

In This Issue:

Butterbur Extra™ - Brain Chemistry & Vessel Support

We're Having A Baby! Chiropractic Care Great for Moms-to-be

Presidential Chili

Calcium Lactate

Whatever You Focus on Expands

1-5 Life's Little Instruction Book

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Butterbur Extra™ - Brain Chemistry & Vessel Support

120 capsules / \$25.00

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WE'RE HAVING A BABY! -- CHIROPRACTIC CARE GREAT FOR MOMS-TO-BE

On September 10, 2010, a feature article appeared in the Indiana Gazette with the above title. The article notes the reasons that pregnant women should seek chiropractic care and the benefits they get from this care.

In one instance the article reports that some women seek care due to a problem with the pregnancy that they feel can be helped by chiropractic. Such was the case with Kirsten who came to the chiropractor as a last resort. According to the story Kirsten was told by her medical doctors that she was probably going to need a c-section to deliver her baby.

The problem was that Kirsten's unborn baby was not in the proper position for birth. She was told by her doctors that if they could not manually "push" the baby into place that she would have to have a c-section. Instead of undergoing the medical procedure, Kirsten went to see a chiropractor, Dr. Santoro, who the article noted is a mother herself.

Dr. Santoro explained how chiropractic care could help Kirsten by saying that chiropractic works with the body. The article points out that Dr. Santoro finds a knot in the ligament supporting the womb, and through chiropractic care, works to help that ligament relax. The result is that the baby shifts into the normal head-down position after that knot has relaxed, and the baby can be born normally. According to Dr. Santoro it worked for Kirsten.

"The spine is a communication pathway," explained Dr. Santoro. "When it is in perfect alignment, all the nerves can send their signals smoothly. But when the vertebrae shift out of position, what chiropractors call a subluxation, those signals can be disrupted even if the person does not feel any pain or discomfort."

The article continues to tout the benefits of chiropractic care for both the mother to be, and the newborn child. Dr. Santoro further explained the importance of correction of subluxations so that the nervous system can function without interference. "Your body needs to be fully functional. By the time something becomes symptomatic, we now have damage." she said. "You need to know how important a properly functioning nervous system is." Dr. Santoro notes how important she believes chiropractic care is for pregnant women by stating, "I recommend every pregnant woman be adjusted. It's very, very safe, it's very effective."



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

Presidential Chili

Ingredients:

1 pound lean ground meat
5-6 medium tomatoes, chopped
4 garlic cloves, chopped
1 large onion, chopped
1 green bell pepper, chopped
1 (15-ounce) can kidney beans
(and goop!)
1 teaspoon cumin
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon ground turmeric
1 to 2 teaspoons chili powder
1 teaspoon kosher salt
3 tablespoons red wine vinegar

Directions:

Use a 6-quart slow cooker. Brown meat in a skillet and drain grease. Add meat to stoneware along with tomatoes, garlic, onion and bell pepper. Add beans. Stir in all the herbs and spices, the salt, and the red wine vinegar. Cover & cook on low for 7 to 9 hours, or on high for 4 to 5 hours. Season to taste with a bit more salt & chili powder, if desired. President Obama serves his chili over rice.

Verdict:

Good Morning America posted Barack Obama's "secret family recipe" on their website during the 2008 presidential campaign, and I was eager to modify it for the slow cooker. This chili isn't hot & spicy, which makes it suitable for all ages. The kids gladly ate this, and not complained about spice - a complaint that is quite common at our dinner table.

*This recipe was taken from
Make It Fast, Cook It Slow*

*The Big Book
of Everyday
Slow Cooking
By Stephanie
O'Dea*



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Chiropractic Improves Quality of Life for Child with Cerebral Palsy: A Case History

A research article published on August 24, 2010 in the scientific periodical, the Journal of Pediatric, Maternal and Family Health, documented the case of a severely disabled sixteen year old girl suffering from Cerebral Palsy with muscle spasticity and sleep disturbances. She was unable to sleep through the night which was causing her family much distress.

The case study noted that the girl was severely disabled and was confined to a wheel chair and was severely physically and cognitively impaired. The girl could not communicate and was unresponsive to others. She had been fed through a feeding tube and she appeared to be in discomfort and occasionally made screeching sounds. At the age of seven, surgeons placed metal rods in her back fusing her spine from just below the neck down to the base of her spine.

The mother of this girl brought her to the chiropractor for correction of subluxations in the hope that chiropractic care might somehow help her daughter improve her quality of life. The authors noted that the examination was difficult but they did determine that there were subluxations that could be safely addressed at the top and bottom of her neck, C1 and C7 respectively.

Care was initiated at a frequency of twice per week. Since the young girl was unable to give feedback, and since she was frightened due to so many invasive medical procedures in the past, the chiropractor eased into care slowly starting with very light adjustments to accommodate this unique situation.

The results showed that by her sixth adjustment, the patient's mother reported that she was sleeping normally and uninterrupted throughout the night. Subsequent testing done on her ninth visit showed an improvement in her muscle spasticity as measured by specific instruments.

In this case the expectations would not have been a total recovery. However, the goal would have been to reduce the subluxations found as much as possible to allow the nervous system to function at a better level without the interference due to subluxation. Under these circumstances, even small improvements can seem monumental to the patient and their family. The conclusion of this study by the authors noted that "The patient and her family were able to return to a normal sleep schedule as well as enjoy improved quality of life."
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1. Compliment three people every day.
2. Have a dog.
3. Watch a sunrise at least once a year.
4. Remember other people's birthday.
5. Over tip breakfast servers.

Life's Little Instruction Book - Thorsons