

This month issue:

- *Hula- Hooping
- *Yoga with Susie
- *More on Inflammation
- *Chiropractic Testimonial
- * An Effective Sinus Treatment
- *Pregnancy & Chiropractic
- *An Introduction to Essential Oils
- *Top 5 Home Remedies for a Sinus Infection

Wilson Family Chiropractic Newsletter

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PREGNANCY - Your Body, Your Baby




Yoga with Susie!

Enjoy a free yoga session with Susie on Tuesdays and Fridays from 8-845am

Call our office to schedule:
828.587.CARE

Top 5 Home Remedies for a Sinus Infection

1. **Inhale Steam Vapors** - Bow your head over a hot bowl so that the steam can directly reach your face.
2. **G a r l i c** -  Containing antiviral & antifungal properties, Garlic can be an effective cure.
3. **Apple Cider Vinegar** - Helps to decrease mucus production & begin the healing process.
4. **Food Allergy** - You may be allergic to eggs, corn, chocolate, peanuts, bananas, etc... consult with an allergist.
5. **Nasal Irrigation** - Natural and proven cure. See page 2: Neti Pot

For more information:
www.sinusinfectionhelp.com

Chiropractic if your are pregnant? ABSOLUTELY!! Keeping your spine free from the vertebral subluxation, which causes nerve interference, is one of the best things you can do if your are pregnant. If there's one group of people who needs chiropractic spinal check-ups more than any other, it's pregnant women.

CHIROPRACTIC FOR YOUR BODY & YOUR BABY

A doctor of chiropractic will examine your spinal column for misalignments (called vertebral subluxations) causing the spine and nerves stress. Vertebral subluxation damage the nervous system and affect the workings of the entire body. If subluxations are present, the chiropractor will correct them with a chiropractic spinal adjustment in order to release the spinal stress. Without subluxations the body will function better, have higher resistance to disease and express more wholeness (health) than a body with uncorrected subluxations. That is the essential message of chiropractic.

All this is extremely important for the pregnant woman who needs to have her body as healthy and strong as possible in order to handle the rigors of pregnancy and childbirth. Chiropractic care will help ensure that the reproductive and other systems so essential for a healthy pregnancy receive a nerve supply from the spinal column without interference. The slightest interference to the nerve supply could adversely affect the mother and the developing fetus.

DRUGLESS HEALTH CARE

Another excellent reason for seeing a chiropractor during pregnancy is that it is a drugless health care system. Drugs, whether prescription or over-the-counter, can harm the growing fetus. There is no such thing as a safe drug. The safest thing for a pregnant woman to do is avoid all drugs and seek natural non-drug alternatives for health care if at all possible. Almost all types of drugs and medications have been linked to fetal damage or malformations.

It is virtually impossible to specify any drug that will not result in an increased frequency of congenital malformations when administered in a certain dose to sufficiently large panel of different laboratory animals. No drugs should be prescribed during pregnancy without weighing the maternal needs against the risk of fetal damage.

DIAGNOSTIC DANGERS

Invasive diagnostic procedures also have the potential to cause damage and should be avoided if possible. Robert Mendelsohn, M.D. cautions against the routine use of medical test on healthy patients: "Stay away from X-rays, diagnostic ultrasound, doctor-prescribed medications, and every other form of dangerous obstetrical interventions."

PREGNANT WOMEN HAVE SPECIAL CONCERNS

There are so many things pregnant women worry about: staying pregnant, carrying the baby to full term, morning sickness, the baby developing normally, backaches, leg pain and if their labor will be safe and (hopefully) easy.

Can chiropractic care help ease their minds? Chiropractic care has been observed to help pregnant and birthing women a number of ways. Chiropractors have been performing spinal adjustments on pregnant women for over a hundred years and have noted that chiropractic spinal corrective care may help maintain pregnancy, control vomiting during pregnancy, deliver full-term infants with ease and produce healthier infants.

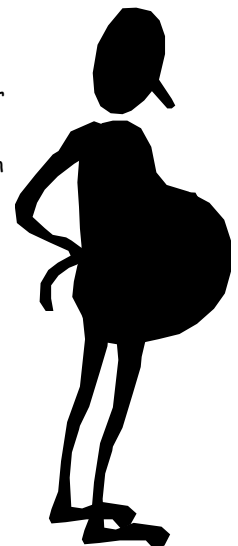
The *Journal of American Osteopathic Association*, a number of practitioners commented on the effectiveness of spinal care for pregnant women.

SPINAL ADJUSTMENTS

"Wellness care is administering to optimize the biomechanical and nervous system function, therefore allowing the highest level of neurophysiological integration."

Chiropractic care is especially needed during pregnancy because of the many physical and chemical changes the woman's body is going through. Not only is her center of gravity changing because of the added physical weight she is carrying, but her spinal structure becomes more flexible due to hormonal changes which relax the ligaments in the pelvis, preparing them for stretching during childbirth. In an already unstable spine, that could aggravate spinal problems.

By Ted Koren, D.C.



Hooping!



What cardiovascular work-out tones waistlines, glutes, thighs and arms? You guessed it, a weighted hula hoops! In fact, according to the Cooper Institute, a health-based non-profit research and education center, one-minute of hula hooping burns as many calories as running an eight-minute mile or a high-impact aerobic class. In addition, hooping promotes correct body alignment from the circular motions and proper posture in the upper body routines. Want to learn more? Visit www.hooping.org. Consider hooping to lose weight and feel great! Local hooper, Kelly Timco has hoops for sale in our office or you can contact Kelly directly at kelgrrl@gmail.com

A Testimonial to Chiropractic Care

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.

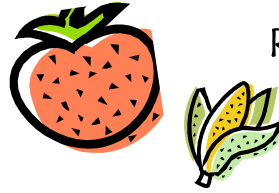
I began seeing Dr. Katie at Wilson Family Chiropractic in 2009. Chiropractic adjustments have changed my life. I wish I had before and after pictures. Before treatment, my alignment was so bad that you could visually see my left shoulder was much higher than my right, now they are even. My neck and hip 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.

Thank You - Lynn Hyde

Neti Pot, an effective sinus Treatment

A Neti pot is a small pot used for irrigating the nasal passages. They can be made from clay, glass, various metals, plastic or ceramic. The use of a neti pot requires mixing up a saline solution (salt and water) that will be poured through the nasal passages. The neti pot used with a saline solution has been shown to be an effective treatment for hay fever, sinusitis, and other nasal conditions. Both isotonic and hypertonic saline is used for Neti. Search "Neti Pot" on www.youtube.com for a demonstration before you begin using.



Reduce Inflammation... Here's How!

In order to reduce inflammation you have to fight it. Consider adding the following lists of foods to your diet and get started on the fight to wellness today.

- Raw Foods and Vegetables (Red & Sweet Potatoes are acceptable when eaten with a protein)
- Fresh Fish (Not Farm Raised)
- Meat, Chickens and Eggs from grass-fed animals
- Wild Game
- Nuts (Raw Almonds, Cashews, Walnuts, Hazelnuts & Macadamia Nuts)
- Spices such as ginger, turmeric, garlic, dill, oregano, red chili pepper, basil & rosemary
- Organic extra-virgin olive oil, coconut oils, butter from grass-fed cows
- Salad dressing that include extra-Virgin olive oil, balsamic vinegar, lemon juice, mustards and spices
- Water or Organic Green Tea
- Alcohol, Red Wine or Stout Beer (to be used in moderation)
- Dark Chocolate
- Fiber-Rich Foods
- B6, B12, Folic Acid and Quercetin Supplements

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.