



## 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 Care

Chiropractic is the science of adjusting the cause of disease by realigning the spine, releasing pressure on nerves radiating from the spine to all parts of the body, and allowing the nerves to carry their full quota of health current (nerve energy) from the brain to all parts of the body. When there are misalignments (subluxations) in the spine, the entire body and its systems are negatively effected.

**We provide care to patients of all ages - infants to seniors.**

### Gentle & Effective Chiropractic Care

Headaches / Migraines  
 Neck & Back Pain  
 Shoulder Pain  
 Ear Infection  
 Pregnancy  
 Hip & Leg Pain  
 Allergies / Asthma / Sinus  
 Sports  
 Auto Accidents  
 And More...



## Massage gift certificates available!

Give a gift of touch & total body respect!  
 Massage gift certificates make the perfect gift



## What is Holistic Health?

1. Holistic health is wellness oriented
2. The belief is that health is a holistic process of balancing body, mind and spirit.
3. Environment, lifestyle and relationships are taken into consideration when creating optimum health.
4. Holistic health concerns itself with prevention, growth and change, as well as with healing and restoration to a state of balance.
5. This model recognizes and uses both traditional and nontraditional resources. Preference is given to the more natural and gentle forms of health care.
6. Holistic health acknowledges the immediate problem but emphasizes correcting the cause(s) of the imbalance.
7. The primary role of the holistic health practitioner is to provide information and experiences for the clients, enabling them to take responsibility and make decisions that will optimize their health.
8. The rights of individuals to make their own choices are recognized and respected in the holistic model.
9. Individuals are allowed to grow at the own pace and to have their own awareness, values, attitudes and behaviors.
10. Positive attitudes, including love, harmony, responsibility for one's own actions, self-acceptance, forgiveness and a sense of purpose are promoted.
11. Holistic health includes a comprehensive assessment of states of balances and imbalances in the body, a goal-oriented plan and evaluation of love, care and concern.

*This is an excerpt from the book "Holistic Health: What is it?" by JoAnn Louk Axton*

## 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.*

## Headache Supplements

- Maintain B6, B12 and Folic Acid
- Dietary fiber for removal of inner waste
- Zinc for activation of WBC's and maintenance of restoration of respiration
- Proteolytic Enzymes for eliminating fibrin formations on the RBCs
- Quercetin for inflammation
- 5HTP for conversion of tryptophan



Always kiss each other hello and goodbye. **B**e there for each other - always. **C**reate an environment of love. **D**o it. **E**scape from the kids.

**F**ight fair. **G**ive of your time. **H**andle with care. **I**nspire your partner with love. **J**udge not. **K**eeep your good memories alive. **L**isten to her. **M**ake love with your partner's needs foremost. **N**ever go to bed angry. **O**ffer to handle an unpleasant chore. **P**raise him. **Q**uality time isn't just for kids. **R**espect her feelings. **S**ay what you feel when you feel it. **T**ell her you love her everyday. Every day. **U**nderstand your differences. **V**alentine's day is every day. **W**alk together; talk together. **E**Xcite your partner as only you know how. **Y**ou can never say "I love you" too often. **Z**ero-in on his little passions.

This is taken from "1001 Ways To Be Romantic" By: Gregory J.P. Godek. This book is available in our lending

## Strengthen Your Immune System with Chiropractic

Chiropractic is a powerful immune system "wake-up call." Doctors of Chiropractic analyze your spine to locate vertebral subluxations, a serious condition that causes spine & nerve stress and impairs your immune function. Over a hundred years of Chiropractic and osteopathic observations have demonstrated spinal care's effect on immune function. Psychoneuroimmunology (PNI) is increasingly revealing that the health of your brain, spinal cord and nerves profoundly influences your physical and emotional health, something Chiropractors and their patients have observed for over a hundred years.

Your body wisdom, your inner healer, is always working to balance your chemistry, strengthen your systems and awaken your connection to life.

See your Chiropractor on a periodic basis to correct your subluxations. Your immune system will function closer to its optimum level so you may fight disease, prevent illness and function at your best!

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## Need A Massage?



60-minute massage... \$60

At Wilson Family Chiropractic we feel that Chiropractic Care and Massage Therapy are very complimentary.

Sue "Susie" Larreau is our licensed massage therapist. She offers different types of massage therapy, ranging from deep tissue, Ashiatsu, to Swedish Massage. She has been practicing for over ten years and loves what she does. Susie says massage is work of the heart.

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## A Testimonial to Chiropractic Care

*Before receiving chiropractic care I frequently experienced low back pain & overall back discomfort, had at least one migraine per month, was tired, sluggish and usually needed to nap during the day to have enough energy to make it through my evening activities. My mood swings were affecting the quality of my relationships with my children and spouse – I felt that they usually got my grumpy side more than my happy side. At times I felt as though an anti-depressant was necessary to pull myself up to be the wife and mother my family deserved.*

*Before chiropractic care I was taking Tylenol several times a week to relieve tension headaches or other minor ailments and I took migraine Motrin for my migraines. Since being under care I have not taken Motrin for migraines. My headaches are not nearly as painful and I rarely take Tylenol.*

*My feelings about chiropractic care before seeing Dr. Katie were indifferent. I knew very little about the philosophy or benefits of chiropractic. My awareness of chiropractic has expanded significantly. Dr. Katie gave us a thorough informational appointment and explained even more to us as we have continued chiropractic care. We were also given literature and web-sites to further understand the purpose and benefits of chiropractic care.*

*After being under regular chiropractic care my headaches are nearly gone – I rarely have one and when I do they are not as intense as they were. I have no more back pain or discomfort. My posture has improved and my form in exercise has improved which has had a direct and positive affect on the quality of my work-out. I have a lot more energy and do not need to nap during the day. My moods have also improved and as a result I feel that my kids have a happier, more energetic, attentive, and easy-going mom.*