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Wilson Family Chiropractic Newsletter

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73 West Main Street Sylva, NC 28779



Crockpot Pumpkin Soup

Ingredients

2 lb pumpkin, peeled and diced into 1 inch cubes
1 medium onion
2 cloves
1 oz butter
2 ½ cups vegetable broth
2 teaspoons sugar
Salt to taste
1 cup milk
Roasted walnut halves, for garnish

Preparation

Peel the onion and stick the cloves into it. Put the butter and pumpkin in the Crockpot and set it to cook on high. When the butter has melted, stir it to coat the pumpkin and cook it for an hour on high. Add the clove-studded onion, salt, sugar and broth. Cover and cook for 4 to 5 hours on high or 8 to 9 hours on low. Remove the onions and discard them. Puree the soup using a hand blender or food processor. Add the milk (unless you are freezing it) until the soup is the right consistency. Serve with roasted walnuts halves as a garnish.

(Serves 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.



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!

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

Migraine Headaches

While there are over 200 different types of headaches, the five most common are Migraines, Cluster, Tension, Post Trauma and Cervicogenic. This month we are focusing on **Migraines**.

Some Migraine symptoms occur hours to a day or two before a migraine attack and they are not to be confused with aura. They include various combinations of fatigue, difficulty in concentrating, neck stiffness, sensitivity to light or sound, nausea, blurred vision, yawning and pallor.

Did you know....

- Up to 80% of migraineurs have a family history of migraine headaches
- The largest subgroup of people who experience migraine headaches is women in their reproductive years.
- It is estimated that up to 25% of all migraine attacks occur in the period of the menstrual cycle (from the two days before up to 3 days after the cycle begins).

What can trigger a migraine?

- Stress, hormones, not eating, weather, sleep disturbance, perfume or odor, neck pain, lights, alcohol, smoke, sleeping late, heat, food, exercise and sex.
- Protein Drinks, bar and tablets that contain the amino acid tyrosine or tyramine. Avoid any products that contain L-tyrosine because this added quantity can disrupt the normal functions of the pituitary gland.
- Probiotics can introduce painful problems for migraineurs by increasing the level of nitrous oxide.
- Sunless tanning products especially those that contain tyrosine.
- Colon and other cleansing therapies that use acidophilus and other such ingredients often trigger migraine headaches by elevating nitric oxide.
- Yogurt can trigger migraines. If you eat yogurt to avoid yeast, consider taking coral Calcium to balance your p.h. to prevent yeast infections.
- All "Diet" drinks, i.e. Diet Coke. New health fads should be approached with extreme caution as they can easily disrupt the balance of your system and trigger migraines.

10 Food Rules by Michael Pollan

We recently came across Michael Pollan's "Food Rules - An Eater's Manual" guidebook. What a great read! Here are just a few of Pollan's helpful suggestions on eating healthy:

1. Avoid food products containing ingredients that a third-grader cannot pronounce. Basically the same idea, different mnemonic. Keep it simple!
2. Pay More. Eat Less. You get what you pay for. Don't be fooled, quantity does not equal quality.
3. Spend as much time enjoying your meal as it took to prepare it.
4. Buy and use smaller plates and glasses in your home. We don't need to supersize everything. Smaller quantities are better for us.
5. Don't get your fuel from the same place your car does. Most foods found in gas stations are highly processed and imperishable - - stay away!!!
6. Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks. Eating a modern western diet of processed foods is not the way to go. Traditional foods are generally healthier.
7. The whiter the bread, the sooner you'll be dead. Eat whole grains and minimize your consumption of white flour. You will thank yourself for it.
8. Don't eat breakfast cereals that change your milk color. These cereals are highly processed, chocked full of chemicals.
9. Eat foods that have been predigested by bacteria or fungi such as yogurt, sauerkraut, soy sauce and sourdough bread.
10. Drink the water from vegetables you have cooked by preparing a soup or sauce. The water is rich in vitamins.

Special thanks to Michael Pollan, author of the "Omnivore's Dilemma" & "Food Rules, An Eater's Manual," for such great advice!