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Gift Certificates Available

Wilson Family Chiropractic Newsletter

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73 West Main Street Sylva, NC 28779



## Just say NO to holiday weight gain with these 10 tips

### Chiropractic Care

Chiropractic is the science of adjusting the cause of disease by realigning the spine, releasing pressure on nerves radiating from the spine to all parts of the body, and allowing the nerves to carry their full quota of health current (nerve energy) from the brain to all parts of the body. When there are misalignments (subluxations) in the spine, the entire body and its systems are negatively effected.

We provide care to patients of all ages - infants to seniors.

Gentle & Effective  
Chiropractic Care

Headaches / Migraines

Neck & Back Pain

Shoulder Pain

Ear Infection

Pregnancy

Hip & Leg Pain

Allergies / Asthma / Sinus

Sports

Auto Accidents

And More...

1. Stress causes overeating, cravings, headaches and hormone depletion.
2. Food allergies like wheat and dairy emerge with all of those tempting holiday treats.
3. Lack of nutrients when presented with holiday's sweet and savory delights, eat your fruits and vegetables!
4. Blood sugar grows low ramping up cravings for sweet treats.
5. Fat can be good and bad. Watch out for hydrogenated oils, saturated & trans fat and move towards the good fats like olive, fish, flax. Black currant seed, walnuts and almonds.
6. Soda pop contains artificial sweetener which in turn cause imbalance, induce an insulin response and deprives the body of much needed calcium.
7. Exercise despite the desire to hibernate indoors. Increase your oxidation & keep your muscles lean which aids in glucose transport and decreases the need for insulin.
8. Impulse control is key. It's cold outside, resist the urge to stop for a latte' everyday. If you need a warm treat, consider a cup of green tea.
9. Detoxify and rid yourself of the toxins that are contributing to your fatigue, discomfort and imbalance by drinking lots of water!
10. Resist temptation! Plan ahead. Pack good healthy snacks. Be full before temptation strikes!

## Gift Certificates Available!

30-minute massage: \$30

60-minute Massage: \$60

