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Blackberry Endive Salad

Drop a few blackberries in the bottom of a salad bowl and lightly mash with a fork to release the juices. Scatter in some sliced endive. Stir in ripe, chopped avocado. Grate in some Pecorino cheese (an aged sheep's milk cheese and a switch from your usual Parmesan). Add a bit of orange zest. Drizzle in a high quality extra virgin olive oil and good balsamic vinegar. Season with sea salt and freshly ground pepper, toss, and you have a salad that will wake up your palate with fresh summer flavors.

Optimal Eating for 2 During Pregnancy

Good nutrition for your child starts before they were ever conceived. Are you considering pregnancy in the future? Start preparing now. "A good diet minimizes risks and discomforts... preventing miscarriage and high blood pressure, constipation, hemorrhoids, varicose veins, gas, heartburn, morning sickness, anemia and even hormone adjustment" according to Linda Page, Ph.D, Traditional Naturopath, author of "Healthy Healing - A Guide to Self-Healing for Everyone."

Dr. Page offers these ten tips to a healthy baby and mommy:

1. Insure 60 to 80 grams of quality protein daily. Food ideas: whole grains, beans, lentils, seeds, and sprouts
2. Fresh fruit and vegetables daily Suggestions: apples, prunes, pears and broccoli
3. Hydrate with fresh water mostly and also add juices like carrot, pineapple and apple
4. Ingest folic acid rich foods like spinach, leafy greens, asparagus and sea greens
5. Ensure essential fatty acids are part of your diet via flax seed, from fish or sea greens
6. Eat carotene rich foods like carrots, squash, tomatoes, yams and broccoli
7. Ingest plenty of vitamin C rich foods: broccoli, bell peppers and fruit
8. Eat bioflavonoid-rich foods: citrus fruits & berries
9. Alkalizing foods: miso soup and brown rice are good suggestions
10. Eat plenty of mineral-rich foods: sea veggies, leafy greens, pumpkin & sesame seeds. Also green grasses (wheatgrass) and drinks along with yogurt, carrots and green vegetables



Avoid dieting, fasting, alcohol, smoking and secondary smoke, preserved & artificially colored foods. Limit your caffeine intake. Also, avoid exposure to hairspray, cat litter and pumping your gasoline into your car.

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*The source for this article: Linda Page's Healthy Healing - A Guide to Self-Healing for Everyone"
12th Edition by Linda Page, Ph.D., Traditional Naturopath*

WE'RE HAVING A BABY! -- CHIROPRACTIC CARE GREAT FOR MOMS-TO-BE

On September 10, 2010, a feature article appeared in the Indiana Gazette with the above title. The article notes the reasons that pregnant women should seek chiropractic care and the benefits they get from this care.

In one instance the article reports that some women seek care due to a problem with the pregnancy that they feel can be helped by chiropractic. Such was the case with Kirsten who came to the chiropractor as a last resort. According to the story Kirsten was told by her medical doctors that she was probably going to need a c-section to deliver her baby.

The problem was that Kirsten's unborn baby was not in the proper position for birth. She was told by her doctors that if they could not manually "push" the baby into place that she would have to have a c-section. Instead of undergoing the medical procedure, Kirsten went to see a chiropractor, Dr. Santoro, who the article noted is a mother herself.

Dr. Santoro explained how chiropractic care could help Kirsten by saying that chiropractic works with the body. The article points out that Dr. Santoro finds a knot in the ligament supporting the womb, and through chiropractic care, works to help that ligament relax. The result is that the baby shifts into the normal head-down position after that knot has relaxed, and the baby can be born normally. According to Dr. Santoro it worked for Kirsten.

"The spine is a communication pathway," explained Dr. Santoro. "When it is in perfect alignment, all the nerves can send their signals smoothly. But when the vertebrae shift out of position, what chiropractors call a subluxation, those signals can be disrupted even if the person does not feel any pain or discomfort."

The article continues to tout the benefits of chiropractic care for both the mother to be, and the newborn child. Dr. Santoro further explained the importance of correction of subluxations so that the nervous system can function without interference. "Your body needs to be fully functional. By the time something becomes symptomatic, we now have damage," she said. "You need to know how important a properly functioning nervous system is." Dr. Santoro notes how important she believes chiropractic care is for pregnant women by stating, "I recommend every pregnant woman be adjusted. It's very, very safe, it's very effective."

"MEDICINE IS ABOUT DISEASE AND WHAT MAKES PEOPLE DIE. CHIROPRACTIC IS ABOUT LIFE AND WHAT MAKES PEOPLE LIVE!"



-B.J. PALMER, D.C.

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

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 perishable -- 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!

Resolution of Breech Presentation with Chiropractic Care



In the April 11, 2011, issue of the scientific periodical, the Journal of Pediatric, Maternal & Family Health, is a documented case study showing chiropractic helping a pregnant woman with a breech presentation pregnancy. A breech presentation is when the fetus is not in the proper head-down position as the delivery date is approaching.

According to the study, a breech presentation is created by "intrauterine constraint" which the authors describe as, "as any force external to the developing fetus that obstructs the normal movement of the fetus."

The study reports that, in the United States, 86 percent of infants with breech presentation are delivered by cesarean which increases risks to the mother and the baby.

In this case, a 25-year-old woman went to a chiropractic office 31 weeks into her pregnancy. She was referred to the chiropractor by her obstetrician who had recently performed an ultrasound which confirmed the breech position. She was hoping to avoid a c-section birth.

A chiropractic examination was performed using the procedures of the "Webster Technique". The Webster Technique is a specialized analysis and procedure developed by the late Dr. Larry Webster who was affectionately known as the "grandfather of chiropractic pediatrics". A determination was made that this woman fit the protocol, and so the chiropractor applied the Webster Technique.

Within four hours of the first Webster Technique adjustment, the woman reported feeling "a lot of movement". The woman commented that she felt the fetus had shifted from a breech position to the transverse position. After her second chiropractic visit, the woman had a prenatal visit at which the obstetrician confirmed that the fetus had turned to the proper vertex position. The study noted that the woman continued to receive chiropractic adjustments for resolution of low back pain until delivery. She eventually had an uncomplicated vaginal delivery.

If there is measure of good parenthood, it could be when your children exceed your own achievements. - Tom Haggai