

In This Issue:

Back Pain Sufferers Benefit From Chiropractic Care

How Health Insurance Is Making Us Sick

What Can Be Done To Prevent Autism Now

Top 5 Home Remedies for a Sinus Infection

Wilson Family Chiropractic Newsletter Volume 2, Issue 8 August 7th, 2010

286 East Main Street, Suite 4 Sylva, NC 28779
828.587.CARE / www.wilsonfamilychiropractic.net



Back Pain Sufferers Benefit From Chiropractic Care

A study published in the June 2010 issue of The Journal of the American Board of Family Medicine, showed that people who used what the study called "Complementary and alternative medicine (CAM)" received a "great deal" of benefit. Chiropractic was included in what this medical study defined as CAM care.

The study received attention in a number of news stories including an article in the July 4, 2010 Medical News Today, and in a June 30, 2010 Business Wire release by the Foundation for Chiropractic Progress. The study surveyed people who had suffered from back pain and had used at least one CAM therapy in the last 12 months. Of these participants the results showed that over 60% found remarkable relief using the top six CAM treatments. Those treatments were chiropractic care, massage, yoga/tai chi/qi Cong, acupuncture, herbal therapies, and relaxation techniques - with chiropractic care being the most popular choice.

The Medical News Today story reported that back pain is the second leading reason people walk into a doctor's office in the U.S. The survey looked at a total of 17 CAM therapies choices. Of those, Chiropractic care was the most popular approach at 74 percent, with massage a distant second at 22 percent.

Dr. Gerard Clum, Foundation for Chiropractic Progress spokesperson and president of Life Chiropractic College West noted, "What we are seeing with these studies is compelling evidence that there is a light at the end of the tunnel for back pain sufferers – more and more, that light is chiropractic care and other CAM approaches."

One of the interesting findings of the study was that an overwhelming number of the people in the survey did not go to a CAM practitioner because of a referral from a medical doctor. In fact only 24 percent of respondents with back pain who received CAM stated that care came at the suggestion of their conventional medical practitioner.

In their study conclusion, the authors of the study stated, "CAM is used by 40% to 60% of the population yearly, and back pain is the most common medical condition for which people use CAM. Using a nationally representative survey, our analyses documented that the majority of respondents who used CAM for back pain perceived great benefit and identified specific factors associated with perceived benefit."

In the Foundation for Chiropractic Progress release on the study Dr. Clum summed up the study by stating, "Back pain sufferers should be made aware of all treatment options, especially alternatives that have been scientifically proven to provide relief. While chiropractic care has in the past been considered alternative there is now a case to be made for making it the first choice for patients and in the process making interventions like injections and surgery the alternative approach."



Need A Massage?

At Wilson Family Chiropractic we feel that Chiropractic Care and Massage Therapy are very complimentary.

Sue "Susie" Larreau is our licensed massage therapist. She offers different types of massage therapy, ranging from deep tissue, Ashiatsu, to Swedish Massage. She has been practicing for over ten years and loves what she does. Susie says massage is work of the heart.

60 minutes... \$60



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

How Health Insurance Is Making Us Sick

Robert Johns Jr, D.C.

What Can Be Done to Prevent Autism Now?

Maureen H. McDonnell, R.N.

From the Article:

From the Article:

Insurance is easy to hate. On the one hand, the best-case scenario is you pay for a service you will never use, making insurance seem like a rip-off. On the other hand, when insurance is needed, it means something bad has happened, which can leave a bad taste in your mouth. This goes for all kinds of insurance. Homeowners, renters, business, car, life and health insurance—they all share this fundamental curse.

But health insurance has done something that no other insurance has. When it's time for an oil change, your car insurance doesn't pay for it. When your washing machine breaks, your homeowners insurance won't buy you a new one. But when you need your teeth cleaned, your blood pressure checked or your eyes examined, you expect your policy to cover these routine events. We've begun to think of health insurance as a savings account from which we can draw regularly, rather than a product to turn to when an unexpected disaster strikes...

About the Author:

Robert Johns Jr., B.B.A., D.C., has been in family practice for over 5 years near Atlanta, Georgia, caring for families up to 4 generations deep. His passion for the message of chiropractic isn't limited to the adjusting room, but also shows up in his blog (triuneoflife.wordpress.com) which has accumulated more than 20 original pieces and a growing readership since its inception in 2009. Robert is a 2004 Life University graduate, an Eagle Scout, a husband, a father and a chiro-kid himself. His grandfather practiced chiropractic in southern Georgia for more than 30 years after graduating from Palmer Chiropractic College in 1947; he gave Robert his first adjustment at 6 days old. A 13-year veteran of marriage, Robert will soon be welcoming a third child to his growing family.

To Read The Complete Article Ask Mary For A Copy Taken From [Pathways To Family Wellness Magazine, Issue 26, Summer 2010](#)

It's a fact that more and more kids are showing signs of autism spectrum disorders (ASD) than ever before. What's causing this epidemic is still a mystery, but we now have some strong clues about prevention and treatment, based on emerging science and parents reporting the specific treatments that have created improvement (and, in some cases, recovery) in their children.

There are many theories about why the autism rate has exploded. Some think it's due to better diagnosis, rather than a real increase. Other people blame maternal age at the time of conception. Still others suggest that a mix of genetic predispositions and environmental factors (including a dramatic increase in the number of vaccines given before the age of 5) is a more likely cause. But while the experts debate these theories, more and more children are being negatively impacted by this condition. In the meantime, moms of affected children who want to have another child, and women who have never conceived, are asking what they can do to increase the chances of a healthy baby. Instead of waiting for the Centers for Disease Control (CDC) or the American Academy of Pediatrics to issue new guidelines or policy changes, savvy individuals are examining the published scientific research and listening to parents who have improved their children's conditions. They're coming up with new strategies for carrying, birthing and raising healthier children...

About the Author:

Maureen McDonnell has been a registered nurse for 33 years in the fields of childbirth education, clinical nutrition, labor and delivery, newborn nursery and more. Since the late 1970s, she has been a vocal advocate and promoter of whole foods, green living and preventative health measures as the most logical and cost-effective methods for minimizing complications associated with pregnancy and birth and reducing chronic illnesses in children. From 1998 to 2008, Maureen coordinated the Defeat Autism Now! conferences. In 2008, she cofounded Saving Our Kids, Healing Our Planet (sokhop.com), and established the blog Raising Healthy Kids Naturally. Visit her online at RaisingHealthyKidsNaturally.blogspot.com.

To Read The Complete Article Ask Mary For A Copy Taken From [Pathways To Family Wellness Magazine, Issue 26, Summer 2010](#)

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.

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.