

In This Issue:

Recipes... Advice...
Good Information to
share with our
wonderful patients.

Wilson Family Chiropractic Newsletter

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73 West Main Street Sylva, NC 28779



Why You Should Eat Eggs During Pregnancy

- The perfect protein as they contain 7 grams of high quality protein, vitamins, minerals and other nutrients needed for good health
- Eggs contain Omega-3 fatty acid DHA, a necessary part of brain & retinal function as well as Omega-6, a requirement for healthy hair, libido, skin, reproduction, response injury and overall bodily growth
- Young children, pregnant and lactating women benefit the most from egg consumption
- Ingredients in eggs keep artery-clogging cholesterol from getting into the body

This information was found in Hypnobabies Studies

Essential Oil: Lemon

This oils cleans & refreshes! Neutralize odors while elevating your mood, clean stainless steel and add a drop to ease a sore throat.

Kale Guacamole

- * 2 cups torn kale leaves
- * 4 ripe avocados
- * 1/2 teaspoon sea salt
- * 3 tomatoes, seeded & chopped
- * Juice of 1 lime
- * 1/4 cup fresh cilantro, chopped

Place the kale leaves in a food processor & pulse until they are finely chopped. Cut the avocado in half & remove the pits. Scoop out the flesh & place it in a large bowl. Add the salt & mash until desired texture is reached. Stir in the kale leaves & the remaining ingredients. Taste & adjust the seasonings with salt. Serve immediately. Cover remainder & store in the refrigerator. Serves 2-4.

(This recipe comes from the cookbook 1' of Change, The Standard Process 21-Day Purification Program Cookbook. This cookbook is available for sale on our shelf—\$20).

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!

Whatever you focus on expands. It means that whatever you give your attention to becomes more & more of your reality. It doesn't matter whether or not your perception is right or wrong. Quite often, we misperceive others because we lack complete information. Our life experience is determined by where we focus our attention. So if you're unhappy, it's quite possible that your focus has been on the negative. If you want to create more joy & happiness in your life, then you must focus on the positive. And one important way of doing that is through gratitude... taken from “Getting The Love You Want” by Harville Hendrix

Sue Larreau's Recommended Gallbladder / Liver Cleanse

Begin by purchasing 5 quarts of organic apple juice, a quality cold-pressed 8 ounce bottle of olive oil and organic pure grapefruit juice (this can all be purchased at Kountry Kup-board or another local health food store). Also purchase epsom salts if you don't already have this in the cabinets at home.

Enjoy 5 days of apple juice (1 quart / day), salads, fruits, veggies, protein, water, etc...then on night 5 take one of your empty apple juice bottles and mix with pure water & 4 tablespoons of epsom salts. Beginning at 6pm, drink 8 ounces. Within an hour you will begin dismissing bowel feces. Repeat again at 8pm. Then, at 10pm drink 8 ounces of olive oil & 8 ounces of grapefruit juice. I did this by mixing 4 ounces of each twice (it actually is tolerable). Go to bed soon after. You will likely get up several times in the night to go to the bathroom. I drank pure water at this time to stay hydrated. Then drink the remaining epsom salt water beginning at 6am & again at 8am. During the AM hours you will be dismissing cholesterol and stones. Drink water, juice too. By noon you should be back to normal. You should eat light for the following days as your bodies gone through a lot.



Thai Pumpkin Soup

- * **2 Tablespoons Olive Oil**
- * **1 Large Onion, peeled, chopped**
- * **1 Tablespoon Tomato Paste**
- * **2.5 cups canned Pumpkin**
- * **2 Tablespoons Fresh Ginger**
- * **1 clove Garlic, peeled, chopped**
- * **3 cups Chicken or Vegetable Broth**
- * **1 Tablespoon chopped Green Chiles**
- * **3/4 cup Coconut Milk**
- * **3/4 cup Coconut Cream**
- * **1 Tablespoon Lemon Juice**
- * **Sea Salt & ground Pepper**

Saute onion in olive oil until soft. Add tomato paste, pumpkins, ginger, garlic & broth. Combine until thoroughly heated & place in blender. Add chiles, coconut cream, coconut milk and lemon juice. Secure lid firmly & blend for 30 seconds. Season with sea salt & pepper to taste. Serve immediately. Note: If a less sweet soup is desired, omit coconut cream & increase coconut milk to 1.5 cups. Serves 2-4

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Medicine is about disease and what makes people die. Chiropractic is about LIFE and what makes people LIVE!"

-B.J. Palmer, D.C.