

In This Issue:

Depression

Sugar

Change your diet,
Change your Life!

Wilson Family Chiropractic Newsletter

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Depression is defined by Webster dictionary as a serious condition in which a person feels



very sad, hopeless, unimportant and often is unable to live a normal way. It is a state of feeling sad. When depressed you may feel powerless, exhausted, disappointed, guilty, ashamed, bored, lack motivation, frustrated, overwhelmed, anxious, and confused. Many prescriptions side effects cause depression including acne medication. If you feel like you are struggling with depression we are here to help. Please consider scheduling a nutritional session with Dr. Jeffrey Goldwasser. He is available to help you overcome your struggles in a natural way. His office hours are 830-1230 and 230-6 Tuesdays, Thursdays and Fridays.



“Women are twice as likely to suffer depression as men”
- “Healing with Whole Foods by Paul Pitchford”

Foods that help Depression

Apples - Apple Cider Vinegar - Brown Rice - Cabbage - Cucumbers

Fish - Sea Greens - Spinach - Avocado - Olive Oil - Potatoes - Bananas

Depression can be broken down into 2 parts:

1. *Underlying origins for depression:*

- The great loss of a spouse or child & the inability to express grief
- Bottled-up anger and aggression turned inward
- Negative emotional behavior often learned as a child
- Biochemical imbalance involved with neurotransmitter, amino acid & other nutritional deficiencies
- Hypothyroidism
- Drug-induced Depression

2. *Incidental markers for depression:*

- Hypoglycemia or sugar or alcohol dependency
- Prescription drug addiction or intolerance
- Chemical or food allergies
- Hormonal Imbalances related to childbirth, PMS or menopausal
- Negative emotions as a result of the inability to cope with prolonged, intense stress.
- Mercury Fillings

- Linda Page's "Healthy Healing, A Guide to Self-healing for Everyone"

“Exercise Anxiety Away! Give your body plenty of oxygen. Exercise is an anti-depressant nutrient in itself. Deep brain breathing exercises work, too.”

“Depression increases the risk of osteoporosis. Get some daily sunlight on the body for vitamin D, a natural serotonin boost.”

“Yoga, stretches and regular massage helps clear the mind”

- Learn More: Linda Page's "Healthy Healing, A Guide to Self-Healing for Everyone"

Are you depressed? A fat-free diet may be to blame. We need fat! To have healthy brain chemistry we must include essential fatty acids in our diet. When we are low in fats we crave sugar. If we honor our sugar cravings our immune system suffers, not to mention our entire bodies!

In addition to depression, Sugar is a contributing factor to fatigue, yeast infections, diabetes, obesity, dental decay, gum disease and heart disease.

Did you know:

Yoplait yogurt contains more sugar than 6 mini donuts!!! Yoplait 6 ounces, 27 grams of sugar... 6 mini donuts, 23 grams.

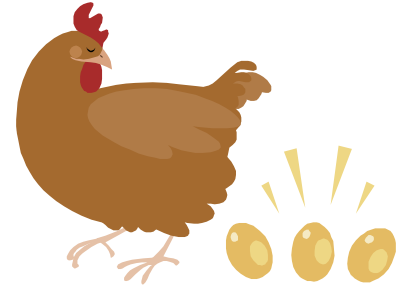
Learn more: www.SugarStacks.com

“All the drugs in the world cannot adjust a subluxated vertebrae.—BJ Palmer, DC

“Loss of life does not come from chiropractic adjustments: wish that we could say as much for surgical operations.” - B.J. Palmer, DC

Standard Process, a reputable whole food supplement company we sell, reminds us to make a positive change in our diet by making 5 key changes. Start with one change you are comfortable with to get you moving in the right direction for life. You WILL feel the difference!

1. Remove bad fats, and replace with good fats (B.A.C.O.N – see below)
2. Change the meat you eat (Ideal Protein Choices – see below)
3. Replace and reduce refined sugars in your diet (see below)
4. Replace grains with pseudo-grains
5. Drink More Water



3 Basic Rules of Food Purchase

1. *Foods should ideally have 5 ingredients or less*
2. *Buy food whole or as closed to its original form*
3. *Avoid packaged foods, which are usually highly refined with multiple additives*

B.A.C.O.N (As a Acronym!) by Standard Process

- B = Butter (clarified butter)
- A = Avocado & Avocado Oil
- C = Coconut Oil (unrefined, unsweetened)
- O = Olive Oil & Olives (preservative-free)
- N = Nut Oils (unrefined, expeller pressed)

Instead of refined sugars about replacing with:

1. *Stevia—Whole-Leaf*
2. *Medjool Dates—Sweet as Brown Sugar!*
3. *Bananas*
4. *Minimally processed Honey*

Ideal Protein Choices - Raw foods including nuts & minimally process cheese, meat from grass-fed, free-ranger, and cage-free sources without added hormones. Avoid farm-raised & Atlantic fish when possible. Choose cold-water fish like salmon, sardines, mahi-mahi, mackerel, etc...

Organic eggs from free-range chickens, grass-fed beef, grass-fed free-range organic poultry, grass-fed lambs, wild game birds (pheasant, duck, goose, grouse) Venison, Wild Game (elk, bear, beaver, etc...) and Whey Protein. - Suggestions by Standard Process

Pseudo-grains are seeds & grasses we commonly classify as grains but truly are not...
Quinoa, Buckwheat, Teff, Millet, Amaranth and Wild Rice

Did you know one of the most common symptoms of dehydration is being tired? If you indulge in a tall glass of water over coffee or a sugary drink you may just find you feel better, less fatigued, have better skin quality, can focus better and your digestion and elimination improve greatly. Ideally 1/2 your body weight in ounces is the way to go... You weigh 160? Then make it a goal to drink at least 80 ounces of water / day.



Is this information helpful? Consider buying a copy of the Standard Process Newly Released 21-day Purification Cookbook \$20