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## Baked Oatmeal

### Ingredients

- 2 cups uncooked quick-cooking oats
- 1/2 cup packed brown sugar
- 1/3 cup raisins
- 1 tablespoon chopped walnuts
- 1 teaspoon baking powder
- 1 1/2 cups fat-free milk
- 1/2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

### Preparation

1. Preheat oven to 375°.
2. Combine the first 5 ingredients in a medium bowl. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Bake at 375° for 20 minutes. Serve warm alone or with vanilla yogurt and maple syrup.

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We like to make different variations by using other dried fruits, nuts and even chocolate chips! This is a really yummy breakfast treat! Make a tray (or double the recipe & make 2!), divide into individual containers & reheat each morning for a weeks worth of ready made breakfast the whole family is sure to enjoy.

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## 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!

## Lentil Soup



- 1 cup dried lentils, sorted & rinsed
- 6 cups of Chicken Stock
- 1 tablespoon of veggie oil
- 1 garlic clove, minced
- 2 1/2 cups chopped fresh tomato
- 1 cup sliced carrots
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried marjoram

1. In a large saucepan over moderately high heat, combine the lentils & the stock, and bring to a boil. Reduce the heat to low & simmer 30 minutes.
2. Meanwhile, in a large skillet over moderately high heat, heat the oil. Add the onions & garlic, and sauté until tender, about 5 minutes. Pour the onion mixture into the saucepan with lentils.
3. Add the tomatoes, carrots, thyme and marjoram to the lentil mixture. Cook the mixture until the lentils and vegetables are tender, about 30 minutes.

Makes about 8 servings...

*This recipe was taken from Reader's Digest "Homemade" how to make everyday products, fast, fresh and more naturally.*



“Birth can be a sprain in the neck!” according to Dr. Jennifer Barham-Floreni, author of “Well Adjusted Babies. Dr. Jennifer writes, “Ideally, babies should be checked & adjusted asap after birth to help alleviate spinal

problems caused by constraint or abnormal positioning in the uterus, or by spinal distress from the journey through the birth canal or during the delivery process itself.”

Call 587.CARE and schedule your babies chiropractic care today!

## A Generous Person

A generous person will never be poor for his wealth is not in money or possessions but in his heart of gold!

- Bill Montague

# Coconut Oil - Miracle Food?

Who Knew coconut oil could be a miracle food? I sure didn't until I read "The Coconut Oil Miracle" by Bruce Fife, CN, ND. In this book I learned coconut oil's many uses in preventing heart disease, cancer, diabetes not to mention skin care benefits & strengthens the immune system. Did you know coconut oil can...

- \* Eliminate Dandruff
- \* Chronic Psoriasis
- \* Speed recovery from Flu
- \* Remove precancerous skin lesions
- \* Relieve Hemorrhoids
- \* Strengthen gums & teeth from decay
- \* Treats Alzheimer's



## Immune System Suppressors

1. Aging
2. Allergies: pollens, dust & food
3. Infections: viruses, bacteria, yeasts & fungi & parasites
4. Surgery
5. Radiation
6. Chemotherapy
7. Drugs: cortisone & other steroids, anti-inflammatories and insulin
8. Lack of sleep
9. Airplane travel
10. Stress: social, work and financial
11. Emotional extremes: depression, loneliness & overeating
12. High-fat Diet: sugar, excess iron, malnutrition (especially in infants & the elderly)
13. Nutrient Deficiencies: vitamin A, C & E, B vitamins, especially B5, folic acid, B6 and B12, zinc and selenium, essential fatty acids and protein
14. Chemicals in dirt and environment: phenol and formaldehyde, hydrocarbons, air/water pollution
15. Drugs, recreational: marijuana, nicotine, cocaine, amphetamines and alcohol

## Immune System Supporters

1. Self-love
2. Interpersonal love
3. Positive Attitude
4. Laughter
5. Affirmations
6. Breathing
7. Relaxing
8. Meditation
9. Exercise, yoga
10. Herbs: Garlic, Licorice, Echinacea, Goldenseal, Ginseng
11. Dimethylglycine
12. Coenzyme Q10
13. Organo-Germanium
14. Staphage Lysate
15. Zinc
16. Selenium
17. Iron (excess iron can increase oxidation & weaken immunity)
18. Copper
19. Vitamin C
20. Bioflavonoids
21. Vitamin A
22. Beta-Carotene
23. Vitamin E
24. Pyridoxine
25. Pantothenic Acid

22. Folic Acid
23. Vitamin B12
24. Amino Acids: Arginine, Ornithine, Carnitine, Cysteine & Glutathione, possibly Lysine & Taurine
25. Rotating Diet
26. Low-Fat, Low-Sugar diet
27. Wholesome Food
28. Dietary Protein
29. Chemical-Free Diet
30. Chemical-Free home & work
31. Filtered, purified water
32. Fasting
33. Essential Fatty Acids
38. Adequate Digestive Function
39. Digestive Enzymes, such as Bromelain, Papain, or Trypsin
40. Thymus Glandular (possibly also spleen, thyroids, and adrenal glandular as long as these are free of pesticides and viruses that could cause disease)
41. Allergies, Infections & Fever (May initially stimulate immune activity and the be suppressive)

- Taken from *Staying Healthy with Nutrition* by Elson M. Haas, MD - *The Complete Guide to Diet & Nutritional Medicine*