

**This month issue:**

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## Chiropractic Care

Chiropractic is the science of adjusting the cause of disease by realigning the spine, releasing pressure on nerves radiating from the spine to all parts of the body, and allowing the nerves to carry their full quota of health current (nerve energy) from the brain to all parts of the body. When there are misalignments (subluxations) in the spine, the entire body and its systems are negatively effected.

We provide care to patients of all ages - infants to seniors.

### Gentle & Effective Chiropractic Care

Headaches / Migraines  
Neck & Back Pain  
Shoulder Pain  
Ear Infection  
Pregnancy  
Hip & Leg Pain  
Allergies / Asthma / Sinus  
Sports  
Auto Accidents  
And More...



# Wilson Family Chiropractic Newsletter

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## 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!

## Seven Supplements That Interact With Lipitor

*And why you should be talking to your Doctor about any drugs and supplements you are taking*

Lipitor is the most commonly prescribed medication for high cholesterol levels. Check with your health care provider prior to taking these or any other nutritional supplements:

1. **CoQ10** - may help in restoring enzymes that boost energy levels.
2. **Carnitine** - May breakdown low-density lipoprotein
3. **Garlic (Allium Sativum)** - Reduce cholesterol levels
4. **Fish Oil** - Help reduce overall triglyceride levels
5. **Selenium** - May enhance the lowering effect of Lipitor
6. **Magnesium** - Interfere with Lipitor’s absorption
7. **Vitamin B3 (Niacin)** - May increase high-density lipoprotein (“good”) cholesterol

These finding above are not inclusive of the potential drug-nutrient interactions involving Lipitor; they are just a sample of the information that has been researched. It is important to analyze all of the medications and nutritional supplements we consume for possible beneficial and negative interactions.

This is just a portion of the article in March’s issue of “To Your Health” written by Dr. Todd Mexico & Dr. Brandon Blood. To view the complete article visit [www.toyourhealth.com](http://www.toyourhealth.com)

**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.**

We recently picked up a copy "It's Easy Being Green, A Handbook for Earth-Friendly Living" By Crissy Trask and came up with some great ideas to lower your household costs. Check out these ideas:

- ◇ Keep your refrigerator full. Food retains cold better than air does, so a near-empty fridge is working much harder to cool its contents. Don't overstuff your fridge either. Air circulation is needed to cool and control humidity.
- ◇ Use a toaster oven for small jobs. It will use a third as much as energy as a full-size oven.
- ◇ Turn the oven off 10 to 15 minutes before cooking time runs out; food will continue to cook without using the extra electricity.
- ◇ Install a motion sensor on lights in stairwells or on dark landings where light is needed only when passing through.
- ◇ Arrange furniture to take advantage of natural light from windows. Place desks and reading chairs next to windows to cut down on the need and use of supplemental, artificial light during the day.
- ◇ Apply door sweeps to the bottom of exterior doors and install weather stripping to minimize gaps and thus heat loss.
- ◇ Fix slow drains. Pour half a cup of baking soda down the drain and follow it with half a cup of white vinegar. Let it sit twenty minutes to a half hour, then pour boiling water down the drain (about 2 quarts).

**We are proud dealers of the following products:**



## 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-minute massage... \$60

## Lentil Soup



- 1 cup dried lentils, sorted & rinsed
- 6 cups of Chicken Stock
- 1 tablespoon of veggie oil
- 1 garlic clove, minced
- 2 1/2 cups chopped fresh tomato
- 1 cup sliced carrots
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried marjoram

1. In a large saucepan over moderately high heat, combine the lentils & the stock, and bring to a boil. Reduce the heat to low & simmer 30 minutes.
2. Meanwhile, in a large skillet over moderately high heat, heat the oil. Add the onions & garlic, and sauté until tender, about 5 minutes. Pour the onion mixture into the saucepan with lentils.
3. Add the tomatoes, carrots, thyme and marjoram to the lentil mixture. Cook the mixture until the lentils and vegetables are tender, about 30 minutes.

Makes about 8 servings...

*This recipe was taken from Reader's Digest "Homemade" how to make everyday products, fast, fresh and more naturally.*

## Chiropractic Testimonial

I began being treated by Dr. Katie at Wilson Family Chiropractic in December of 2009. At 8-months pregnant with my second child, my gracilis (groin area) had become so inflamed that the pain nearly prevented me from being able to walk. The inflammation affected my mood and energy levels while also making it difficult to sleep. While the pain affected me, my discomfort affected my whole family as I was unable to care for our 2-year old.

Prior to considering chiropractic care I worked with a Physical Therapist at a local hospital. Throughout my treatment they were never able to give me a clear diagnosis of my pain. I was continually encouraged to work on exercises and wear a maternity belt - - neither of which provided any comfort. During my first pregnancy I was told my pain was normal during pregnancy and it would go away after delivery. While this thought was presented to me during this pregnancy I did not believe I could or should ignore this problem.

Being raised to think chiropractic care was not medically sound or credible, I have changed my way of thinking since being treated. Dr. Katie has helped me understand and realize the logic and impact chiropractic treatment has on the healing process. I understand how stress and general wear and tear on the body create imbalances that need to be addressed and corrected. She helped address (and diagnosis) my acute gracilis pain, realign my pelvis and relieve my pain. Although I still have some pain due to the extra weight I am carrying with my pregnancy, I truly feel better after each adjustment. I am sleeping better, my mood is elevated and my family life has improved.

- Jenny Wilson