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# Wilson Family Chiropractic Newsletter

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## Wilson Family



## Chiropractic



### You will never be sorry

For thinking before acting,  
For hearing before judging,  
For forgiving your enemies,  
For being candid & frank,  
For helping a fallen brother,  
For being honest in business,  
For thinking before speaking,  
For being loyal to your church,  
For standing by your principles,  
For stopping your ears to gossip,  
For bridling a slanderous tongue,  
For harboring only pure thoughts,  
For sympathizing with the afflicted,  
For being courteous & kind to all.

- Anonymous

**QUALITY VINEGAR** such as unfiltered and unpasteurized apple cider vinegar have many healing properties and uses. This is one product you want to always have on hand. Last month we provided a lot of information on apple cider vinegar... to add to that:

> Did you know after sipping a 1/3 cup of water mixed with 1 teaspoon of apple cider vinegar 2 to 3 times daily (stir in 1 teaspoon of local honey for added benefits):

- Bad moods will usually disappear
- Circulation & energy levels will increase
- Edema, excess mucus & athlete's foot will be relieved
- Stops nose bleeds, spitting up blood & blood loss from childbirth
- Parasites hiding out in the digestive tract will be killed off

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*Thirsty for more knowledge? Check out "Healing with Whole Foods, Asian Traditions & Modern Nutrition" by Paul Pitchford*

## Grilled Eggplant Slices

-- These eggplant slices will melt in your mouth.

### Ingredients:

- 1 large eggplant
- 3 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 3 tablespoons balsamic vinegar



Preheat a gas grill to high. Slice eggplant 1/2 to 1/2 inch thick. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt and pepper. Brush both sides of the eggplant slices with the mixture. Place eggplant on the preheated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14 minutes.

*Calories: 87, Fat: 7g; Carbohydrate: 7g; Protein 1g*

## Fantastic Halibut

### Ingredients:

- 3 cloves garlic, minced
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 1/4 cup fresh lime juice
- 1 1/4 cup basil, fresh, chopped
- 1 1/2 lbs halibut fillets or steaks
- 1 tablespoon sea salt

### Preparation:

Combine all ingredients except for fish in a shallow dish large enough to hold the halibut. Place fish in the dish and marinate for at least two hours, turning once or twice. Remove fish from marinade and broil or grill for about 5 minutes on each side (10 minutes total per inch of thickness). Transfer fish to a serving dish. Heat remaining marinade in the microwave for one minute, then pour over fish. Serve while hot.

## Simply Grilled Salmon Steaks

So easy and so fast. Serve with a vegetable or a salad.

### Ingredients:

- Salmon Steaks
- 1 Tablespoon melted butter
- 1 Tablespoon Maple Syrup

### Preparation:

Prepare grill, medium high heat. Mesquite briquettes are nice for this recipe. Clean & dry Salmon. Melt about one tablespoon of butter and add in an equal amount of maple syrup. Brush one side of salmon with this glaze and place on grill, glazed side down. Brush other side and flip once that are nicely charred. Cook until they flake easily with a fork but are still quite moist. A good accompaniment is sliced, glazed, grilled pineapple (cooked in the same way).

## Blackberry Endive Salad

Drop a few blackberries in the bottom of a salad bowl and lightly mash with a fork to release the juices. Scatter in some sliced endive. Stir in ripe, chopped avocado. Grate in some Pecorino cheese (an aged sheep's milk cheese and a switch from your usual Parmesan). Add a bit of orange zest. Drizzle in a high quality extra virgin olive oil and good balsamic vinegar. Season with sea salt and freshly ground pepper, toss, and you have a salad that will wake up your palate with fresh summer flavors.

## Chiropractic Testimonial

I began being treated by Dr. Katie at Wilson Family Chiropractic in December of 2009. At 8-months pregnant with my second child, my gracilis (groin area) had become so inflamed that the pain nearly prevented me from being able to walk. The inflammation affected my mood and energy levels while also making it difficult to sleep. While the pain affected me, my discomfort affected my whole family as I was unable to care for our 2-year old.

Prior to considering chiropractic care I worked with a Physical Therapist at a local hospital. Throughout my treatment they were never able to give me a clear diagnosis of my pain. I was continually encouraged to work on exercises and wear a maternity belt - - neither of which provided any comfort. During my first pregnancy I was told my pain was normal during pregnancy and it would go away after delivery. While this thought was presented to me during this pregnancy I did not believe I could or should ignore this problem.

Being raised to think chiropractic care was not medically sound or credible, I have changed my way of thinking since being treated. Dr. Katie has helped me understand and realize the logic and impact chiropractic treatment has on the healing process. I understand how stress and general wear and tear on the body create imbalances that need to be addressed and corrected. She helped address (and diagnosis) my acute gracilis pain, realign my pelvis and relieve my pain. Although I still have some pain due to the extra weight I am carrying with my pregnancy, I truly feel better after each adjustment. I am sleeping better, my mood is elevated and my family life has improved.

-Jenny Wilson