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# Wilson Family Chiropractic Newsletter

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73 West Main Street Sylva, NC 28779

## Wilson Family



## Chiropractic



The best inheritance a parent can give his children is  
a few minutes of his time each day. - O.A. Battista



## Mediterranean Vegetable Soup

- 1 tablespoon extra-virgin olive oil
- 1 onion, diced
- 1 carrot, halved lengthwise & sliced
- 2 stalks of celery, sliced
- 3 cloves of garlic
- 2 cups of vegetable stock
- 2 cups of water
- 1 1/2 cups diced fresh ripe tomatoes (or 14 ounce can of tomatoes)
- 1 tablespoon fresh basil, chopped
- 1/2 teaspoon dried oregano
- Celtic Sea Salt & Pepper to taste
- 1 1/2 cups cannellini or white beans (or 14 ounce canned)
- 1 tablespoon Parmesan Cheese (optional)
- 1 tablespoon chopped fresh parsley (optional)

### Preparation

Heat oil in a heavy saucepan over medium heat.

Add the onion, carrot & celery, and sauté until tender, about 5 minutes.

Add the garlic, vegetable stock, water, tomatoes, basil, oregano, salt, pepper and beans. Bring to a boil, reduce heat and simmer for 10 minutes.

If desired, sprinkle with Parmesan cheese & parsley before serving.

Servings: 3

## A to Z Natural Infection Fighters

*"Tis the season for colds (aka Cullowhee Crud). Check out some of these suggestions for speeding up your recovery time.*

- **Aloe Vera:** Immune-boosting, antiviral and antiseptic properties.
- **Beta Carotene:** Found in red, orange and yellow foods and fresh vegetables.
- **Vitamin C:** Viruses cannot survive in a vitamin-C rich environment.
- **Echinacea:** Antiviral & antibacterial properties.
- **Garlic:** Antiviral, antibacterial and antifungal
- **Tea Tree oil:** An Australian remedy with antiseptic properties. Great for rubbing on the chest or using in a bath, steam inhaling, or to help keep mosquitoes away. Take as instructed on the bottle.
- **Zinc:** The most important immune-boosting mineral. There is no doubt that it helps fight infections.

*For more information check out **The New Optimum Nutrition Bible** by Patrick Holford. This book is available in our lending library to Wilson Family Chiropractic patients.*

### Chiropractic Testimonial

I have been suffering from frequent headaches and back aches for years. The severity of my headaches would often be so severe that I couldn't function. I would have to be quiet in dark spaces alternating between hot and cold pads. When seeking physician care I was told my headaches were likely due to tension and over-the-counter and prescription drugs were prescribed. I came to the point where I had to have some kind of medication before performing any physical task at work or at home.

Something had to give. My friend suggested Chiropractic care. While I had received Chiropractic treatment many years ago for back pain, I never thought to try it for headaches. I began seeing Dr. Katie and experiencing almost immediate results. No more headaches or back pain! My quality of life has improved significantly. I am playing softball and taking long walks with my children, my heat pad & ice packs are no longer a permanent bedside and office fixture and I tell everyone having any unresolved pain about Dr. Katie!

Thank you,  
Karen Woody

## Calcium Lactate

*Calcium is essential for various body functions beyond bone mineralization, including muscle contraction, nerve conduction, maintenance and function of cell membranes and membrane permeability, blood coagulation, and the proper functioning of many enzyme systems. The calcium lactate contained in this product comes from a non-dairy source. Calcium Lactate contains the proper balance of calcium and magnesium (5:1 ratio)*

*Indications: Fevers, infections, cramps, hyperthyroidism, osteoporosis, herpes, canker sores, coughing, insomnia, during pregnancy, child supplements, physiological relaxer. Use for soft tissue repair, hemorrhage.*

*90 Tablets (15-day supply) \$6*

*330 Tablets (55-day supply) \$15*

## List of Unhealthy Ingredients

### ***And other foods to avoid when raising healthy children***

Artificial food additives color, flavor and preserve the foods our children eat. Unfortunately, they've been linked to high cholesterol, diabetes, cancer, heart disease and more. Use this guide to limit your exposure... and your risk.

1. Partially Hydrogenated Oil - increases harmful LDL Cholesterol & decreases good Cholesterol; both effects contributing to heart disease
2. Brominated Vegetable Oil (BVO) - residues accumulate in body fat, damaging organs, including heart, liver, thyroid, testicles and kidneys
3. High Fructose Corn Syrup (HFCS) - increases the risk of type 2 diabetes, coronary heart disease, strokes and cancer
4. Artificial Colors & Flavorings - linked to allergic reactions, asthma, skin rashes, hyperactivity, headaches and fatigue
5. Benzoate Preservatives: BHT, BHA, TBHQ - can result in hyperactivity, asthma, urticaria, rhinitis, dermatitis and angioedema
6. Caffeine - can lead to osteoporosis, infertility, heart disease, jitteriness, headaches, irritability, sleeplessness, possible birth defects and depression
7. Artificial Sweeteners - may be carcinogenic, sensitive's resulting in cancer of the uterus, ovaries, skin, blood vessels and other organs
8. MSG (Monosodium Glutamate) - sensitive's to MSG can include headaches, nausea, wheezing, edema, change in heart rate, burning sensation and difficulty breathing
9. Olestra - linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence
10. Sodium Nitrate and Nitrite - highly carcinogenic

**Useful Online Resources:** [www.thewaytoeat.net](http://www.thewaytoeat.net),  
[www.theportionplate.com](http://www.theportionplate.com), [www.cspinet.org/reports/chemcuisine.htm](http://www.cspinet.org/reports/chemcuisine.htm)

*This information was taken from "Pathways to family wellness" magazine.*

Horseradish Sauce for Sinus Congestion and Tinnitus

*People experiencing sinus congestion or tinnitus should make this sauce themselves. It's part of the therapy - and don't use a food processor, or you won't get the full effect!*

Horseradish Root

Apple Cider Vinegar

Honey

1. *Using a hand grater, finely grate the horseradish root. Grate until your eyes are watering and your nose begins to water. The effects of horseradish have begun!*
2. *Mix the grated horseradish with vinegar and honey to taste. Store the sauce in a glass jar with a tight-fitting lid in the refrigerator, where it will keep for 6 months. Eat 1 to 2 tablespoons daily; I like to mix it with grains and vegetables or spread it on crackers. It's very tasty and is powerful remedy for sinus congestion.*

*Taken From Rosemary Gladstar's "Herbal Recipes for Vibrant Health" which can be found in our lending library.*

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## 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*