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List of Unhealthy Ingredients & other foods to avoid when raising healthy children

Artificial food additives color, flavor and preserve the foods our children eat. Unfortunately, they've been linked to high cholesterol, diabetes, cancer, heart disease and more. Use this guide to limit your exposure... and your risk.

1. Partially Hydrogenated Oil - increases harmful LDL Cholesterol & decreases good Cholesterol; both effects contributing to heart disease
2. Brominated Vegetable Oil (BVO) - residues accumulate in body fat, damaging organs, including heart, liver, thyroid, testicles and kidneys
3. High Fructose Corn Syrup (HFCS) - increases the risk of type 2 diabetes, coronary heart disease, strokes and cancer
4. Artificial Colors & Flavorings - linked to allergic reactions, asthma, skin rashes, hyperactivity, headaches and fatigue
5. Benzoate Preservatives: BHT, BHA, TBHQ - can result in hyperactivity, asthma, urticaria, rhinitis, dermatitis and angiodema
6. Caffeine - can lead to osteoporosis, infertility, heart disease, jitteriness, headaches, irritability, sleeplessness, possible birth defects and depression
7. Artificial Sweeteners - may be carcinogenic, sensitive's resulting in cancer of the uterus, ovaries, skin, blood vessels and other organs
8. MSG (Monosodium Glutamate) - sensitive's to MSG can include headaches, nausea, wheezing, edema, change in heart rate, burning sensation and difficulty breathing
9. Olestra - linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence
10. Sodium Nitrate and Nitrate - highly carcinogenic

Useful Online Resources: www.thewaytoeat.net, www.theportionplate.com, www.cspinet.org/reports/chemcuisine.htm

This information was taken from this months "Pathways to family wellness" magazine. Please let us know if you would like a copy of the complete article. We will be happy to provide this to you at your next appointment.

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.

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.

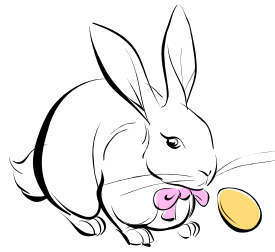
Doctors of Chiropractic, precisely place hands on your back and gently line up vertebrae into their natural position. This process may take weeks or months, depending on the amount of misalignment. As alignment is restored, the nerve supply more effectively communicates throughout your body, and healing may take place. As your body heals, your optimum health improves.

20 Ways to Simplify

1. Eliminate 10 things from your life.
2. Cut back on TV.
3. Escape to a quiet spot.
4. Set your own pace.
5. Get rid of clutter.
6. When you bring in something new throw out something old.
7. Do only one thing at a time.
8. Say no at least once a day.
9. Enjoy the little things.
10. Take at least 4 breaks per day.
11. Determine what really matters.
12. Make peace with all people.
13. Tell the truth.
14. Appreciate beauty.
15. If you don't need it, don't buy it.
16. If you don't have time, don't do it.
17. Have a place for everything and put everything in its place.
18. Share your thoughts, feelings and opinions with a friend every day.
19. Allow time to pray.
20. Thank God for what you have.

Dr. Steve Stephens, Psychologist
& Seminar Speaker

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



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

-B.J. PALMER, D.C.

The Healing Powers of Vinegar

Did you know that vinegar is considered one of the top 20 home remedies? Here is just some examples of why you

For the Body:

1. Acid Reflux Disease *
2. Zap Acne *
3. Relieve Angina *
4. Beat Anxiety *
5. Tame Arthritis *
6. Perky Astringent
7. Athlete's Foot *
8. Black-n-Blue Marks
9. Soothe & Heal Burns *
10. Treat Canker Sores *
11. Smooth Chapped Skin
12. Bye-Bye Cold *
13. Clear up Congestion *
14. Constipation *
15. Take off corns
16. Stop a cough *
17. Dump Dandruff *
18. Defeat Depression *
19. Steady Dizziness *
20. Douche Smart
21. Cure an earache *
22. Embrace an energizer *
23. Smooth Hangnails *
24. Fight Fibromyalgia *
25. Fizzle out the flu *
26. Fade Freckles
27. Lose the Headaches

51. Wash Away Thrush *
52. Common Warts *
53. Gain Weight *
54. Aloha Varicose Veins *
55. Thick & Shiny Hair *
56. Super Hair Rinse
57. Rosy Glow on your cheeks *
58. Smooth Hands *
59. Clean Dentures
60. Personal Hygiene
61. Fragrant Sweater
62. Sparkling eyeglasses
63. Pretty Nails
64. Relieve Dry Skin *
65. Stop Cellulite
66. Beat bone loss
67. Memory Booster

For The Home:

1. Remove smoky odors
2. Freshen clothing
3. Spot remover on clothing

HOW MUCH DO I USE?

Air on the side
of caution. Use
in moderation.
Start with only



Good Potassium-Rich Fruits for Keeping Your Blood Pressure Lower

Apples / Apricots /
Blueberries / Cranberries /
Lemon / Mango / Orange /

Avoid These High Blood Pressure Culprits

Bacon / Hot Dogs / Sausage /
Shellfish / Ham / Fast Food /

Can Vinegar Go Bad?

Shelf Life -

Apple Cider Vinegar,
18 months



Linda Page's Healthy Healing, A Guide to Self- Healing for Everyone... on Apple Cider Vinegar:

A Well known health tonic containing over 30 important nutrients, apple cider vinegar enhances memory, fights arthritis and promotes weight loss. It contains natural antibiotics and an anti-fungal that can fight ear infections, dandruff and athlete's foot when used externally. It helps in soothing sore throats when used in a gargle. A warm apple cider vinegar drink has remarkable detoxifying effects. Mix 1 tsp. apple cider

Source: The Healing Powers of Vinegar By: Cal Orey