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10 Food Rules

 by Michael Pollan

We recently came across Michael Pollan's "Food Rules - An Eater's Manual" guidebook. What a great read! Here are just a few of Pollan's helpful suggestions on eating healthy:

1. Avoid food products containing ingredients that a third-grader cannot pronounce. Basically the same idea, different mnemonic. Keep it simple!
2. Pay More. Eat Less. You get what you pay for. Don't be fooled, quantity does not equal quality.
3. Spend as much time enjoying your meal as it took to prepare it.
4. Buy and use smaller plates and glasses in your home. We don't need to supersize everything. Smaller quantities are better for us.
5. Don't get your fuel from the same place your car does. Most foods found in gas stations are highly processed and imperishable - - stay away!!!
6. Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks. Eating a modern western diet of processed foods is not the way to go. Traditional foods are generally healthier.
7. The whiter the bread, the sooner you'll be dead. Eat whole grains and minimize your consumption of white flour. You will thank yourself for it.
8. Don't eat breakfast cereals that change your milk color. These cereals are highly processed, chocked full of chemicals.
9. Eat foods that have been predigested by bacteria or fungi such as yogurt, sauerkraut, soy sauce and sourdough bread.
10. Drink the water from vegetables you have cooked by preparing a soup or sauce. The water is rich in vitamins.

Special thanks to Michael Pollan, author of the "Omnivore's Dilemma" & "Food Rules, An Eater's Manual," for such great advice!

Lentil Soup

Lentil soup is one of those recipes that should be in every cook's repertoire. Lentils are available in most grocery stores and are [high in protein](#), healthy and very cheap. This [vegetarian](#) lentil soup recipe uses plenty of spices to perk up the soup. Enjoy this traditional and warming dish!

Ingredients:

- 1 tsp vegetable oil
- 1 onion, diced
- 1 carrot sliced
- 4 cups [vegetable broth](#)
- 1 cup dry lentils
- 1/4 tsp pepper
- 1/4 tsp dried thyme
- 2 bay leaves
- dash salt
- **1 tbsp lemon juice**

Preparation:

In a large pot, sautee the onions and carrot in the vegetable oil for 3-5 minutes until onions turn clear.

Add the [vegetable broth](#), lentils, pepper, thyme, bay leaves and salt.

Reduce heat to a simmer. Cover and cook until lentils are soft, about 45 minutes. Remove bay leaves and stir in lemon juice before serving. Makes 4 servings of lentil soup.



Found online:

<http://vegetarian.about.com/od/soupsstewsandchili/r/lentilsoup.htm>

Chiropractic Testimonial

Before receiving chiropractic care I had migraines daily. I was not able to carry out my daily activities. For fear of the unknown I did not seek medical treatment and I self-medicated with Aleve, Excedrin Migraine, Extra Strength Tylenol, hot/cold compresses to head, heat pads, hot showers and baths.

Chiropractic care had been recommended for my headaches but I was afraid I would get hurt and / or headaches would get worse with treatment. As a last resort I made an appointment with Dr. Katie. My awareness has expanded. I wished I had come sooner - - No more Headaches!!! I am not afraid of chiropractic anymore and I recommend it to everyone no matter what their ailment. Finally I feel like I can live my life to the fullest as I am pain-free.

Thank you!

- Sara Beth Foti