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# Wilson Family Chiropractic Newsletter

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## Alarming Health Statistics

- 5 million children diagnosed ADHA
- 7 million children diagnosed with asthma
- 3 million children diagnosed with allergies
- 48.5% children diagnosed with depression
- Diabetes is the fastest growing disease in children
- Antidepressants are the #1 prescribed drug in America
- Obesity is now being perceived as a bigger threat to health than smoking, drinking and poverty
- Cancer is now the #2 cause of death in children
- This is the first generation that the life span is getting shorter. It is predicted that in 10 years, children will not out live their parents

**Center for Disease Control  
2007-2008 Report**

## 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



*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*

## 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

## Test Your Knowledge About the Common Cold

The average American gets more than 100 colds in his / her lifetime. How much do you really know about the common cold? Take this quiz to find out.

1. True or False? Colds are mainly spread by coughs & sneezes? False. The viruses that cause colds usually are spread by hand-to-hand, hand-to-nose or hand-to-object contact. The rhinovirus, the most common cold virus, flourishes in mucous membranes. Someone infected with the virus rubs his nose or eyes, picking up the virus on his fingers. He then touches you or deposits the virus on another surface (door knob, telephone, etc...). The virus can survive 24 to 48 hours, so it can be readily picked up by the next person who comes along.
2. True or False? Stress increases the likelihood of getting a cold. False. There are theoretical reasons to think that emotional stress could increase the risk of getting a cold, but it has never been shown conclusively. Studies have shown that chronic stress decreases the immune system's ability to suppress infections. But stress is ubiquitous -- nearly everyone reports having stress in the days or weeks before a survey -- so it's difficult to link it with illness.
3. True or False? We get fewer colds as we get older. True. There are approximately 200 different viruses that cause colds. Each time your immune system is exposed to one of these viruses, it develops antibodies that make you immune to that particular strain. By the time you reach your 60s or 70s and have a lifetime of cold behind you, you have developed immunity to many -- but not all -- of the circulating cold viruses.
4. True or False? Hot tea eases cold symptoms. True. Black & Green Tea both contain theophylline, a mild bronchodilator. Drinking tea when you have a cold may open the airways and make breathing easier. The heat & steam from the liquid also thin mucus and ease congestion. Chicken soup also is a traditional remedy for colds -- but don't expect too much. Though it provides fluids and the steam eases congestion, chicken soup cannot cure a cold, despite what people may think.
5. True or False? People with colds are highly contagious before they experience symptoms. True. You're most contagious in the 24 hours before the symptoms start. You may feel healthy, but the virus is incubating and spreading. Colds often are transmitted during this period because people who are infected aren't yet staying home -- and other people aren't avoiding them the way they would someone who is coughing or sneezing.



Want to learn more about the common cold? Check out "The World's Greatest Treasury of Healthy Secrets" by Bottom Line Publications.

## 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!