing because of the added physical weight she is carrying, but her spinal structure becomes more flexible due to hormonal changes which relax the ligaments in the pelvis, preparing them for stretching during childbirth. In an already unstable spine, that could aggravate spinal problems.

By Ted Koren, D.C.

