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Wilson Family Chiropractic Newsletter

Volume 5, Issue 6 June 7th, 2013

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Is it Time Your Baby Saw a Chiropractor?

The above headline comes from a November 11, 2011 article in Essential Baby, an Australian publication that claims it is, "the largest online parenting community in Australia providing information and resources for conception, pregnancy, birth, baby, toddler, kids, parenting and women's lifestyle."

This article, written by Rebecca Martin starts off with her recalling the birth of her baby by saying, "After a long arduous labor requiring a suction cap to help my large first-born out, among the torrent of advice received was one unusual tidbit: 'If he gets colicky, try taking him to a baby chiropractor'."

Initially, Rebecca thought this advice was absurd, but when her colicky baby would not respond to every other remedy she tried, she started asking about a chiropractor for her baby. To her surprise she realized that many people were using chiropractors for their children. She reported, "Everyone, it seems, was doing it. All my more experienced mum-friends had one they could recommend. The child-health nurse, my GP and even the pediatrician who treated my son's severe reflux, gave them the thumbs up."

The article notes that when babies are adjusted there are no "bones cracked" as they called it. Many adjustments involve finger pressure on areas of the spine to have an effect on the nervous system. Dr Simon Floreani of the Chiropractors Association of Australia explained, "In the last decade there has been a lot more instrumentation used in the birth process, so babies get sprained and strained," he says. "Chiropractic can help reverse the structural or mechanical injury of birth, and also help the nervous system to develop and construct normally. In infants, the biggest part the nervous system [affects] is sleeping, eating and pooping. Colic is a digestive thing, so if we can help ease the movement of milk through the bowel, we can help colic."

The article also interviewed a chiropractic detractor who questioned research about chiropractic helping babies. To this Dr. Floreani responded with, "It's difficult to get permission to do studies or trials on infants without getting caught up in a lot of ethics and issues." He noted that medicine has tried to take the power away from mothers, and the best proof was that mothers are willing to pay for the care themselves. "Medicine can disempower you to say you know what's right for your child. The fact that parents are paying out of their own pocket to [go to chiropractors] is more evidence than the best trials in the world."



Tomato & Goat Cheese Pizza

Pizza Crust:

This pizza is designed to be cooked on a well-seasoned pizza stone (14"). If you don't have a pizza stone you will need to oil your pan & sprinkle with cornmeal to prevent the pizza from sticking. If your pan is thin, watch the pizza closely so that the crust does not burn (consider using a lower oven temperature & longer cooking time).

1 package active dry yeast

1 cup warm water

1/8 cup olive oil plus additional for rubbing onto dough

1/4 cup chopped fresh basil leaves (or 1/8 cup dried basil)

2 1/2 cups flour

1/2 to 3/4 teaspoon salt (to taste)

Dissolve yeast in water. Add oil & basil to yeast water. Combine flour & salt in separate bowl then add to yeast water. Mix until thoroughly combined.

Form dough into a ball. Coat your hands with olive oil then rub into ball. Put in a covered bowl & let rise for about 20 minutes.

Preheat pizza stone & oven to 425'. Stretch or roll the dough out to form the crust & place on stone. Use a fork to prick the dough thoroughly.

Pre-cook the dough for 10 minutes (to prevent the toppings from getting burned). Add desired toppings & cook for another 10-12 minutes or until done.

Pizza Sauce:

3/4 cup whole fresh basil leaves

3 large very ripe tomatoes, sliced

1/4 cup Parmesan Cheese

4 ounces crumbled goat cheese

1 cup mozzarella cheese

For an extra moist pizza coat the precooked pizza crust with a small amount of sauce. Top pre-cooked pizza crust with basil leaves & place tomatoes on top to keep the basil from drying out. Sprinkle with parmesan cheese, goat cheese & mozzarella.

Bake for 10-12 minutes until dough is cooked through & cheeses are melted.

Thanks to Sherry Brescia's cookbook,

"Great Taste No Pain!" for this delicious recipe!

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!

My Baby Has No More Reflux

We brought Shelby to Family Chiropractic 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

At Wilson Family Chiropractic it is our mission to improve the quality of life of our patients, their families and our community. We strive to provide a relaxing environment to facilitate healing through chiropractic care, therapeutic massage and education on health and wellness.

Sue Larreau’s Recommended Gallbladder / Liver Cleanse

Begin by purchasing 5 quarts of organic apple juice, a quality cold-pressed 8 ounce bottle of olive oil and organic pure grapefruit juice (this can all be purchased at Kountry Kupboard or another local health food store). Also purchase Epsom salts if you don’t already have this in the cabinets at home.

Enjoy 5 days of apple juice (1 quart / day), salads, fruits, veggies, protein, water, etc...then on night 5 take one of your empty apple juice bottles and mix with pure water & 4 tablespoons of Epsom salts. Beginning at 6pm, drink 8 ounces. Within an hour you will begin dismissing bowel feces. Repeat again at 8pm. Then, at 10pm drink 8 ounces of olive oil & 8 ounces of grapefruit juice. I did this by mixing 4 ounces of each twice (it actually is tolerable). Go to bed soon after. You will likely get up several times in the night to go to the bathroom. I drank pure water at this time to stay hydrated. Then drink the remaining Epsom salt water beginning at 6am & again at 8am. During the AM hours you will be dismissing cholesterol and stones. Drink water, juice too. By noon you should be back to normal. You should eat light for the following days as your bodies gone through a lot.

Baked Spaghetti Squash

Preheat oven to 375° degrees. With a long-tined fork, make deep pierces into the skin of the squash in several places and place in a baking dish. Bake for about 30 minutes, or until the skin is soft to the touch. Cool for 10 minutes, cut in half lengthwise, and use a spoon to remove the seeds and strings until you have spaghetti-like squash. Transfer strands to serving plates and top with butter and herbs of salsa.

Each time you look at your child you see something mysterious & contradictory—bits & pieces of other people—grandparents, your mate, yourself, all captured in a certain stance, a shape of a head, a look in the eyes, combined with something very precious—a new human soul rich in individuality & possibility. - Joan Sutton

