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# Wilson Family Chiropractic Newsletter

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## What is Chiropractic?

Chiropractic is a non-invasive, natural healing method that allows the body to repair itself without medications or surgeries. This is done by correcting subluxations through spinal manipulation. A subluxation is the term that describes the spinal bone losing its normal range of motion and alignment, thus causing spinal bone and tissue decay, degeneration and creating unhealthy neurological pathways (The Stress Response). Chiropractic care comprises the second largest health care field in the United States and the leading natural healing art in the world.

Our office will be closed July 27—August 4. We appreciate your business & look forward to seeing you when we return!

## Who needs Chiropractic care?

A common misconception about Chiropractors is that they only help patients with bad backs or those who have sustained an injury. The fact of the matter is subluxations (misalignments in spinal bones which interfere with the normal flow of nerve energy) can affect children and adults of all ages, and occur through normal, daily activities. Subluxations left untreated can cause numerous health problems and greatly compromise overall health. Chiropractors correct subluxations, restoring the bones to their proper positions. Once this happens, the body is able to heal itself and therefore becomes more resistant to common sickness and disease. Everyone needs to make sure their bodies are free from subluxations and able to function at peak performance. That's why we ALL need regular chiropractic visits.

## Is chiropractic safe?

Yes. The process of chiropractic adjustment is a safe, efficient procedure, which is performed nearly one million times a day in the United States alone. Because chiropractic is non-invasive, the body's response to treatment is far more predictable than its reactions to medications or surgical procedures. Complications are exceedingly rare, particularly compared to problems resulting from conventional medicine.

## Does the adjustment hurt?

Under normal circumstances, chiropractic treatments are very relaxing. In cases of recent trauma, such as whiplash, mild discomfort may be experienced due to inflammation. A patient can also feel a brief sensation in the extremities immediately following an adjustment due to the sudden decompression of the affected nerve root.

## How will the adjustment help me?

Chiropractic adjustments by themselves do not actually heal the body. When any of the 24 moveable spinal vertebrae become misaligned, a basic imbalance or disruption can occur in the nervous and blood vascular systems, which may contribute to stress in the body. Chiropractic adjustments eliminate imbalances and nerve interference, so the body can function at its true potential.

### **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!

## Garden Vegetable Enchiladas

### Ingredients:

- 2-4 tablespoons olive oil
- 3 cups coarsely chopped zucchini and / or squash
- 1 cup chopped onion
- 1 1/2 cups corn kernels
- 1/2 cup sliced jalapeños
- 1/2 cup cilantro
- Jar of Salsa
- 2 cups of Monterey Jack and / or Cheddar Cheese
- 8, 8-inch warm flour tortillas

### Preparation:

Preheat oven to 350°F. Pour olive oil in heavy large skillet over medium-high heat. Add onions, zucchini and squash and sauté until just tender, about 4 minutes. Mix in corn, jalapeños and cilantro.

Put 1/4 of the jar of salsa in the bottom of a 13x9x2-inch glass baking dish. Mix remaining 3/4 jar of salsa into the vegetables.

Prepare each tortilla with approximately 1/3 cup of vegetables in center and roll up to enclose the filling. Place in baking dish. Repeat with remaining tortillas and fillings. Cover enchiladas with remaining sauce, then sprinkle with cheese.

Bake enchiladas until heated through, about 45 minutes. Allow time to cool then Enjoy!

- Submitted by Mary Gelbaugh

Fear less, hope more; eat less, chew more; whine less, breathe more; hate less, love more, and all good things are yours. - Swedish Proverb

## 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

## Standard Process Product of the Month: Gastro-Fiber

Dietary fiber comes from the cellular walls of plants and has specific effects on different areas of gastrointestinal function. Gastro-Fiber contains phytonutrients from five different whole foods and botanicals that function synergistically to help cleanse and lubricate the intestines, encourage regular elimination, promote pH balance throughout the gastrointestinal tract, and provide an optimal environment for the natural growth of "friendly" intestinal bacteria.

**Indications: Use for Intestinal & Colon Cleansing, Stool Softening, Imbalanced GI ecology, irregularity, elevated Cholesterol, type 1/II diabetes, hyper intestinal permeability (leaky gut).**

### Fresh Tips: Using & Storing Eggs

Eggs should be stored with their pointed ends down & should not be washed until just before use. Fresh eggs will keep for several months in refrigeration. Leftover separated egg whites & yolks can be stored in the refrigerator in airtight containers for a few days.

Eggshells are porous, so they take on odors. You may not want to store them next to stinky cheese. You can use this tendency to your advantage, however, by intentionally permeating the shells with an aromatic vanilla bean or one pricey truffle.

Bring eggs to room temperature before use unless your recipe specifically says not to do so. Fresher eggs usually taste better & are ideal if they will be cooked gently. If you need hard-boiled eggs, older ones will be much easier to peel.

- Taken from the June/July 2012 issue of Mother Earth News