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Wilson Family Chiropractic Newsletter

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Quinoa

What is it? A highly nutritious seed often confused as a grain.

This protein contains low sodium and high amounts of calcium, phosphorus, magnesium, potassium, copper, manganese, zinc as well as fiber.

Coconut Quinoa Pilaf

- 2 cups Quinoa
- 1 cup Coconut Milk
- 2 cups water
- 1 bunch green onions, sliced
- 1 red bell pepper, seeds removed, diced small
- 3-4 gloves of garlic, minced
- 1/2 teaspoon crushed red pepper chili flakes
- 1/2 cup fresh cilantro, chopped
- Sea salt & ground pepper

Place all ingredients except the fresh cilantro in a large saucepan over medium-high heat. Cover and bring to a boil, then turn down and allow to simmer for 15-20 minutes. Remove from heat and allow to sit for about 5 minutes. Add chopped cilantro and gently fluff with a fork. Serve hot. Serves 2-4.

This recipe was taken from Standard Processes cookbook "1' of Change, The Standard Process 21-Day Purification Program Cookbook—page 37. It is available in our office for \$20

At Wilson Family Chiropractic it is our mission to improve the quality of life of our patients, their families and our community. We strive to provide a relaxing environment to facilitate healing through chiropractic care, therapeutic massage and education on health and wellness.

Chiropractic Testimonial

Before receiving chiropractic care I experienced extreme pain in my lower back, hips and neck. This pain occurred after two extensive surgeries on my ankles due to torn tendons in 2005. My body alignment became intolerable. I began taking Vicodin daily just to make it through the day. The thought of going to a chiropractor never entered my mind until my cousin suggested a chiropractor might alleviate my pain. I began seeing Dr. Katie at Wilson Family Chiropractic in 2009. Chiropractic adjustments have changed my life. I wish I had before and after pictures. Before treatment, my alignment was so bad that you could visually see my left shoulder was much higher than my right, now they are even. My neck and hip pain are gone and while I occasionally experience low back pain after exerting myself, I am always remedied by an adjustment with Dr. Katie. I plan to continue routine chiropractic treatment as it has been my saving grace. My husband also began seeing Dr. Katie after witnessing my results and suffering an injury from a fall. He has had similar results and great relief from his pain. We are continuing maintenance treatments twice a month and thankful our problems have not returned.—Lynn Hyde

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!



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

-B.J. Palmer, D.C.

Pantry, Counter, Fridge? Where To Store Produce For Maximum Shelf Life

No matter how good a deal you got on those in-season blueberries, tomatoes or basil, it's money wasted if some of that produce goes bad before it makes it to the table.

It's an all too common budget dent. Americans throw out roughly 14% of what they buy, according to the U.S. Department of Agriculture. Worse, that figure is *before* factoring in the leftover food you scrape from your plate.

Knowing how long fresh fruits and vegetables last and where to store them for maximum shelf life leads to better deals. You can make smarter decisions about how much to buy of a particular food, and use more (if not all) of it before it goes bad. (That's not to say you can't keep peppers on the counter or oranges in the fridge, of course – just that if you opt to keep something in less than ideal storage conditions, you might need to eat it a few days sooner.)

The solution: Our handy storage guide below, compiled from chefs' experience, as well as research by the Massachusetts Department of Agricultural Resources, MealsMatter.org, Self magazine and the Food Marketing Institute. (Got your own tips to extend the shelf life of fruits and veggies? Post them in the comments.)

Apples—Store on the counter. Move any uneaten apples to the refrigerator after seven days. In the fridge or out, don't store near most other uncovered fruits or vegetables — the ethylene gases produced by apples can ruin them (making carrots bitter, for example). The exception: if you want to ripen plums, pears and other fruits quickly, put an apple nearby for a day or so.

Artichoke—Refrigerate whole for up to two weeks.

Asparagus—Store upright in the refrigerator in a plastic bag with either an inch of water or with a damp towel wrapped around the base, just like you would have flowers in a vase. They'll last three to four days that way.

Avocados—Ripen on the counter. Can be stored in the refrigerator for three to four days once ripe.

Bananas—Store on the counter. Refrigerate only when ripe — they'll last for another two days or so.

Beets—Remove green tops an inch or two above the crown. Refrigerate beets in a plastic bag to prevent moisture loss, which leads to wilting. (They'll last seven to 10 days.) Refrigerate greens separately, also in a plastic bag.

Berries—Grower Driscoll's recommends refrigerating berries, unwashed and in their original container. Blueberries and strawberries should keep for five to seven days; more fragile raspberries and blackberries up to two days.

Broccoli—Refrigerate in a sealed plastic bag. It'll keep for three to five days.

Cucumbers—Refrigerate, either in the crisper or in a plastic bag elsewhere in the fridge. They'll last four to five days.

Garlic—Store in the pantry, or any similar location away from heat and light. It'll last up to four months.

Green beans—Refrigerate in a plastic bag for three to four days.

Green onions—Refrigerate for up to two weeks.

Herbs—Fresh herbs can last seven to 10 days in the refrigerator. "When I use fresh herbs and store them in my refrigerator at home, I keep them in air-tight containers with a damp paper towel on the top and bottom," says Raymond Southern, the executive chef at The Back Bay Hotel in Boston. "This keeps them fresh."

Leafy greens—Refrigerate unwashed. Full heads will last five to seven days that way, instead of three to four days for a thoroughly drained one. Avoid storing in the same drawer as apples, pears or bananas, which release ethylene gases that act as a natural ripening agent.

Mushrooms—Take out of the package and store in a paper bag in the refrigerator, or place on a tray and cover with a wet paper towel. They'll last two to three days.

Onions—Stored in the pantry, away from light and heat, they'll last three to four weeks.

Peaches—Ripen on the counter in a paper bag punched with holes, away from sunlight. Keep peaches (as well as plums and nectarines) on the counter until ripe, and then refrigerate. They'll last another three to four days.

Pears—Store on the counter, ideally, in a bowl with bananas and apples, and then refrigerate after ripening. They'll last another three to four days.

Peas—Refrigerated in a plastic bag perforated with holes, they'll last three to five days.

Peppers—Refrigerated, they'll last four to five days.

Potatoes—Store them in the pantry away from sunlight and heat, and they'll last two to three months.

Radishes—Refrigerate. They'll last 10 to 14 days.

Summer squash—Refrigerate in a perforated plastic bag. They'll last four to five days.

Tomatoes—Spread them out on the counter out of direct sunlight for even ripening. After ripening, store stem side down in the refrigerator and they'll last two to three days.

Tropical fruit—Mangoes, papayas, pineapples and kiwifruit should be ripened on the counter. Kat Bretcher of Cottonwood, Ariz., ripens mangos in a paper bag in a cool place, and then refrigerates them for another two to five days.