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# Wilson Family Chiropractic Newsletter

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## Detoxification - Why Necessary?

“Disease is an expression of detoxification.” - Hippocrates, Father of Medicine

Living in a chemically-oriented society has made toxicity a much greater concern for the 20th century. The Environmental Protection Agency reports that the average American consumes four pounds of pesticides each year and has residues from over 400 toxic substances in their body. More than 3,000 chemical additives are found in the foods we eat. The incidence of many toxic diseases has increased as well, with cancer and cardiovascular disease at the top of the list. Arthritis, allergies, obesity, and many skin problems are other troubles that occur as a result of toxicity. In addition, a wide range of symptoms, such as headaches, fatigue, pains, coughs, gastrointestinal problems, and problems from immune weakness can all be related to toxicity.

Toxicity can occur on an internal and an external level. We are exposed to toxins daily and can acquire them from our environment by breathing, ingesting, or coming into physical contact with them. Also, most drugs, food additives, and allergens can create toxic elements in the body.

On the internal level, our body produces toxins through its normal, everyday functions. Biochemical, cellular, and bodily activities generate free radicals. When these are not eliminated, they can cause irritation or inflammation of the cells and tissues, blocking normal functions. Internally, fats (especially oxidized fats & cholesterol), free radicals, and other irritating molecules act as toxins. Functionally, poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity.

Microbes, including intestinal bacteria, foreign bacteria, yeasts, and parasites, produce metabolic waste products that we must handle. Our emotions and stress generate increased biochemical toxicity. A normal functioning body was created to handle certain levels of toxins; the concern is with excess intake, production of toxins, or a reduction in the processes of elimination. Toxicity occurs in our body when we take in more than we can utilize and eliminate. A toxin may produce an immediate or rapid onset of symptoms or cause long-term, negative effects. If our body is working well, with good immune and eliminative functions, we can handle our basic everyday exposure to toxins. Through detoxification, we clear and filter toxins and wastes and allow our body to work on enhancing its basic functions.

Our body handles toxins by neutralizing, transforming, or eliminating them. The liver helps transform many toxic substances into harmless agents, while the blood carries waste to the kidneys; the liver also dumps waste through bile into the intestines, where much of it is eliminated. We also clear toxins when our body sweats. Our sinuses and skin may also be accessory organs, whereby excess mucous or toxins can be released.

Detoxification is the process of clearing toxins from the body by neutralizing or transforming them and clearing excess mucus and congestion. Detoxification Also involves dietary and lifestyle changes that reduce intake of toxins and improve elimination. Avoidance of chemicals (from food or other sources), refined food, sugar, caffeine, alcohol, tobacco, and many drugs help to minimize the toxin load. Drinking extra water and increasing fiber by including more fruits and vegetables in the diet are steps in the detoxification process.

Almost everyone needs to detoxify. We detoxify to clear symptoms, treat disease, and prevent further problems. We also detoxify to rest our overloaded organs of digestion. With a regular balanced diet, devoid of excesses, a less intense detoxification will be indicated. However, when we eat a congesting diet higher in fats, meats, dairy products, refined foods, and chemicals, detoxification becomes more necessary. Who needs to detoxify is based on individual lifestyle and symptoms of toxicity. Common toxicity symptoms include: headache, fatigue, mucus problems, aches & pains, digestive problems, “allergy” symptoms, and sensitivity to environmental agents such as chemicals, perfumes, and synthetics.

## Chiropractic Testimonial

I have been suffering from frequent headaches and back aches for years. The severity of my headaches would often be so severe that I couldn't function. I would have to be quiet in dark spaces alternating between hot and cold pads. When seeking physician care I was told my headaches were likely due to tension and over-the-counter and prescription drugs were prescribed. I came to the point where I had to have some kind of medication before performing any physical task at work or at home.

Something had to give. My friend suggested Chiropractic care. While I had received Chiropractic treatment many years ago for back pain, I never thought to try it for headaches. I began seeing Dr. Katie and experiencing almost immediate results. No more headaches or back pain! My quality of life has improved significantly. I am playing softball and taking long walks with my children, my heat pad & ice packs are no longer a permanent bedside and office fixture and I tell everyone having any unresolved pain about Dr. Katie!

Thank you,  
Karen Woody

## Salsa

Ingredients:

- 2 Large Tomatoes
- 1 clove crushed garlic
- 2 chopped scallions
- 1 tablespoon olive oil
- 2 tablespoons chopped cilantro
- 1 teaspoon fresh lime juice

Preparation:

Combine all ingredients in a bowl. Can be used cold as dip or warm up as a sauce.

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## Food, Nutrition, & Hydration

There are many levels to detoxification. The first is to eat a non-toxic diet composed of raw foods. A raw-foods diet contains lots of sprouted greens, soaked or sprouted raw nuts, and fresh fruits and vegetables. Raw food maintains the highest concentration of vitamins, minerals and important enzymes. Water should always be used during any type of detox program to help dilute and eliminate toxin accumulations. Supplementation is important to encourage healthy kidney and lymphatic system function, maintain healthy liver detoxification function, and promote efficient gastrointestinal elimination and blood purity. Supplementing with Juniper berry, red clover flower, collinsonia root, psyllium husk, burdock root, barley grass, Spanish black radish root, fenugreek seed, fringe tree root, fennel seed, and milk thistle addresses the functioning of each detoxification system and supports the body's physiological functioning.

## Proper Functioning of Eliminary Organs

Colon cleansing is one of the most important parts of detoxification. Much toxicity comes out of the large intestine, and sluggish functioning of this organ can rapidly produce general toxicity. To improve elimination through the skin, regular exercise is important to stimulate sweating, which aids in detoxification. Dry brushing the skin before bathing is suggested to cleanse the skin of old cells. Massage Therapy, especially lymphatic and even deeper massage, is very useful in supporting a detox program; it stimulates elimination and body functions, and also promotes relaxation.

### Chilled Cucumber-Red Onion Salad

Ingredients:

- 1 large cucumbers
- Vinaigrette dressing
- 1/8 to 1/4 medium red onion, thinly sliced
- 1 tablespoon chopped fresh dill or mint
- 1 plum tomato, thinly sliced, or 3-4 cherry tomatoes, halved

Preparation:

Peel the cucumbers, if desired, and thinly sliced them. Place the slices in a salad bowl, along with the red onion and tomato. Sprinkle the dill or mint over the salad, then drizzle with the salad dressing and toss well. Cover the bowl and chill in the refrigerator for several hours for best taste.

*Serves 2. Recipe can be doubled or tripled.*

## Grilled Salmon Pepper Steaks

Ingredients:

- 6 (6-ounce) salmon steaks
- 1/4 teaspoon salt
- 2/3 cup rice vinegar
- 1/8 teaspoon pepper
- 2 tablespoons fresh lemon juice
- 4 garlic cloves, minced
- 2 tablespoons Dijon Mustard
- Olive Oil
- 1 tablespoon dark Sesame Oil
- 1/4 teaspoon arrowroot

Preparation:

Sprinkle cracked pepper evenly on both sides of each salmon steak, and place steaks in a 13 x 9-inch baking dish. Combine vinegar and next 6 ingredients (vinegar through garlic) in a small bowl; stir well. Pour vinegar mixture over steaks; cover and marinate in refrigerator 1 hour, turning steaks occasionally.

Prepare grill. Remove steaks from dish, reserving marinade. Place steaks on grill rack coated with olive oil, and grill 5 minutes on each side, basting frequently with half of reserved marinade. Combine remaining half of marinade and arrowroot in a small saucepan; bring to a boil and cook 1-minute or until thickened, stirring constantly with a wire whisk. Spoon about 1-tablespoon sauce over each steak. Makes 6 servings.



## Child with Scoliosis, Migraines, Attention Deficit Disorder Helped with Chiropractic

A case study research article published on March 10, 2010 in the scientific periodical, the Journal of Pediatric, Maternal and Family Health, documented the improvement under chiropractic care of a young girl who was diagnosed with scoliosis, migraines, and attention deficit disorder.

This report documented the case of a 7-year-old girl, who was born with paralysis to the right side of the face due to a difficult birth. Because of this in her early years she wore a helmet to help reshape her head due to the deformity. In addition the little girl also suffered from attention deficit disorder, difficulty concentrating, vomiting, and light sensitivity from intense migraine headaches she was suffering from since the age of two.

A chiropractic examination was performed which included x-rays that showed a moderate scoliosis. It was determined that vertebral subluxations were present and a course of specific chiropractic adjustments were initiated.

After only a month of care a follow-up examination and x-rays were taken and progress was seen, especially in a reduction of the scoliosis curve noted on the first x-rays. According to the girl's mother, the ADD symptoms she was experiencing, mainly extreme impulsivity, showed improvement of roughly 30% up to this point. Additionally her migraine headaches were resolved as well.

It was also documented that after six months the child's mother elected to discontinue care, as her daughter seemed to be doing well. However, about two years later the mother brought her daughter back for care as her symptoms started to return. Re-initiating care again corrected the problems.

