

## In This Issue:

Celiac Disease

Why is Organic Better

Strengthen Your Immune System  
with Chiropractic

Yummy Recipes!

# Wilson Family Chiropractic Newsletter

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## Celiac Disease

Celiac Disease, also known as Spruce or Gluten Intolerance, is a sensitivity to gluten. Gluten is a protein fraction found in wheat, rye, millet, spelt, barley and oats. Sufferers experience damage to the lining of the small intestines as a result of the inability to properly digest these foods.

Approximately 20% of American's are affected by gluten. Common symptoms of gluten sensitivities include, but are not limited to

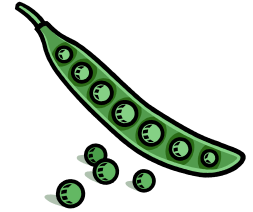
- Upper respiratory tract problems like sinusitis and "middle ear infections"
- Malabsorption problems causing fatigue, anemia, osteoporosis, weight loss
- Diarrhea, constipation, bloating, Crohn's disease, diverticulitis
- Depression, behavioral problems in children, chronic fatigue syndrome, attention-deficit disorder

Do you have a gluten intolerance? If you suspect you have an intolerance try avoiding gluten for fourteen days and then reintroduce. Do you notice any symptoms? Even if you don't react to gluten, it is probably a good idea to reduce the amount of wheat you eat, substituting other grains like oats, rice and rye.

The only sure way to know if you have an intolerance for gluten is to have a food intolerance test.

## Why is Organic Better?

- Organic food taste much better and we can safely eat the skin
- Organic farming is much better for the environment
- No toxic metal contamination is found in organically grown food
- Organic food contains more essential minerals, vitamins, enzymes and other nutrients than non-organic foods
- Children are much more vulnerable to toxins than are adults & should therefore be fed an organic diet
- Organic planting prevents soil erosion
- Organic farming is better for farm workers, who when exposed to herbicides and insecticides have a greater risk of contracting cancer
- Organic isn't really more expensive as many hidden costs are involved when buying conventionally produced food products
- Organic foods are grown naturally without the use of artificial chemical pesticides or fertilizers
- Organic foods are grown without the use of genetically modified organisms



## 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!

**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.**

## 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

## 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.*

## Grilled Salmon Pepper Steaks

Ingredients:

- 6 (6-ounce) salmon steaks
- 1/4 teaspoon salt
- 2/3 cup rice vinegar
- 1/8 teaspoon pepper
- 2 tablespoons fresh lemon juice
- 4 garlic cloves, minced
- 2 tablespoons Dijon Mustard
- Olive Oil
- 1 tablespoon dark Sesame Oil
- 1/4 teaspoon arrowroot

Preparation:

Sprinkle cracked pepper evenly on both sides of each salmon steak, and place steaks in a 13 x 9-inch baking dish. Combine vinegar and next 6 ingredients (vinegar through garlic) in a small bowl; stir well. Pour vinegar mixture over steaks; cover and marinate in refrigerator 1 hour, turning steaks occasionally.

Prepare grill. Remove steaks from dish, reserving marinade. Place steaks on grill rack coated with olive oil, and grill 5 minutes on each side, basting frequently with half of reserved marinade. Combine remaining half of marinade and arrowroot in a small saucepan; bring to a boil and cook 1-minute or until thickened, stirring constantly with a wire whisk. Spoon about 1-tablespoon sauce over each steak. Makes 6 servings.

## 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 tablespoons 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.

## Grilled Eggplant Slices

These eggplant slices will melt in your mouth.

Ingredients:

- 1 large eggplant
- 3 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 3 tablespoons balsamic vinegar

Preheat a gas grill to high. Slice eggplant 1/2 to 1/2 inch thick. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt and pepper. Brush both sides of the eggplant slices with the mixture. Place eggplant on the preheated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14 minutes.

*Calories: 87, Fat: 7g; Carbohydrate: 7g; Protein 1g*

## Tuna Tarter

Ingredients:

- 1 lb. of sushi grade tuna diced in small cubes
- 2 avocados diced in small cubes
- 1/2 purple onion diced into small pieces
- Diced cilantro to garnish
- 1/2 lime's juice

Preparation:

Fold all together carefully as to not break the avocado cubes. Scope out a rounded mold and place atop a bed of mixed greens that have been lightly sprinkled with olive oil and balsamic vinegar.