

## In This Issue:

- Preliminary Study Results Show Chiropractic Care Could Make Labor Easier
- Standard Process comes to our office!
- Healthy Recipes
- Chiropractic Testimonial
- The Importance of Whole Food Supplements



It is a privilege and a honor to be a dealer of Standard Process (SP) Nutritional Supplements!

After careful consideration, we've chosen to introduce and stock some of the fundamental supplements that address basic health issues.

Standard Process offers more than 160 whole food supplements. Please speak with Dr. Katie, Sue or Mary about your needs so that we can get you on board to the positive effects of SP!

# Wilson Family Chiropractic Newsletter

Volume 2, Issue 5 May 7th, 2010

286 East Main Street, Suite 4 Sylva, NC 28779  
828.587.CARE / [www.wilsonfamilychiropractic.net](http://www.wilsonfamilychiropractic.net)



## Preliminary Study Results Show Chiropractic Care Could Make Labor Easier

On April 8, 2010, from the New Zealand news outlet Voxy News, comes a report on the preliminary results of a study that shows chiropractic care makes it easier for pregnant women to deliver their babies. The current study is being conducted at the New Zealand College of Chiropractic in Mt. Wellington, New Zealand.

This study looks at how chiropractic care may influence pelvic floor muscle function in healthy women before and after childbirth, and in women suffering from pelvic floor dysfunction. Researcher Dr. Jenny Kruger and research director Dr. Heidi Haavik-Taylor are in charge of the study and are optimistic about the final results.

Dr. Kruger noted, "We are working with a number of pregnant women here in New Zealand and the University of Australia in Sydney, which is also involved in the study, is testing hundreds of women." She continued, "We are using state of the art 4D ultrasound to visualize the pelvic floor of women, pre and post chiropractic adjustments. We want to see whether spinal adjustments can alter the way the pelvic floor works."

This new study should add to the body of evidence for the benefits of chiropractic for pregnant women. On their website, the American Pregnancy Association describes chiropractic by saying, "Chiropractic care is health maintenance of the spinal column, discs, related nerves and bone geometry without drugs or surgery. It involves the art and science of adjusting misaligned joints of the body, especially of the spine, which reduces spinal nerve stress and therefore promotes health throughout the body." The association explained some reasons for seeking chiropractic while pregnant. "Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned it may reduce the amount of room available for the developing baby. This restriction is called intrauterine constraint. A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery."

Supplement	Description	Qty / Price
<b>Boswellia Complex</b>	Joint Support	30 tablets / \$15.25
<b>Calcium Lactate</b>	Calcium lactate + magnesium lactate = easier absorption & digestion	90 tablets / \$5.00
<b>Catalyn</b>	Multivitamin	90 tablets / \$10.00
<b>Congaplex</b>	Enhance Immune System Health	90 tablets / \$11.00
<b>Echinacea Premium</b>	Enhance Immune System Health	40 tablets / \$21.75
<b>Gastro Fiber</b>	Soluble & Insoluble Fiber / Maintains healthy gut lining	150 capsules / \$14.25
<b>Glucosamine Synergy</b>	Joint Support	90 capsules / \$21.75
<b>Lact-Enz</b>	Probiotic - To help maintain a	40 capsules / \$12.00
<b>Ligaplex 1</b>	Joint Support	40 capsules / \$9.00
<b>Tuna Omega Oil</b>	Essential Fatty Acids (EFAs) support healthy brain & memory function, joint health and emotional growth	120 perles / \$14.25
<b>Zypan</b>	Enzymatic support to aid digestion	90 tablets / \$9.00

# The Importance of Whole Food Supplements

As a nation, we eat poor-quality foods that have been stripped of nutrients. We do not consume enough fresh fruits and vegetables. Many of us get our whole grains from instant rice, refined wheat breads, pastas, and cereal. We eat a tremendous amount of prepackaged, pre-made meals. One-quarter of Americans eat at fast food restaurants each day. Americans are overfed and undernourished.

## We eat plenty but we are still starving

The foods we eat are not providing our bodies with the nutrition it needs to survive and be healthy. We are starving our bodies and we are sick. We suffer from diabetes, heart attacks, obesity, and the list goes on and on.

## There is good news

Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself. To do so, we need to eat a healthier diet, exercise, and take high-quality supplements made from whole foods. Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form.

## Only whole food supplements complete the nutritional gap

Whole food supplements are made by concentrating foods for use in supplements. When processed correctly, they supply a multitude of the plant's components. Foods provide nutrients that work synergistically. They work together to provide you with optimal nutrition for good health.

## A word of advice: Not all whole food supplements are the same

Many whole food supplements available in today's marketplace range in quality. Companies are riding the wave of supplement popularity rather than focusing on commitment and quality.

***Talk with Dr. Katie, Sue or Mary to learn more about whole foods and Standard Process products.***

## 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.

## Broiled Salmon with Cucumbers

Ingredients:

- 1 cup of diced onions
- 1 teaspoon wheat-free tamari sauce
- 1/2 cup vinegar
- 2 cucumbers, thinly sliced
- 4 cloves of garlic, minced
- 1-1/2 pds of Salmon Fillets
- 2 teaspoons peeled minced ginger-root
- 1 teaspoon olive oil

Preparation:

In a large non-stick frying pan over medium-heat, combine the onions, vinegar, garlic, ginger and tamari sauce. Bring to a boil, stir and cook for 3 minutes. Remove from heat.

Add the cucumbers. Set aside to cool. Rub the salmon on both sides with the oil. Broil about 6 inches from the heat for 4 to 5 minutes per side, or until cooked through.

---

## Pan Seared Tilapia with Cantaloupe and Avocado Chunky Salsa

Ingredients:

- 1/2 cantaloupe, peeled, seeds removed and diced into very small pieces.
- 2 avocados diced into small cubes
- 1/2 purple onion diced into small pieces
- 2 tablespoons diced cilantro
- 1/2 lime's juice
- 2 fresh tilapia fillets

Preparation:

Mix first 5 ingredients together in a bowl. Place in fridge. Heat skillet to medium high heat. Rub filets with olive oil. Sprinkle with cracked pepper and sea salt. Put 1-2 teaspoons of olive oil in hot pan. Place filets in skillet once oil is hot. Quickly sear filets - roughly 3 to 5 minutes per side. Flip filets to sear other side. Place filets on plate and top with a good amount of salsa.

---

## Baked Spaghetti Squash

Preheat oven to 375° degrees. With a long-tined fork, make deep pierces into the skin of the squash in several places and place in a baking dish. Bake for about 30 minutes, or until the skin is soft to the touch. Cool for 10 minutes, cut in half lengthwise, and use a spoon to remove the seeds and strings until you have spaghetti-like squash. Transfer strands to serving plates and top with butter and herbs of salsa.

---

## Vegetable Soup

Saute minced garlic and a chopped onion in minimum oil. Add 2 stalks of chopped celery and a diced green pepper. Add some vegetable broth, add some fresh herbs (cilantro, rosemary, etc...) and bring to a boil. Add vegetables of choice. Add delicate ones toward end (e.g., spinach, cabbage, etc...)