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Wilson Family Chiropractic Newsletter

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STRESS?

Hug Therapy



Hugs make life less stressful. A brief hug and 10 minutes of hand-holding with a romantic partner keep heart rate and blood pressure down in stressful situations.

Don't take troubles -- yours or those of the world -- to sleep with you. Pay attention to the news, but don't take homage to it. When there are taken all together, problems have a contagious way of compounding. Find a way to turn off the day. Make sure you have a private place where you can get away from it all -- a sanctuary in the midst of your surroundings.—Alin Austin

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!

7 Surprising Reasons to give up Sugar



Dr. Katie stumbled across these sugar shockers we need to know on ABC News, written by Leah Zerbe of Rodale News. With Valentine's approaching perhaps we should think twice about the sugar we may consume.

- 1 - We are overdosing.** 13 % of our daily calories comes from added sugars = 130 pounds / year = 22 teaspoons / day. The American Heart Association advises women should not exceed 6 teaspoons and men 9. Surprising place these sugars may be lurking: Salad Dressing. Next time try vinegar & olive oil instead.
- 2 - Brain Trickster.** When we enjoy too much sugar rather than sending a flashing light warning, warning, slow down -- the sugar actually tricks the brain to think you need to eat. Did you know a commonplace for sugar to be hiding out is in bread? White bread, multigrain, even whole wheat!
- 3 - Tanning our Tissue.** As we age the oxidative stress turns our tissue "brown" and excess sugar only puts the tanning process into high gear. Processed foods are the biggest culprit with 80% of the 600,000 commercial food products containing sugar. If you cook from scratch this can certainly slow down the aging process.
- 4 - Liver gets Fat.** While an extra 1,000 calories of sugary foods contributes to a 2% increase in body weight, it increases the liver fat by 27%. An overdose of sugar can wreak havoc on your liver as the liver has no choice but to take the excess turning it into liver fat. From this point it may or may not leave the liver resulting into nonalcoholic fatty liver disease.
- 5 - Age accelerator.** Did you know sugar is the primary contributor to aging? Dr. Lustic explains fructose is seven times more potent than glucose and can cause higher rates of cell damage and death. Did you know sugar can hide in tomato sauces? Eat healthy but in doing so read labels to ensure you really are eating healthy.
- 6 - Sugar Addict.** Dopamine is a feel-good neurotransmitter for your body. When we eat too much fructose our bodies shut down all healthy signaling. We eat too much & thus it takes more & more sugar to bring pleasure. Beware of smoothies -- many pre-packaged smoothies contain as much sugar as an ice cream sundae... Try making your own @ home.
- 7 - Artery Annihilator.** Over time the bad habit of excess sugar strips our cells protective sheathing making them less sensitive to the sugar invasion. This decreased sensitivity will inevitably impact oxygen to our organs. Leave TV dinners at the store and instead take the time to prepare a large batch of whole foods that you & your family can enjoy throughout the week.

List of Unhealthy Ingredients

And 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 angioedema
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 obtained from the October 2009
issue of Pathways to Family Wellness*



Always kiss each other
hello and goodbye. **B**e
there for each other -
always. **C**reate an
environment of love. **D**o
it. **E**scape from the kids.
Fight fair. **G**ive of your
time. **H**andle with care.

Inspire your partner with love. **J**udge not. **K**ee your
good memories alive. **L**isten to her. **M**ake love with
your partner's needs foremost. **N**ever go to bed angry.
Offer to handle an unpleasant chore. **P**raise him.
Quality time isn't just for kids. **R**espect her feelings.
Say what you feel when you feel it. **T**ell her you love her
everyday. Every day. **U**nderstand your differences.
Valentine's day is every day. **W**alk together; talk
together. **E**Xcite your partner as only you know how.
You can never say "I love you" too often. **Z**ero-in on his
little passions.

*This is taken from "1001 Ways To Be Romantic" By: Gregory J.P.
Godek. This book is available in our lending library.*

Chiropractic Testimonial

I have been suffering from frequent headaches and back aches for years. The severity of my headaches would often be so severe that I couldn't function. I would have to be quiet in dark spaces alternating between hot and cold pads. When seeking physician care I was told my headaches were likely due to tension and over-the-counter and prescription drugs were prescribed. I came to the point where I had to have some kind of medication before performing any physical task at work or at home.

Something had to give. My friend suggested Chiropractic care. While I had received Chiropractic treatment many years ago for back pain, I never thought to try it for headaches. I began seeing Dr. Katie and experiencing almost immediate results. No more headaches or back pain! My quality of life has improved significantly. I am playing softball and taking long walks with my children, my heat pad & ice packs are no longer a permanent bedside and office fixture and I tell everyone having any unresolved pain about Dr. Katie!

Thank you,
Karen Woody