

In This Issue:

Food & Environmental Sensitivities

Hints for Soothing Ear Pain

Natural Painkillers for Arthritis

Gallbladder / Liver Cleanse

An Introduction of Essential Oils
Wise Words

Fresh Tips: Using & Storing Eggs

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Food & Environmental Sensitivities

24% of Americans claim to have food and environmental sensitivities according to the book "Digestive Wellness" by Elizabeth Lipski, Ph.D., CCN. These sensitivities are usually linked to leaky gut syndrome which is caused by chronic stress, dysbiosis, environmental contaminants, gastrointestinal disease, immune overload, poor food choices, pathogenic bacteria presence, parasites, yeast or prolonged use of medications.

While almost any food could cause a reaction, the most common are beef, citrus, dairy products, eggs, pork and wheat.

Some symptoms of food & environmental sensitivities include:

- chronic headaches, migraines, difficulty sleeping and dizziness.
- Swelling, pain and soreness of mouth and throat.
- Runny or stuffy nose, ringing in the ears, sinus problems, watery & itchy eyes, hearing loss, sneezing attacks and ear infections
- Irregular heartbeats, chest pain, congestion, shortness of breath and difficulty breathing
- Nausea and vomiting, constipation, diarrhea, irritable bowel syndrome, indigestion, bloating, passing gas, stomach pain, cramping and heartburn
- Skin breaking out into hives and rashes, psoriasis, eczema, dry skin, excessive sweating, acne, hair loss and irritation around the eyes
- General muscle and joint aches & pains, arthritis, swelling and stiffness
- Fatigue, decreased energy levels, depression, mental dullness, memory loss, apathy
- Mood swings, anxiety, tension, fear, anger, nervousness, irritability, food cravings, poor comprehension, learning disabilities and confusion
- Being over or underweight, retaining fluids, general itchiness, frequently urinating and insomnia

Additional signs & symptoms of food & environmental sensitivities in children:

- Attention Deficit Disorder
- Behavior Problems
- Learning Problems
- Recurring Ear Infections

If this raises a red flag for you or anyone in your family, take a moment to consider contacting your primary physician to set up a food evaluation and / or environmental testing. Also consider speaking to our staff about a 21-day Standard Process Purification Cleanse that we think will be of great benefit to you and your general wellbeing.

This information was gathered from one source, "Digestive Wellness" by Elizabeth Lipski, Ph.D., CCN.

Hints for Soothing Ear Pain

- ◇ Place your child in an upright position
- ◇ Use heat compresses on the ears and neck for 10—20 minutes several times a day
- ◇ Add a few drops of lavender and rosemary essential oils to warm olive oil and apply around the ears, throat and nose
- ◇ Bake a medium sized onion for 15-minutes then wrap in gauze and place over or behind the ear. This can be very soothing & can help break up congestion
- ◇ Apply warm ear drops made from either herbal oils or glycerides. Glycerin absorbs water & can alleviate chronic fluid problems

This information was gathered from one source, "An Encyclopedia of Natural Healing for Children & Infants" by Mary Bove, N.D.

Natural Painkillers for Arthritis

Turmeric, boswellia and ginger all aid in the reduction of leukotriene's, which is the cause of pain and inflammation known as arthritis.

Turmeric: A bright yellow spice with powerful anti-inflammatory actions is shown to be quite effective with no side effects. When 500 mg is taken 3 times a day relief is noticed

Boswellia: Also known as Frankincense, may be the ultimate gift for a friend suffering from arthritis. This is a very powerful natural anti-inflammatory agent with no side effects. While reducing joint swelling, Boswellia restores and improves blood supply to the inflamed joints, increases mobility, improves stiffness frequent in the mornings, prevents pains and slows down the breakdown of cartilage.

Standard Process offers Boswellia in a tablet form which we stock here in our office. Talk to our staff about how this supplement may give you relief from arthritic condition.

Ginger: Both rich in antioxidants and a powerful anti-inflammatory, supplementing Ginger into your daily diet will reduce pain and swelling associated with arthritis. The recommended dosage is 500 to 2000 mg / day. Another option is to eat a 1/2-inch slice of fresh ginger daily.

This information was gathered from one source, "The New Optimum Nutrition Bible" by Patrick Holford

Gallbladder / Liver Cleanse

Begin by purchasing 5 quarts of organic apple juice, a quality cold-pressed 8 ounce bottle of olive oil and organic pure grapefruit juice (this can all be purchased at Kountry Kupboard or another local health food store). Also purchase Epsom salts if you don't already have this in the cabinets at home.

Enjoy 5 days of apple juice (1 quart / day), salads, fruits, veggies, protein, water, etc...then on night 5 take one of your empty apple juice bottles and mix with pure water & 4 tablespoons of Epsom salts. Beginning at 6pm, drink 8 ounces. Within an hour you will begin dismissing bowel feces. Repeat again at 8pm. Then, at 10pm drink 8 ounces of olive oil & 8 ounces of grapefruit juice. I did this by mixing 4 ounces of each twice (it actually is tolerable). Go to bed soon after. You will likely get up several times in the night to go to the bathroom. I drank pure water at this time to stay hydrated. Then drink the remaining Epsom salt water beginning at 6am & again at 8am. During the AM hours you will be dismissing cholesterol and stones. Drink water, juice too. By noon you should be back to normal. You should eat light for the following days as your bodies gone through a lot.

An Introduction to Essential Oils

Essential oils are one of the great untapped resources in the world. The concentrated essences of various flowers, fruits, herbs, and plants have been used for centuries all over the world, but in modern times we have forgotten the power of these ancient medicines of the earth, preferring instead to use the products of perfume and chemicals companies which imitate the natural fragrances and medicinal and cleansing properties of essential oils.

Some of our Favorites!

Eucalyptus—Cools the body in the summer and protects it in the winter. It is an anti-inflammatory, antiseptic, antibiotic, diuretic, analgesic and deodorizing.

Lavender—Effective treatment for burns and scalds. It is a natural antibiotic, antiseptic, antidepressant, sedative and detoxifier which promotes healing and prevents scarring, and also stimulates the immune system and contributes to the healing process by stimulating the cells of a wound to regenerate more quickly.

Tea Tree—Antiviral, antibacterial, and antifungal properties make it useful in a wide range of conditions. It is used for Candida and all sorts of infections, for ringworm, sunburn, acne, athlete's foot, toothache, and pyorrhea, among other things.

Peppermint—An excellent digestive, it helps the respiratory system and circulation, it is an anti-inflammatory, and an antiseptic. It is a great oil to use for indigestion, flatulence, bad breath, varicose veins, headaches and migraines, skin irritations, toothache and fatigue.

Continue learning about Essential Oils in "The Complete Book of Essential Oils & Aromatherapy" by Valerie Ann Worwood which is available in our lending library.

Whatever you focus on expands. It means that whatever you give your attention to becomes more & more of your reality. It doesn't matter whether or not your perception is right or wrong. Quite often, we misperceive others because we lack complete information. Our life experience is determined by where we focus our attention. So if you're unhappy, it's quite possible that your focus has been on the negative. If you want to create more joy & happiness in your life, then you must focus on the positive. And one important way of doing that is through gratitude... taken from "Getting The Love You Want" by Harville Hendrix

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