

In This Issue:

Intro to Essential Oils

Good Advice

Remedies

Testimonial

Wilson Family Chiropractic Newsletter

Volume 7, Issue 2 February 7th, 2015

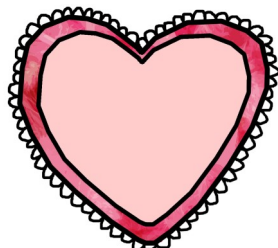
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Always kiss each other hello and goodbye. Be there for each other - always. Create an environment of love. Do it. Escape from the kids. Fight fair. Give of your time. Handle with care. Inspire your partner with love. Judge not. Keep your good memories alive. Listen to her. Make love with your partner's needs foremost. Never go to bed angry. Offer to handle an unpleasant chore. Praise him. Quality time isn't just for kids. Respect her feelings. Say what you feel when you feel it. Tell her you love her everyday. Every day. Understand your differences. Valentine's day is every day. Walk together; talk together. Excite your partner as only you know how. You can never say "I love you" too often. Zero-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.



An Introduction to Essential Oils

Essential oils are one of the great untapped resources in the world. The concentrated essences of various flowers, fruits, herbs, and plants have been used for centuries all over the world, but in modern times we have forgotten the power of these ancient medicines of the earth, preferring instead to use the products of perfume and chemicals companies which imitate the natural fragrances and medicinal and cleansing properties of essential oils.

Some of our Favorites!

Eucalyptus—Cools the body in the summer and protects it in the winter. It is an anti-inflammatory, antiseptic, antibiotic, diuretic, analgesic and deodorizing.

Lavender—Effective treatment for burns and scalds. It is a natural antibiotic, antiseptic, antidepressant, sedative and detoxifier which promotes healing and prevents scarring, and also stimulates the immune system and contributes to the healing process by stimulating the cells of a wound to regenerate more quickly.

Tea Tree—Antiviral, antibacterial, and antifungal properties make it useful in a wide range of conditions. It is used for Candida and all sorts of infections, for ringworm, sunburn, acne, athlete's foot, toothache, and pyorrhea, among other things.

Peppermint—An excellent digestive, it helps the respiratory system and circulation, it is an anti-inflammatory, and an antiseptic. It is a great oil to use for indigestion, flatulence, bad breath, varicose veins, headaches and migraines, skin irritations, toothache and fatigue.

Continue learning about Essential Oils in "The Complete Book of Essential Oils & Aromatherapy" by Valerie Ann Worwood which is available in our lending library.

*If you have only one smile in you give it to
the people you love. - Maya Angelou*

Top 5 Home Remedies for a Sinus Infection

1. **Inhale Steam Vapors** - Bow your head over a hot bowl so that the steam can directly reach your face.
2. **Garlic** - Containing antiviral & antifungal properties, Garlic can be an effective cure.
3. **Apple Cider Vinegar** - Helps to decrease mucus production & begin the healing process.
4. **Food Allergy** - You may be allergic to eggs, corn, chocolate, peanuts, bananas, etc... consult with an allergist.
5. **Nasal Irrigation** - Natural and proven cure. See page 2: Neti Pot

For more information:
www.sinusinfectionhelp.com

Immune Challenges

What causes a breakdown in the immune system?

Inadequate sleep, Inability to cope properly with stress, Inadequate healthy microorganisms in mucosal tissues, being too clean - - need exposure to dirt to develop immunity, poor diet with too many sugars, milk, grains and other offenders that create mucous congestion

Frequent Colds, Flu & Ear Infections Solutions

Remove most congesting foods: Eliminate wheat, sugar and pasteurized dairy

Eat more fermented foods to re-establish healthy flora

Warm olive oil, mullein, garlic oils plus white willow bark directly into ear upon arising and at bedtime

Heat a pouch of wheat or rice in microwave and place over ears

Consider Standard Process Supplements: Congaplex during the acute stages and Immuplex for long-term support

How can you stop recurring cycles?

Eliminate offending foods, especially sugar

Break antibiotic cycle

- This advice was provided by Dr. Holling Carling "Children's Health, Making Nutrition Work"

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