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Good Advice



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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

13 Alternative Uses for Lemon

Lemon can be used in many ways, given its acidic content. It can be used for disinfecting household items, as a secondary whitener for white sheets, and can even serve as an instant remedy for sore throat. Here are some more alternative uses for this acidic fruit:

1. Fingernail Cleaner – The acidic properties of lemons are potent enough to remove the yellowish fingernail stains coming from cigarettes and coffee. Just rub the juice from a freshly squeezed lemon on your fingernail and the stains will eventually fade. You can even use the rind as a makeshift scrubber for faster results.

2. Acne Remover – Lemon juice, when applied in high doses, can cure acne. Set aside a cup of unsweetened lemon juice. Wet a paper towel with lemon juice then rub it on your skin blemishes, pimples, and other acne lesions.

3. Treatment for Sore Throat – Slice a lemon and extract the juice. Cut the peel into small pieces and mix them with the juice. Heat the mixture then add honey, depending on your tolerance for sourness. Now, drink the mixture. Your throat will gradually clear up. Just repeat the entire process if your throat gets clogged again.

4. Food Preservative – The acidity of lemon can kill any trace of bacteria that resides in meat. Bacteria will instantly neutralize the lemon juice's abrasive properties. As for parasites, you still need to wash and boil the meat to keep it free from microbes. You can mix lemon juice with water, when washing, to improve the microbe-killing rate.

5. Antibacterial Soap – When creating soap, you can add lemon extract to the mixture before the soap hardens. The addition of lemon extract practically increases the efficiency of regular soaps in removing germs from the body.

6. Natural Insecticide – Lemon contains an ingredient that is generally disliked by insects. That ingredient is called D-limonene. If you're out on a camping trip and you suddenly run out of insecticides, you can boil lemon juice or extract, then place it in your tent. You will be surprised on how a simple solution can repulse pests like mosquitoes and mites.

7. Stain Remover – Tea stains on clothes is a usual laundry problem. Applying soap with weak active ingredients merely makes the stains fade. Add lemon extracts to the mix and the stains will disappear after several forceful scrubs. You can also use lemon extracts when removing blood, ketchup, and coffee stains. It works not only on clothing, but also on plastic containers, cutting boards and furniture.

8. Cheese Grater Cleaner – Combine high acidity to a slick solution and you can resolve one of the most annoying problems in the kitchen – removing cheese from the grater. Just rub a generous amount of lemon juice on a grater filled with cheese. The juice's abrasiveness will loosen the grip of the cheese to the metal surface of the grater. After a few wipes, your grater will shine like a brand new item.

9. Metal Shining Solution – Lemon juice can serve as a cheaper version of the metal cleaner. Its acidic properties work wonders on the surfaces of metal furniture and china. Couple the juice with soap, when cleaning metal items. You will then see why some environmentalists have practically traded their canned cleaners for this fruit.

10. Aide for Metabolism – Drinking lemonade everyday can help increase your metabolic rate. The acidic content of the drink is abrasive for most substances, especially the broken down food particles in your stomach. Once lemonade mixes with your gastric acids, the rate of burning particles increases, boosting your metabolism.

11. Short-Term Deodorant – An empty deodorant container can be a major problem. No one wants to smell like rotten fish, when his or her sweat glands become active. For these emergency cases, you can wet your armpits with lemon extract. The deodorizing effect will last for only a few hours, so you must rush to a convenience store upon application.

12. Aromatherapy – According to resident scientists from Ohio State University, the aroma of boiled lemon extract can relax you and thrust you into a better state of mind. Further tests are being conducted in the university to formalize their findings. If the theory proves to be true, you just need to buy lemons instead of those expensive aromatherapy solutions sold in the medicine stores.

13. China and Kitchenware Disinfectant – You can use lemon extract when washing your china and other kitchen equipment. Its acidic content displaces dirt and kills germs easily. It complements the dish-washing soap perfectly, since the cleaning and disinfecting rates increase when the two are used in conjunction.

Lemon is a highly acidic fruit. In fact, it is probably the most acidic natural item in your kitchen. Try sipping lemon juice just for kicks and you will certainly grimace from its sheer sourness. Everyone knows that lemons can produce a refreshing juice drink when mixed with sugar. Surprisingly, it can also be a potent germ-killing solution that can bail you out of tight spots.



First of all, ANY soda -- diet or regular -- is acid in a bottle (or can). In fact, it's SO acidic that it takes 32 cups of water to neutralize the acid in just ONE can of soda in your body.

Having to neutralize that much acidity puts a tremendous strain on your kidneys, which are responsible for filtering acid out of your bloodstream and putting it into your urine. Your body also uses its own alkaline minerals (which includes calcium from your bones and teeth) to neutralize the acid. Contrary to what some people believe, there is NOT an endless supply of minerals in your bones. Sooner or later, they break down. When they do, it's called arthritis, osteoporosis, tooth decay and brittle, porous bones that fracture easily. Hmmm...I notice they don't show pictures like THAT on the Pepsi, Coke or Mountain Dew commercials. Acid also destroys your stomach's ability to digest your food, so soda is, in all measures, the absolute WORST

drink on the planet to have with a meal. So in addition to what poor food choices do, soda will add to bloating, diarrhea or constipation. "Do the Dew" is taking on a whole new meaning.

The average American now consumes 828 sodas a year--that's over 2 cans a day. Even scarier is that millions of people drink 7 or more sodas a day. Many drink more than 10 sodas a day! This is the #1 reason for people getting arthritis in their 20's. That kind of pain is hardly worth it.

OK, here's some info specifically about diet soda:

An 8-year University of Texas study showed that soda use was linked to excess weight and obesity, which isn't surprising. However, when the researchers looked at people only drinking diet sodas, their risk of obesity was even HIGHER than the regular soda drinkers! The study showed there was a 41 percent increase in risk of being overweight for every can or bottle of diet soda a person drinks each day. Shocked? Don't be... Here's why that happens:

The artificial sweeteners (more on those below) in diet sodas create a hormonal response in the body that increases your cravings for sweets and refined carbohydrates (sugar). So, those "diet" drinks are anything BUT diet. Another reason is that people often believe that because they are drinking a diet soda,

Here are just some of the documented side effects of aspartame:

Eyes:

- Blindness in one or both eyes
- Decreased vision and/or other eye problems such as:
blurring, bright flashes, tunnel vision
- Eye pain
- Dry eyes/decreased tears

Ears:

- Ringing or buzzing sound in the ears
- Severe hardness of hearing

Nerves:

- Seizures
- Headaches/migraines
- Dizziness
- Confusion/memory loss
- Severe drowsiness and sleepiness
- Numbness of the arms and legs
- Slurring of speech
- Facial pain
- Tremors/trembling

Psychological/Psychiatric:

- Severe depression
- Irritability/agitation
- Anxiety/phobias (fears)
- Personality changes

Chest:

- Heart palpitations/rapid heart beat
- Shortness of breath
- High blood pressure

Skin and Allergies:

- Itching without a rash
- Hives
- Worsening of asthma problems

Endocrine and Metabolic:

- Loss of control of diabetes
- Thinning or loss of hair
- Low blood sugar (hypoglycemia)
- Severe PMS symptoms

Other:

- Frequent urination or burning during urination
- Constant thirst, fluid retention, leg swelling, and bloating
- Increased infections

The most severe effects of aspartame poisoning are:

- Death
- Irreversible brain damage
- Birth defects, including mental retardation
- Ulcers
- Aspartame addiction and increased craving for sweets
- Hyperactivity in children
- Severe depression
- Aggressive behavior
- Suicidal tendencies
- Cancer

Welcome to the "Pepsi Generation."

"What about drinks with Splenda?" Splenda

- Flushing or redness of the skin; rashes

- Itching
- Anxiety; panic attacks
- Nausea
- Stomach cramps
- Dry heaves
- Depression; becoming withdrawn
- Feeling forgetful; memory loss
- Dulled senses
- Unexplained crying
- Acne or acne-like rash
- Headache
- Altered emotional state, i.e. feeling irate, impatient, hypersensitive, moody
- Chest and body pain
- Bloating; diarrhea; vomiting
- Trouble concentrating/staying in focus
- Seizures

Doesn't that just sound "splend-id?!"

Bottom line: Better alternatives to soda are iced herbal teas, water with a splash of fresh-squeezed lemon juice (and no, lemon is NOT acidic in the body!) and fresh vegetable juices.

If you want to sweeten your iced tea with a non-calorie sweetener, try Stevia. It's been around for centuries and has a proven track record of safety.

And if your motive for drinking diet soda is taking off pounds, the best way to do it is to eat more alkaline foods and correctly combine your meals.

Your body will respond quickly when you do this. Since you'll be getting more nutrients from your foods (because you won't